

BAPAM is a medical charity providing specialist health support to professional and student performing artists and production crew throughout the UK.

May 18th Training Day – The Perils of Percussion Playing/Alcohol and the Performing Arts – Cardiff University

BAPAM Training Days for healthcare practitioners provide in-depth explorations of key areas of Performing Arts Medicine and unique insights into aspects of performers' health and wellbeing. We present performers' perspectives as well as the expertise of experienced medical practitioners. Our events are also a great opportunity for all those interested in and engaged with Performing Arts Medicine to meet and network.

Our next Training Day takes place at Cardiff University on Saturday 18th May 2013 and covers:

Hand problems in musicians with an emphasis on percussionists
Practical percussion demonstration
Ergonomics
Assessment & treatment advice
Dystonia update
Alcohol and the performing arts

[Detailed information and registration](#)

Research and Education Bursary Fund

Our Research and Education Bursary Fund was launched at the beginning of the year, created to promote our research networks and knowledge base through support to clinicians and practitioners attending research conferences relevant to research and practice in Performing Arts Medicine.

Clinicians and practitioners listed on BAPAM's [Directory](#), as well as students involved with our healthcare programmes (e.g. [Performing Arts Medicine MSc](#)) are welcome to bid to the fund for a contribution towards their expenses (registration, travel, accommodation).

Our first bursary recipients are Jennie Morton, who recently attended the Performing Arts Medicine Association meeting in Toronto ([her report is here](#)) to present on Healthy Practice for Musicians, and Naomi Norton, presenting on the [Student Advocate Scheme](#) and her Master's research project, *Instrumental and Vocal Teachers as Health Promotion Advocates*, at the [British Psychological Society conference in Harrogate in April](#).

Directory of Performing Arts Medicine Specialists and Practitioners

We're pleased to welcome all the new members of the [BAPAM Directory of Performing Arts Medicine Practitioners](#), our online resource, recently updated and expanded.



Student Advocate Scheme (SAS)

Following our December newsletter item on the establishment of the Student Advocate Scheme (SAS) in Leeds, we have had interest from a number of music education institutions around the country interested in setting up their own schemes. The Scheme's founder, Naomi Norton, is managing the development of this network. We will be holding an induction day and mini-conference for all interested in the Scheme at BAPAM on 19th June. Further information is available from Naomi Norton – naomi.norton@bapam.org.uk

Event Reports

1. State of Play 2013 – BAPAM Instrument Day

The State of Play – *A study day for performers, healthcare practitioners, music teachers, manufacturers and modifiers of musical instruments* – was held on 23rd March 2013, inspired by all the wonderful inventions, additions and props created by passionate musicians, teachers and practitioners to assist their performing.

'Though for some, the process of amending and/or adjusting 'the musical interface' (the instrument) is second nature – better facilitating them to do what they love – it strikes me that it is still generally considered a black art'. [Read Ian MacDonald's report here.](#)

2. Healthy Performance Practice for Actors

We were invited to conduct a half-day session to talk about our services and issues affecting performers at the [Actors Centre](#), Covent Garden, on the 8th February. Our panel included BAPAM staff, Deborah Charnock and Clare Hicks, and some of our London clinicians – Dr Carol Chapman (psychologist), Ian MacDonald (vocal health adviser) and Drusilla Redman (physiotherapist). The session produced lively discussion and very positive feedback. The Actors Centre is now commissioning BAPAM to provide a variety of bespoke sessions on health issues affecting actors as part of its regular calendar of professional development events.

3. Stress Management for Stage Managers

BAPAM was also invited to conduct breakout sessions on *Dealing with Stress* for delegates attending the [Stage Management Association](#) Conference in London on 17th March. Our assessing psychologist, Dr Carol Chapman, provided a stimulating overview of the causes and consequences of work-related stress, and tips and techniques for dealing with it. Feedback was extremely positive and several delegates have been in touch with BAPAM for further support.

Our programme of [health promotion talks and workshops](#) is available to anyone interested in healthy performance practice – including performers, teachers, students and industry members. Please contact us for further information.

Justin Howse



We were saddened to hear that Orthopaedic Surgeon, Justin Howes (pictured), died in December 2012. Justin had vast experience working with performers, especially dancers, as Orthopaedic Consultant to the Royal Ballet, and was a former BAPAM trustee and physician. We are hugely grateful to Justin for his work with us over the years and he will be much missed.

Obituaries in the [BMJ](#) (subscription required) and [Telegraph](#).

Fran Nevrkla OBE

Congratulations to BAPAM Trustee, Fran Nevrkla, Chairman of PPL, on being [awarded an OBE](#) for services to the British music industry.

Staff News

A warm welcome to our new part time administrative assistant, Roisin Tierney, who joined us in January. As well as being a poet she has a background in NHS administration, and is looking forward to working with all at BAPAM.

2013 Review and Improvement Plan

Our Review and Improvement Plan is progressing well. Members of the BAPAM Stakeholder Working Group have held two very productive meetings so far this year, and our first Progress Report submitted to the Musicians Benevolent Fund Giving Committee in February was well-received. We will be submitting our second Report in early May.

We will be developing a draft Business Plan over the summer, and BAPAM Trustees and staff will attend an away day in July to discuss the future. We are hopeful that the process will assure funding from the Fund and BAPAM's viability beyond 2013.

We are also immensely grateful to all service users and supporters who make [voluntary donations](#). If you have any ideas or opportunities for fundraising for BAPAM, please contact Deborah Charnock – deborah@bapam.org.uk

Service Monitoring – How Are We Doing?

[Client feedback summary, October to December 2012](#)

Fundraising, Mountain Climbing



Last but certainly not least, we're hugely grateful to all of our funders, volunteers and supporters. We also depend on [voluntary donations](#).

Ian MacDonald and Ben Lowe, pictured last week atop a very wintry Ben Nevis, have just completed the (somewhat 'character building') Three Peaks Challenge. [They are collecting donations here](#). **Please help us continue supporting UK performing arts.**

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

Registered charity no: 1083295

Web Links:

Main site: www.bapam.org.uk

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

Twitter: www.twitter.com/ukbapam

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