

ANNUAL REVIEW 2013

BRITISH ASSOCIATION FOR
PERFORMING
**ARTS
MEDICINE**

CARING FOR PERFORMERS' HEALTH



*... specialising in health in
the performing arts sector ...*

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BAPAM IS A UNIQUE HEALTHCARE CHARITY

Our aim is to support performing arts professionals and students faced with an injury or health issue which affects their ability to work and perform. We do this through one-to-one advice and clinical assessment services and through our national programme of education and training.

OUR SERVICES

FREE CLINICAL ASSESSMENTS: In our central London clinic, performers have access to clinicians from a range of healthcare backgrounds – including general practice, rheumatology, surgery, physiotherapy, psychology and vocal health. We also provide free assessments with specialist GPs at various locations around the UK.

In 2013, demand for our core assessment services continued to increase, and we registered 843 new patients and provided over 1,200 free consultations.

ADVICE, REFERRAL AND AFTER CARE: Our confidential free consultations focus on the unique challenges of life in the performing arts. BAPAM clinicians provide detailed information about a performer's condition and options for care, including self-management, healthy performance practice and finding appropriate local support from NHS and private specialists, including professionals listed on our *Directory of Practitioners* (e.g. physiotherapists, Alexander Technique teachers and counsellors).

Several of our clinicians and practitioners also offer reduced cost follow-up care in our London clinic, and provided over 800 therapeutic appointments during 2013.

INFORMATION: Our skilled admin team provide free advice about support and resources for performers through our Helpline, website and social media. During 2013, our website visits increased by 70% to over 140,000 - mainly accessing our News page, clinics information, Directory, and free downloadable health resources.

EDUCATION AND TRAINING: Through our *Education and Training* programme, we offer regular open-access performer health awareness events as well as bespoke services, all delivered by our skilled staff and clinicians.

During 2013, we provided lectures and workshops for hundreds of performing arts professionals, students, employers, educators and healthcare practitioners nationally. Our charging structure has ensured that these services remain accessible whilst generating much-needed income to support our free clinical services.

Our unique *MSc in Performing Arts Medicine* entered its third successful academic year in 2013 and is now fully supported by University College London. Several students and



graduates have become involved in research and practice at BAPAM, and provided valuable contributions to the BAPAM Journal, which was re-launched in June.

STUDENT ADVOCATE SCHEME: the Scheme has been expanded to include three institutions nationally, with more in the pipeline.

ASSOCIATION OF MEDICAL ADVISERS TO BRITISH ORCHESTRAS (AMABO): our network of volunteer doctors continue to provide independent advice and support to orchestra members throughout the UK.

OUR PATIENTS

PATIENTS

Our new patients in 2013 were predominantly musicians (79%) - instrumentalists, singers, composers and conductors from classical, jazz, rock, pop and music theatre backgrounds. We also helped increasing numbers of actors and crew, and nearly half of our patients were students (41%).

AND THEIR PROBLEMS

The main reason performers seek our help is due to a musculoskeletal problem, but we also see patients with hearing and voice issues, and increasing numbers with psychosocial problems. Around 10% of our new patients in 2013 reported having more than one health problem.

THEIR EXPERIENCES

Our anonymous feedback process became well-embedded in 2013, and we had responses from 576 performers (nearly 70% of patients) attending their first free consultation. Over 95% rated all aspects of the advice and support they received from BAPAM as 'good' or 'excellent'.

