

A MESSAGE FROM THE CHAIR

This marks my first year as Chair of BAPAM. It is my great honour to succeed Sir Alan Budd, who retired in 2006 after nine years.

I must express our immense gratitude to our lead funding organisations, the Musicians Benevolent Fund (MBF) the Musicians' Union and Equity. In particular, to help BAPAM achieve its ambitious development plans, the MBF provided new and vital project funding during 2006 for health promotion, marketing and the expansion of clinical services. We are also very proud to have been chosen as recipients of the 2006 Promenaders' Charity grant.

Equally, BAPAM celebrates all those who give so much in time and commitment to enable us to carry out our unique work. BAPAM is very much a people organisation. We are enormously fortunate to have so many health professionals who are prepared to provide valuable services on a *pro-bono* basis or at a greatly reduced fee to the performing artists. Indeed, we estimate that during 2006, the monetary value of donated clinical expertise came close to equalling our actual monetary income. We also have a really enthusiastic staff team, most of whom are performing artists themselves. The generosity of the Musicians Benevolent Fund enabled us to expand this team to include a Health Promotion in Music Development Officer and a Strategic Development Manager.

The year 2006 has been a good one for BAPAM, full of new developments and opportunities. In 2007 we aim to build on this to become a truly excellent organisation.

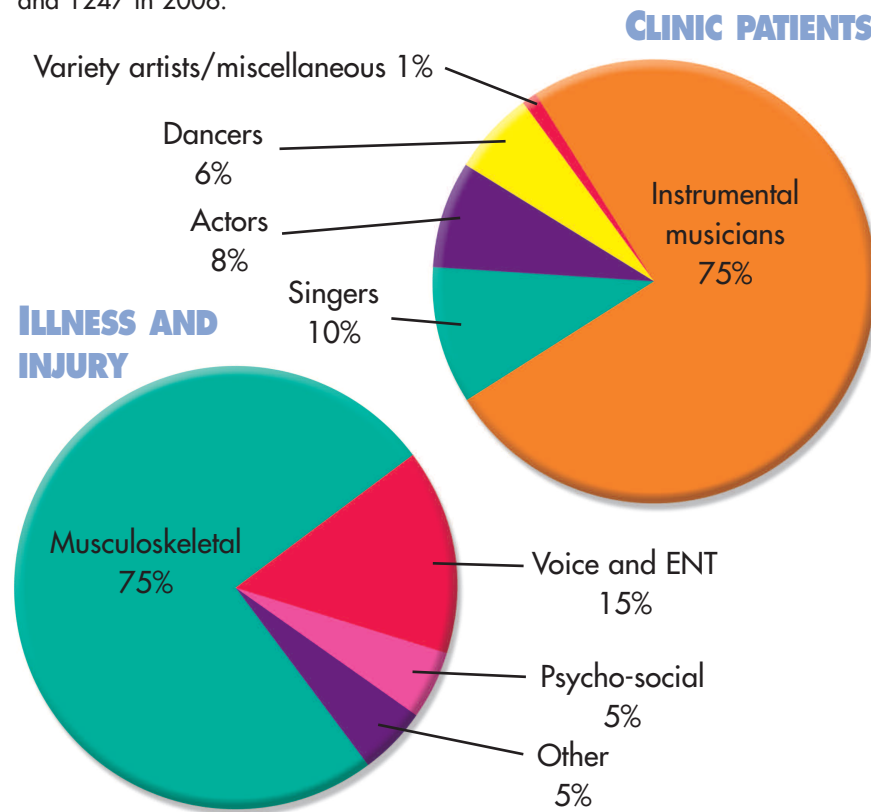
Richard Price
BAPAM Chair

WHAT WE DO — OUR SERVICES

- **FREE AND CONFIDENTIAL HEALTH ASSESSMENT CLINICS** in London and around the country, provided by leading Performing Arts Medicine specialists, many with performing arts experience themselves.
- **DIRECTORY** of performer-friendly medical doctors, physiotherapists and other healthcare practitioners both mainstream and complementary. All have been approved by our Medical Committee and are appropriately qualified, registered and covered by professional indemnity insurance.
- **REFERRALS** to the best medical, surgical or other therapeutic help available.
- **HEALTH INFORMATION** and advice for performing artists, plus health promotion training and support for music students and tutors.
- **PERFORMING ARTS MEDICINE TRAINING** for healthcare professionals. BAPAM runs at least two specialist training days and two induction days annually. We also enable practitioners to observe clinics.
- **THE ASSOCIATION OF MEDICAL ADVISERS TO BRITISH ORCHESTRAS (AMABO)** a network that links volunteer doctors with orchestras. AMABO doctors are independent of orchestra management and provide free, confidential and specialist medical advice to orchestra members.

