

BAPAM Newsletter December 2012

British Association for Performing Arts Medicine

What a year for BAPAM! Our mission, giving free medical advice to performers, promoting healthy performing arts practice and education and fostering excellence among specialist Performing Arts Medicine health practitioners, has certainly kept us busy...

Student Advocate Scheme

Health promotion in universities

Leeds University music student, Naomi Norton, approached us in 2011 with her idea to maximise student performers' chances of preventing performance-related health problems and gaining access to medical advice when needed. The Advocate is a student volunteer who, with support from BAPAM and university staff, acts as a co-ordinator working to mainstream healthy practice and facilitate access to resources. In Leeds over the past 2 years, some of the main benefits have been:

- Increased access to BAPAM clinical expertise for students with performance related health problems.
- Guest lectures and workshops on healthy performance, injury prevention, 'first aid for musicians' etc, given by performers, expert doctors, physiotherapists, Alexander Technique and Pilates teachers.
- Raised awareness of the [Musicians Benevolent Fund Student Health Scheme](#)
- Distribution of [BAPAM health resources](#) at ensemble rehearsals and in fresher packs. Health posters displayed in every practice room in the department.

The scheme has proven to be a great success. We're currently working on implementing the scheme at Birmingham Conservatoire, and over the coming year we'll be looking at ways to expand it in more universities.

MSc / Diploma in Performing Arts Medicine - Update

Performing Arts Medicine at University College London

Welcome to all the new 2012 students! With medical backgrounds in physiotherapy, osteopathy, orthopaedics and vocal coaching, the students are completing their first semester and starting work on research projects which we hope will further boost the literature of Performing Arts Medicine!

The MSc / Diploma in Performing Arts Medicine was set up in 2011 by BAPAM in conjunction with UCL, The Royal College of Music and Trinity-Laban Conservatoire. [Browse our Performing Arts Medicine MSc archive here.](#)

Musical Athletes, PAMA and PAMI

We had a fantastic weekend at the Cheltenham Music Festival where BAPAM and the Cheltenham Festivals Laboratory held four [Musical Athletes](#) sessions, described by philosopher, poet, novelist and cultural critic, Raymond Tallis, as: *a remarkable and often inspiring journey affording profound insights into the bodies, the illnesses, the strategies and the triumphs of musicians working at the very highest level. The art of making music and overcoming the challenges that this presented to body, mind and spirit were explored through basic sciences such as anatomy and physiology, through thinking about techniques such as mindfulness, and through talking with great musicians about their experiences of performing and their ways of coping with performing before a public who expect perfection as routine. No-one who was present will think about musical performance and the bodies and minds of performers in the same way again.*

2012 also saw us continue to strengthen links with international Performing Arts Medicine networks at the [PAMA Symposium 2012](#), held in Colorado, and [Ireland's first Performing Arts Medicine Conference](#) (check out the link for videos of all the talks from this hugely successful event).

Personnel changes

Our Chief Executive, Naomi Wayne, retired in July after 7 years service. Naomi recently completed a ceramics degree and is keen to pursue this and other interests. We wish her well.

Dr Deborah Charnock has taken on the role of Interim CE to steer us through our 2013 review programme. Deborah is a former BAPAM Trustee with a background in both health care management and music performance.

Our long term assessing psychiatrist, Professor Christine Dean, also retired this year. We thank Christine for all her work and support to performers. We welcome Dr Carol Chapman, a Clinical Psychologist and BAPAM practitioner, who will now provide specialist assessment, advice and referral for performance related psychological problems.

Funding Update

BAPAM underwent a review by its main funder, the Musicians Benevolent Fund, during 2012. The Fund has renewed our funding until December 2013, and we are also grateful for ongoing support from the MU, Equity, PPL and ISM.

BAPAM will be working with the Fund and other Stakeholders on a programme of Review and Improvement throughout 2013. Regular updates will follow and will be posted on the Website. If you have any comments or suggestions to feed into this process, please contact Deborah Charnock by email: deborah@bapam.org.uk.

Performer involvement

We are keen to involve performers and patients more closely in our work. We recently recruited several volunteers onto our Stakeholder Working Group, and plan to develop a Patient and Performer Reference Group during 2013 to help us in a wide range of areas – fundraising, publications reviewing, events and so on. More details to follow, but if you're interested, please contact Deborah Charnock by email: deborah@bapam.org.uk.

Fundraising

Donating to BAPAM or arranging a fundraising event couldn't be easier. Find out how you can [help us continue supporting UK performing artists](#).

A huge thank you to our fantastic fundraisers in 2012:

The [York Guitar Festival](#)

Great London Swimmer, [Tom Hunt](#)

Three Peaks Challenger, [Ian MacDonald](#)

BAPAM on the Web

www.bapam.org.uk

Facebook: <http://www.facebook.com/PerformingArtsMedicine>

Twitter: www.twitter.com/ukbapam

BAPAM is a medical charity, generously funded by the Musicians Benevolent Fund, The Musicians Union, Equity, PPL and The Incorporated Society of Musicians

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