What patients said about their experience at BAPAM

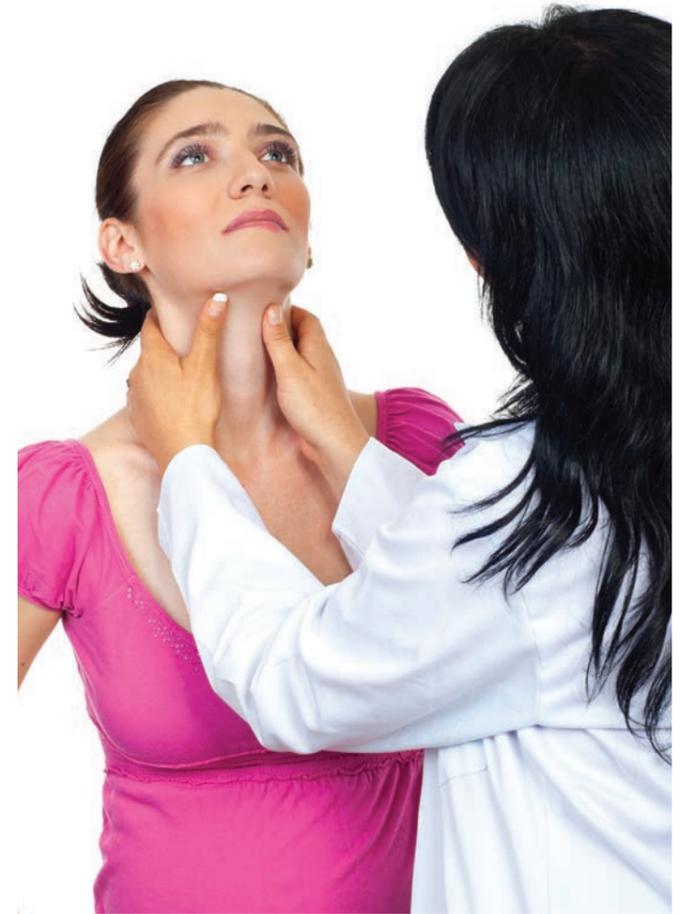
'The physiotherapist was able to give me really precise advice and exercises, and was able to explain my problems in a way I could understand. I believe she set me on the road to recovery.'

'It was a relief to speak with someone who understood the specific nature of my problem and its effects upon a performer.'

'Extremely useful session - I really appreciated the time and personalised effort put in that I haven't found anywhere else!'

'Lucid. Thorough. Reassuring. Practical. Couldn't have been better.'

'The doctor was very helpful in explaining the problem and directing me to more specialist help. He was really caring and helped to reduce a lot of my anxiety and worry.'

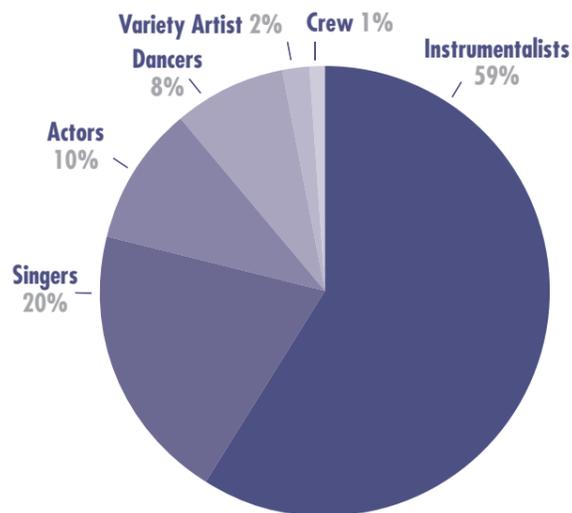


OUR FUNDING

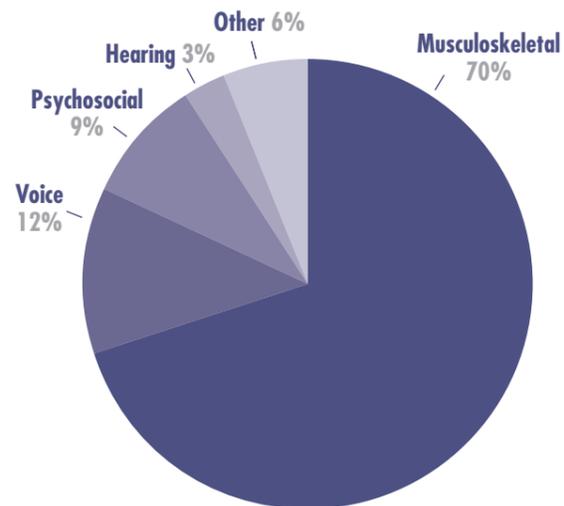
Many performing artists are on low incomes and may be unable to work due to their health problem. BAPAM is able to offer its free and accessible services thanks to our dedicated clinicians, who provide their expertise free or for a very low fee. We are also hugely grateful for the charitable grants we receive from our funders and for the increasing donations we received from performers attending our clinics throughout 2013.