WHO USES OUR SERVICES?

Patient numbers continued to rise, from around 1000 in 2004, to 1145 in 2005 and 1247 in 2006.



WHO PROVIDES OUR SERVICES?

Our Directory of clinical specialists and healthcare practitioners continues to grow:

	End 2006	End 2005
• Mainstream medicine	71	65
• Non-medical psychological services (including counselling and psychotherapy)	26	25
• Physiotherapy	18	15
• Complementary therapies	57	47
Total	172	152

OUR ACTIVITIES IN 2006

STRATEGIC BUSINESS PLAN

The beginning of 2006 saw the launch of BAPAM's Business Plan which contained five strategic objectives for the period 2006-09:

- Raising our profile so that all professional performing artists, semi-professionals, students and their teachers know they can turn to us when they need performance-related health advice and support.
- Expanding our clinic and Directory services so performers around the country can access suitable medical and other health support.

- Health promotion to students of the performing arts and their tutors, so that the message about healthy practice and healthy lifestyles is spread as widely as possible.
- Research into aspects of Performing Arts Medicine, in partnership with like-minded organisations.
- Income generation, both through broadening and deepening the funding base, and generating income from training and consultancy.

CLINICS

As well as starting to expand our Glasgow and Manchester clinics, BAPAM's major new project for 2006 has been piloting the Musicians Benevolent Fund (MBF) Student Scheme. Under this scheme, for the first time, students judged to need financial support for private healthcare can have their treatment paid for by the MBF. During 2006 the scheme was open to full-time music performance students in ten universities and conservatoires, with the eventual aim of rolling it out to all degree-level full-time music performance students.

HEALTH PROMOTION

The MBF also funded BAPAM to establish an innovative health promotion project to encourage good practice and healthy lifestyles among professional musicians.

To begin with, the focus has been on exploratory work with a small group of enthusiastic partners around the country – the Guildhall School of Music in London, the Royal Welsh Conservatoire of Music and Drama (itself in collaboration with Cardiff University's Lifelong Learning Service), Newcastle University and the Hackney Community College. Joint activity with BAPAM has included trialling questionnaires, running talks and developing and piloting model teaching materials. Extending this work to other institutions in the coming year will enable BAPAM to design information and learning packages suitable for national distribution, both to student musicians and to those already working professionally.

GETTING OUR MESSAGE OUT

BAPAM has been aware for too long that information about our services was not reaching all our potential clients. During 2006 we embarked on a concerted outreach campaign to spread our message. We undertook a comprehensive re-branding exercise to make our publications more attractive, user-friendly and instantly recognisable. We also launched a stylish and rich new website designed to serve as our core means of information delivery. Patients and doctors will be able to visit the site for health-information factsheets, listings of performer-friendly practitioners and news about BAPAM's services and activities.

TRAINING FOR DOCTORS AND HEALTH PRACTITIONERS

As well as an induction day for new practitioners, BAPAM organised training days on Developments in Hand Therapy (at the Royal Society of Musicians in London) and Dystonia (at Chetham's School of Music in Manchester).

GOVERNANCE AND INFRASTRUCTURE

With new staff and new services, BAPAM embarked on a wide-ranging operational review during 2006. This included preliminary work on a clinical governance policy and complete overhaul of our IT infrastructure.

