

British Association for Performing Arts Medicine Newsletter August 2015

BAPAM is a unique healthcare charity supporting performing arts professionals and students overcome (and preferably avoid) work-related injuries or health issues. We do this through one-to-one advice and [clinical assessments](#) and through our national programme of [education and training](#).

November Training Day

Our next BAPAM Training Day for healthcare professionals and those engaged in performing arts welfare will be held in London on Saturday 21st November. The theme of the day is *Upper Strings*. As always we'll be joined by professional and student musicians to demonstrate some of the issues raised in presentations including:

Physical issues and assessment in upper string players - *Dr David Fielding, GP with special interest in musculoskeletal issues, and former BAPAM clinician*

Playing, performing, teaching - *Dr Ursula Benz, Performer; Visiting Professor in Violin at Birmingham Conservatoire; Medical Doctor at Ludwig-Maximilians-Universität Medical Faculty, Munich*

Anatomy in relation to upper strings - *Dr Alan Watson, Senior Lecturer in Anatomy, Cardiff University*

Research summary – how performance problems develop and how the Alexander Technique can help overcome them - *Dr Alison Loram, Alexander Technique Teacher, BAPAM registered practitioner and violinist*

For further information and to book your place visit: <http://bapamtraining2015b.eventbrite.co.uk>.

Note: [Friends of BAPAM](#) are entitled to priority booking and should book a reduced price ticket (Band A).

Health & Wellbeing Week Starts 10th August

We are once again delighted to be partnering with the Musicians' Union and Help Musicians UK for [Health & Wellbeing Week](#), a series of workshops for music professionals (and students) covering a range of key topics including performance anxiety, hearing loss and prevention, vocal wellbeing, how to survive as a touring musician, yoga techniques for relaxation and more on how to look after yourself as a professional musician. Held in London, Manchester and Birmingham, these sessions are **free for MU members**, or £10 payable on the day for non-members. Places are limited and booking ahead is essential. Information and booking: <http://www.eventbrite.co.uk/o/musicians-union-6251138795>.

Equity and BAPAM at Edinburgh

BAPAM trainer and physiotherapist Drusilla Redman joins [Equity](#) at the Edinburgh Fringe on 17th August for a practical session on warming up and cooling down, vital for all performers to help prevent injury. This session will give you simple, effective techniques you can do wherever you are to make sure you are always ready to go on. Again, booking is essential. [Click here for more information](#).

Trainer Network – Expertise for Healthy Performance Talks & Workshops

BAPAM's Trainer Network delivers talks and workshops focusing on performing arts health, injury prevention and performance enhancement, to individuals and organisations in a wide range of settings. To find out more about how we can help you organise a training event, take a look at the [information pack on our website](#).

Directory of Practitioners

If you are a health care practitioner with the expertise and experience to help performing arts professionals and students, and are suitably qualified, registered and insured, please download our Application Pack for more information: [BAPAM Directory Application Pack 2015](#).

Help Support Us

Supporting BAPAM is a great way to help maintain the excellence of Britain's performing arts. Here's how you can help:

Become a [Friend of BAPAM](#) to give an annual donation.

Make a [one-off donation](#).

Our [JustGiving](#) page makes it easy to organise a sponsored event.

Introduce us to potential donors (corporate, individuals, trusts, etc).

Remember us when making a will.

BAPAM Online

All our information resources, including our popular warm-up exercises for musicians, can be found here: [BAPAM Health Resources](#).

www.bapam.org.uk

Keep up to date with BAPAM on [Twitter](#) and [Facebook](#).

BAPAM is a non-profit medical organisation. We are grateful for generous funding from:

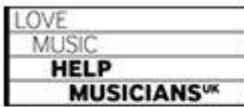
[Help Musicians UK](#)

[The Musician's Union](#)

[Equity](#)

[PPL](#)

[PRS for Music Members Benevolent Fund](#)



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