Full details of our accounts are available from BAPAM or the Charity Commission website.

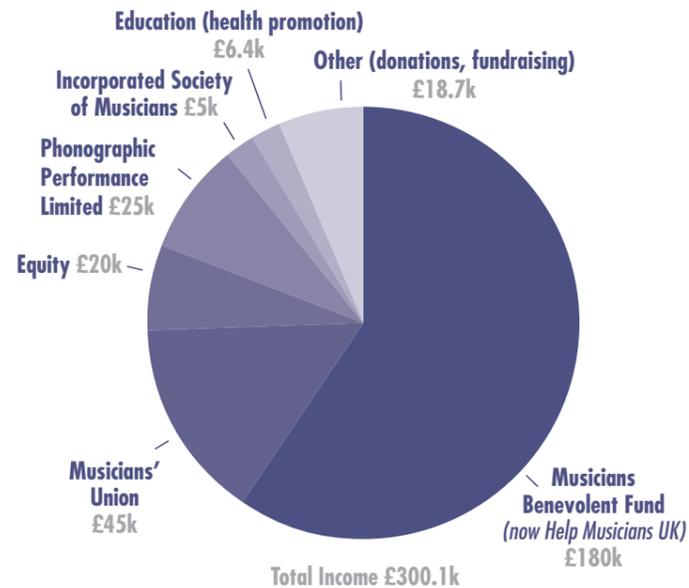
BRANCHES OF PERFORMING ARTS



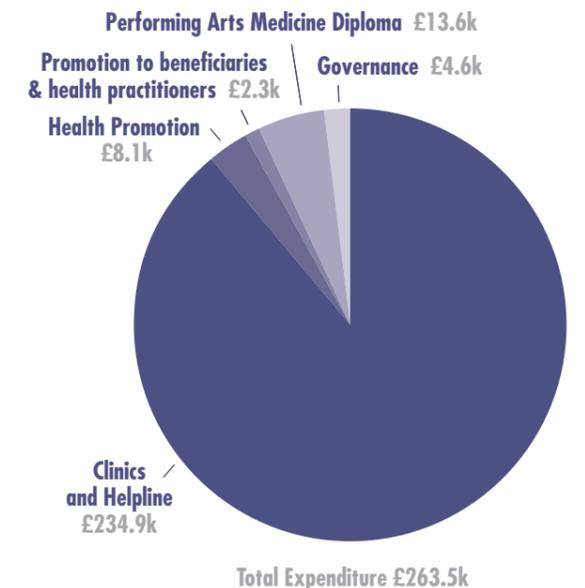
PATIENTS' MAIN HEALTH PROBLEMS



2013 INCOME



2013 EXPENDITURE



A UNIQUE CHARITY

Like athletes, performing artists need to be as healthy as possible, yet are constantly at risk of injury and illness. In some ways performers are more vulnerable – risking muscle damage, hearing difficulties, voice loss, severe stress and anxiety. Yet unlike sportspeople, their health problems are largely unrecognised, so that if they get sick, they struggle to find health practitioners who really understand their needs.

BAPAM has been helping performers since 1984. We have in-depth understanding of their work-related health problems. We also appreciate the financial and other career pressures they are under. Our services are *unique, essential and irreplaceable* – they save careers and enable Britain to maintain its top class performing arts scene.

HELP BAPAM PUT PERFORMERS BACK ON STAGE

- Become a BAPAM Friend
- Make a donation
- Remember us in your Will
- Introduce us to potential donors (corporate, individuals or Trusts)
- Put on a fundraising event
- Become a BAPAM health practitioner

To find out more

Visit: www.bapam.org.uk

Phone: 020 7404 5888

Email: admin@bapam.org.uk

Write to: BAPAM, FREEPOST NAT 18607, London WC1X 8BR

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