PEOPLE AT BAPAM

LONDON CLINICS

- Katherine Butler BAPSCLOT AHT (BAHT) (Clinical Specialist in Hand Therapy)
- Dr Arthur Fowle MD FRCP (Consultant General Physician)
- Jill Guymer MAPC (Chartered Physiotherapist)
- Professor Rodney Grahame CBE MD FRCP FACP (Consultant Rheumatologist)
- Ian MacDonald DIPRCM ARCM ALCM (Voice Therapist)
- Dr Louise Miller MA MB BCHIR DRCOG MRCP (General Practitioner)
- Mr Rowan Pool MB, CHB, FRCS (Orthopaedic Surgeon)
- Dr Neville Purssell MBBS DCH DRCOG MRCP (General Practitioner)
- Dr Michael Shipley FRCP (Consultant Rheumatologist)
- Joanna Stokes FCSP MMACP (Chartered Physiotherapist)
- Dr Ruth Taylor MBChB MRCP (General Practitioner)
- Eileen Toibin BA MA BCP (Psychoanalytic Psychotherapist)
- Dr Ellen Wright MBBS MA FRCA (General Practitioner/Acupuncturist)
- Dr Penny Wright MA MBBS MRCP (General Practitioner)
- Dr Christopher Wynn Parry MBE DM FRCS FRCP (Consultant Rheumatologist)

CLINICS OUTSIDE LONDON

Birmingham: Dr Jonathan White MB CHB (General Practitioner)

Exeter: Dr Stephen Vercoe MA MBBS (General Practitioner)

Glasgow: Patrice Berque MCSP DIP MÉDECINE DES ARTS (Chartered Physiotherapist)

- Dr Faith Gardner MBBS DRCOG DIP SPORTS MEDICINE MLCOM MSC (Musculoskeletal and Sports and Exercise Medicine/Osteopath)

Manchester: Dr Karena Caun MBBS MRCP ISSTIP RNCM (Music Medicine Therapist)

- Dr David Fielding MBBS MRCS DRCOG MRCP (General Practitioner)
- Mr Gavin Miller MBBS FRCS (Consultant Reconstructive and Plastic Surgeon)
- Dr Jon Sussman MBChB PhD FRCP (Consultant Neurologist)

Newcastle-Gateshead: Dr Lynne Bloxham MBChB MRCP DCH (General Practitioner)

ASSOCIATION OF MEDICAL ADVISERS TO BRITISH ORCHESTRAS (AMABO)

Most major orchestras have an AMABO doctor:

- **BBC Concert Orchestra:** Dr Frances Carter BSc MBBS FRCP FRCP
- **BBC National Orchestra of Wales:** Dr Kay Saunders MA BM BCH MRCP
- **BBC Symphony Orchestra:** Dr Robert Butler MB CHB DRCOG
- **Bournemouth Symphony Orchestra:** Dr Elizabeth Nodder BM BCH FRCP
- **Birmingham Symphony Orchestra:** Dr Jonathan White MB CHB
- **English Chamber Orchestra:** Dr Jennifer R Lisle MSc MBBS FFPH DOBSTRCOG
- **Hallé Orchestra:** Dr Margaret Garner MMedSc DRCOG MRCP • Dr Bill Tamkin MSc MRCP
- **London Philharmonic Orchestra:** Dr Louise Miller MA MB BCHIR DRCOG MRCP
- **London Symphony Orchestra:** Dr Kenneth Lewis MA BM BCH
- **Orchestra of the Royal Opera House:** Dr Robert Butler MB CHB DRCOG
- **Orchestra of Welsh National Opera:** Dr Kay Saunders MA BM BCH MRCP
- **Philharmonia Orchestra:** Dr Robert Butler MB CHB DRCOG • Dr E Chonon Lewis MBChB FRCP DOBST RCOG
- **Royal Liverpool Philharmonic Orchestra:** Dr Christopher Mimmagh MB CHB MSc
- **Royal Philharmonic Orchestra:** Dr Frances Carter BSc MBBS FRCP FRCP • Dr Peter Warren MB CHB MRCP DDAM
- **Ulster Orchestra:** Dr J Meuros Fitch MB BCH BAO • Dr Christine Hunter MB BCH MRCP DRCOG

PAID STAFF

- **Chief Executive:** Naomi Wayne
- **Strategic Development Manager:** Ruth Hansford (from April 2006)
- **Health Promotion in Music Officer:** Sanchita Farruque (from May 2006)
- **Health Care Services Manager:** Yinka Fasawe (until April 2006)
- **Office and Clinics Manager:** Clare Hicks
- **Clinic and Helpline Assistant:** Dan Hayhurst

