

RELATED SERVICES

BAPAM Directory

BAPAM maintains a Directory of clinical specialists in performing arts medicine and other healthcare practitioners with experience of treating performing artists. Directory members often charge a reduced fee, and some may be free of charge. You can access the Directory online at www.bapam.org.uk, or phone BAPAM for information about relevant practitioners in your area.

Information on performers' health

The BAPAM website contains factsheets and other resources for performers, covering a range of health-related topics.

AMABO

The Association of Medical Advisers to British Orchestras, a service organised and supported by BAPAM, provides free, confidential, specialist health advice to members of almost 20 British orchestras.

SUPPORTING BAPAM

- I would like to become a Friend of BAPAM (£35 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: _____

Telephone: _____

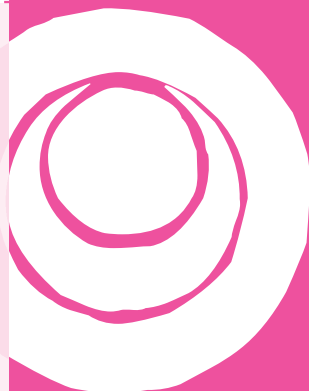
Email: _____

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

ABOUT BAPAM

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 profession. We also understand the financial and other career pressures performers are under to keep on top form physically and psychologically.

BAPAM is a registered charity, funded by the Musicians Benevolent Fund, the Musicians' Union and Equity and supported by donations from Friends, performing artists, doctors and patients.



British Association for Performing Arts Medicine
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34-36 Gray's Inn Road, London WC1X 8HR
Tel: 020 7404 5888 Fax: 020 7404 3222
Registered charity no. 1083295
www.bapam.org.uk



CARING FOR PERFORMERS' HEALTH

Are you suffering for your art?



BAPAM CLINICS

A USER'S GUIDE

WHO CAN USE BAPAM CLINICS?

BAPAM clinics are available to any professional, semi-pro or student performing artists (including foreign nationals working or studying in the UK), who have a performance-related illness or injury, or any physical or psychological health concerns affecting performance.

WHO PROVIDES THESE CLINICS?

Clinics are delivered by experienced doctors, who work for us on a voluntary basis because they are passionate about the performing arts and committed to helping performers get back on stage.

Many are performers themselves, which gives them a particular understanding of performers' lives and health needs. Occasionally, and if appropriate, assessments are carried out by a specialist physiotherapist.

WHERE ARE CLINICS HELD?

London clinics are at BAPAM's Gray's Inn Road premises. There are several GP clinics each week, plus a number of specialist clinics.

Clinics are also held in other cities, including Manchester, Birmingham, Newcastle-Gateshead, Glasgow, Cardiff, Dublin and Bath.

Our website has addresses and directions to the clinics.

"You just can't talk about nerves if you are a dancer – no one will hire you. BAPAM's counsellor was so reassuring and practical – and it was all totally confidential."

Jazz dancer,
Birmingham

WHAT HAPPENS AT A CLINIC?

The doctor will discuss your concerns, carry out an examination and suggest courses of action you might take to improve or manage your situation. You may also be referred on for more specialist advice or treatment. This may be to a rheumatologist, orthopaedic surgeon, ENT specialist, physiotherapist, psychologist, or other expert associated with BAPAM.

Appointments can last up to 45 minutes, to enable the doctor to get a full picture of the problem.

HOW CAN I GET AN APPOINTMENT?

Just call 0845 602 0235 between 9am and 5pm Monday to Friday. We need your name and contact details and a brief description of your problem (this is all kept confidential). Though we will not contact your GP without your permission, it is helpful if you can supply your GP's details when registering with us.

We will then write confirming your appointment time and how to get to the clinic. If you are an instrumental musician, we may ask you to bring your instrument. Most of our clinics are equipped with pianos.

It is really important you are on time for your appointment. If you have travel problems on the day, try to phone and let us know. If you can't keep your appointment, please tell us as soon as possible. There is a high demand for clinic appointments and we can always fill up an empty slot with someone on our waiting list.

HOW MUCH DOES IT COST?

A BAPAM clinic assessment is free. For further treatment, we can sometimes write to your GP recommending an NHS referral, or we may suggest an appropriate private referral. Where this happens we may be able to secure substantially reduced rates.*

If you cannot afford the recommended treatment, we can offer information on sources of financial support, though we are unable to provide such assistance ourselves and cannot guarantee the success of your application.

If you are a full-time performing arts student in higher education, you may be able to seek financial support for treatment through the Musicians Benevolent Fund Student Health Scheme. Information about this can be found at www.mbf.org.uk/studenthealth.

WHAT CAN I GIVE BACK TO BAPAM?

We value feedback from our clients. When you come to one of our clinics, we will ask you to complete a feedback form. The form is also downloadable from our website www.bapam.org.uk.

Our clinics are free, thanks to the generosity of our doctors who donate their time. However, if you are in a position to make a one-off or regular gift to BAPAM, it would be very much appreciated.

*Our Bath clinic is a special case. As it is located within an NHS hospital, all NHS patients using the clinic are automatically entitled to free NHS referrals for treatment