THE BOARD AND COMMITTEES

BOARD

Chair: Richard Price

Treasurer: Margaret Bowler

Trustees: Paul Brenells • Graham Hamilton (until October 2006) • Mr Justin Howse MB BS FRCS
• Dr Kenneth Lewis MA BM BCH • Fran Nevrkla ACRM • Frederick Pyne (from October 2006)

• John Smith • Dr Penny Wright MA MBBS MRCP • Dr Christopher Wynn Parry MBE DM FRCS FRCP

Observers: Sara Dixon (Musicians Benevolent Fund) • Pauline Dalby (Musicians' Union)

MEDICAL COMMITTEE

• Dr Penny Wright MA MBBS MRCP (Chair) • Professor Rodney Grahame CBE MD FRCP FACP

• Mr Justin Howse MB BS FRCS • Mr Malcolm Keene MB MBS FRCS • Dr Kenneth Lewis MA BM BCH

• Dr Jenny Lisle MSc MBBS FFPH DOBSTRCOG • Dr Louise Miller MA MB BCHIR DRCOG MRCP

• Mr Rowan Pool MB ChB, FRCS • Dr Christopher Wynn Parry MBE DM FRCS FRCP

HEALTH ADVISORY GROUP

• Dr Aaron Williamson (Royal College of Music) • Dr Jenny Lisle MSc MBBS FFPH DOBSTRCOG

• Dr Penny Wright MA MBBS MRCP (Chair) • Naomi Wayne

BUILDING OUR FUTURE ...

Helping BAPAM is a great way to maintain the excellence of Britain's performing arts. There are many ways you can do this:

- Becoming a Friend of BAPAM (the Friends scheme costs £36 a year, or you can become a Best Friend for £360 a year)
- Making a one-off donation
- Remembering us when making your Will
- Introducing us to potential donors (corporate, individuals or Trusts)
- Putting on a fundraising event
- Becoming a BAPAM practitioner

SUPPORTING BAPAM

I would like to become a Friend of BAPAM (£36 pa); please send me the standing order form

I would like to make a donation and enclose a cheque made payable to BAPAM for £ _____

Gift Aid: I am a UK taxpayer. Signed _____

I would like to find out about becoming a BAPAM practitioner

Name: _____

Address: _____

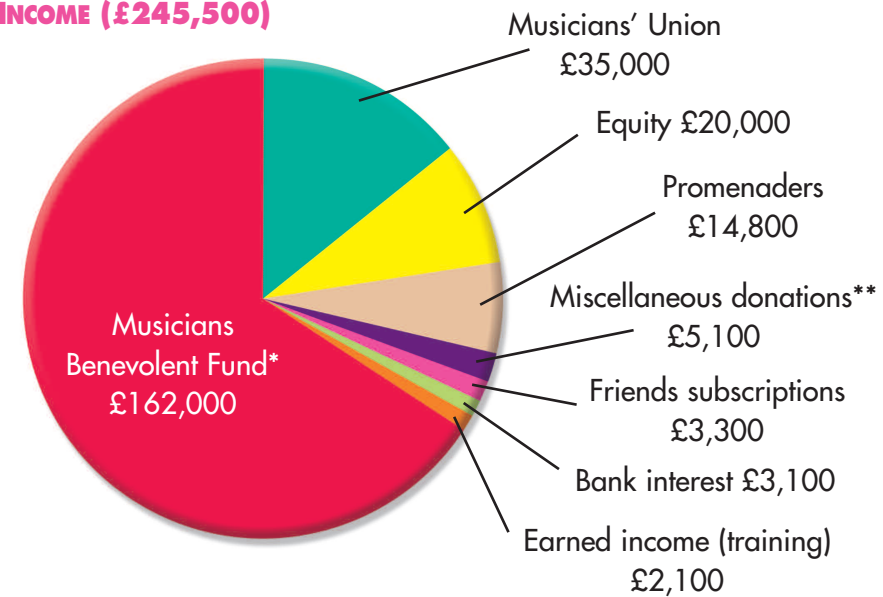
Postcode: _____

Tel: _____ Email: _____

Return to BAPAM, FREEPOST, NAT 18607, London WC1X 8BR

FINANCE AND FUNDRAISING

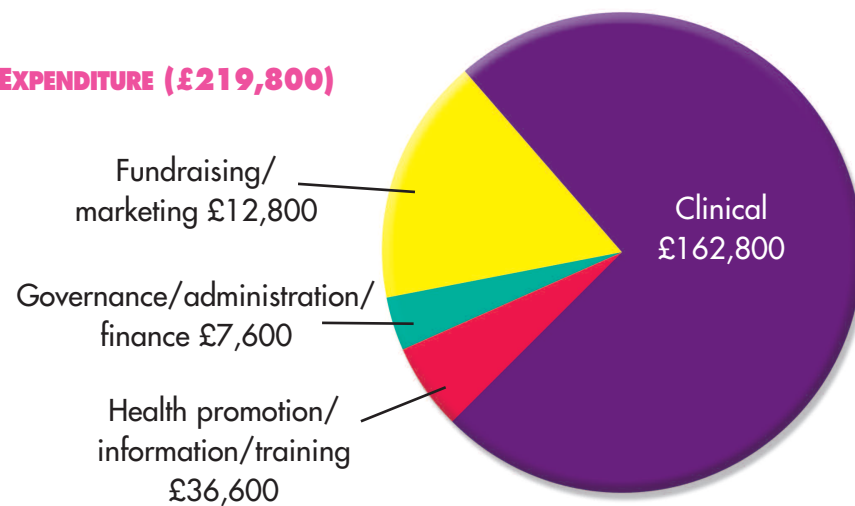
INCOME (£245,500)



* MBF grant includes income totalling £28,500 for continuing project work.

** This figure includes a gift of £1,000 from the Worshipful Company of Dyers.

EXPENDITURE (£219,800)



This financial summary is based on the audited financial statement for the year ending 31st December 2006. Copies of the full statement are available from BAPAM or the Charity Commission website.

AUDITORS

- Compass Accountants Ltd,
Venture House, The Tanneries, East Street, Titchfield, Hampshire PO14 4AR

BANKERS

- Barclays Bank PLC,
114 Fenchurch Street, London EC3P 3HY
- COIF Charities Deposit Account,
Investment House, St Alphage House, 2 Fore Street, London EC2Y 5AQ

BAPAM'S MISSION

To achieve nationwide occupational health provision for professional, semi-professional and student performing artists, including health promotion and education and clinical advice for performance-related health problems.

BAPAM - A UNIQUE CHARITY

We all get great pleasure from watching performing artists. But while we enjoy the glitter and achievement, we don't see the immense physical and psychological demands.

Performing artists are like athletes; they need to be as healthy as possible, yet are especially vulnerable to injury and illness. If anything, performers are susceptible to more health problems: disabling muscle damage, hearing difficulties, voice loss, severe stress and anxiety.

"Nobody else seemed to understand that it was my livelihood, and what seemed like a minor inconvenience to them was earth-shattering to me. Thank you for taking me seriously."

ML, Kent

Yet sick and injured artists are expected to be detectives, tracking down health practitioners who understand their needs. And meanwhile they can make their injuries worse, because they dare not stop working or studying while waiting for a specialist NHS referral and cannot afford private health care on annual earnings that rarely reach five figures.

BAPAM is the only organisation in the country delivering the specialist health support all professional and student performing artists need. Our work is unique, essential and irreplaceable.

We have been working with performing artists of all kinds (actors, dancers, instrumentalists, singers and variety artists) since 1984. We have an in-depth understanding of the wide range of health problems that can affect those in the professions. We also understand the financial and other career pressures performers are under to keep on top form physically and psychologically.

MUSICIANS
BENEVOLENT FUND

Equity

musicians union

BRITISH ASSOCIATION FOR
PERFORMING
ARTS
MEDICINE

CARING FOR PERFORMERS' HEALTH

Patrons

Richard Baker OBE
Dame Evelyn Glennie DBE
Nigel Kennedy
Sir Simon Rattle CBE
Sir Cliff Richard OBE
Dame Antoinette Sibley DBE
Janet Suzman
Sir Willard White CBE

ANNUAL REVIEW 2006

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www.bapam.org.uk