

DONATIONS AND FRIENDS

Contact details

Full name _____

Address _____

_____ Postcode _____

Telephone _____

Email address _____

I would like to receive further information about BAPAM.

Friends and Best Friends

I would like to become a Friend of BAPAM paying:

£36 per year £9 per quarter £3 per month

I would like to become a Best Friend of BAPAM paying

£360 per year £90 per quarter £30 per month

Please let me know more about fundraising for BAPAM

If you are a UK taxpayer, don't forget to tick the Gift Aid declaration. Your donation will be worth around a quarter as much again.

Donation

I would like to support the work of BAPAM with a donation of £ _____ (by cheque payable to BAPAM)

Please debit my card: Switch / Delta / MasterCard / VISA*

Card number

Expiry date Issue no.

Cardholder (if different from above) _____

Signature _____ Date _____

*To donate using other cards, please use BAPAM's secure online donation link to the Charities Aid Foundation site by following the links from www.bapam.org.uk

Gift Aid

I want the charity to treat all donations I have made since 6th April 2000, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

Please complete relevant sections of this form plus the Standing Order overleaf, detach and send the whole form to: BAPAM, FREEPOST NAT 18607, London WC1X 8BR. We will forward the relevant information to your bank.

We all get great pleasure from watching performing artists. But while we enjoy the glitter and achievement, we don't see the immense physical and psychological demands.

Performing artists are like athletes; they need to be as healthy as possible, yet are especially vulnerable to injury and illness. If anything, performers are susceptible to more health problems: disabling muscle damage, hearing difficulties, voice loss, severe stress and anxiety.

Yet sick and injured artists are expected to be detectives, tracking down health practitioners who understand their needs. And meanwhile they can make their injuries worse, because they dare not stop working or studying while waiting for a specialist NHS referral and cannot afford private health care on annual earnings that rarely reach five figures.

BAPAM is the only organisation in the country delivering the specialist health support all professional and student performing artists need. Our work is unique, essential and irreplaceable.

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
4th Floor, Totara Park House
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

BRITISH ASSOCIATION FOR
PERFORMING
 **ARTS**
MEDICINE

CARING FOR PERFORMERS' HEALTH

Become our supporting act!



GUIDE FOR BAPAM SUPPORTERS

HOW CAN YOU HELP US TO CARE FOR PERFORMERS' HEALTH?

INVESTING IN PERFORMERS' HEALTH

BAPAM provides a range of services aimed at keeping performing artists in top form:

- free, confidential clinics staffed by leading specialists in Performing Arts Medicine: GPs, rheumatologists, orthopaedic surgeons, physiotherapists, psychiatrists ...
- referrals to the best medical, surgical and other therapeutic help available;
- a Directory of clinical specialists and practitioners in Performing Arts Medicine;
- health-awareness training for performers, students and teachers;
- Performing Arts Medicine training for health practitioners;
- a GP network giving independent and specialist medical advice to orchestra members (AMABO);
- research into health problems affecting performers.

Though most of our services are provided by volunteers, whose donated time easily matches our money income in value, we still need funds to organise and support these services and also to ensure that all performing artists are aware of what we can do for them. Just a small donation from you can make a big difference. There are many ways you can help our work.

BECOME A FRIEND OF BAPAM

By becoming a Friend of BAPAM you enable us to make longer-term plans and it reduces administrative costs. It also means you can keep in touch with our activities. There are two levels of Friends membership:

Friends

£36 per year, £9 per quarter, £3 per month

We will keep you up to date with news from BAPAM, invite you to events such as training days and social/networking events.

Best Friends

£360 per year, £90 per quarter, £30 per month

You will be entitled to news updates, free attendance at events including our prestigious training days.

Use the standing order form to sign up to Friends membership.

MAKE A DONATION

Of course, we are always delighted to receive one-off donations.

How to pay

- Online: use the Charities Aid Foundation (CAF) secure credit or debit card service by following the link on our website www.bapam.org.uk
- By phone: call us during office hours with your credit card or debit card details – 020 7404 5888
- By post: fill in the tear-off slip and send it to BAPAM – you can use the FREEPOST address

With Gift Aid, if you are a UK tax payer, your donation will be worth a quarter as much again if you are on the standard rate of tax, or even more if you are on the higher rate.

REMEMBER US IN YOUR WILL

You can give lasting support to BAPAM's work by leaving a legacy – and, at the same time, avoid paying death duty on the gift. It's very easy too ...

You can leave a specific amount or item(s) of property, or the residue of your estate once all other gifts have been deducted. If you already have a Will and don't want to redraft it, you can simply attach a signed and witnessed codicil stating what

you want to leave. You always need to include our name, our registered charity number and our address. It's a good idea to check with a solicitor how to word your will.

You don't need to tell us you are leaving a legacy, but it would be nice if you could let us know, so we can express our appreciation during your lifetime.

INTRODUCE US TO POTENTIAL DONORS

We are a small, specialised charity without an army of fundraisers. We know that there's no substitute for word of mouth in passing on the message about the work we do. If you know individuals who love the performing arts, or businesses or charitable Trusts who might be interested in supporting us, do let us know.

PUT ON A FUNDRAISING EVENT

We are always grateful if performers or promoters would consider putting on a fundraising event or get sponsorship for BAPAM. We can provide fundraising materials, and if required we can provide a speaker to talk about our work.

BECOME A BAPAM PRACTITIONER

If you're a medical doctor or other healthcare professional, either mainstream or complementary,

you can play a direct role in helping us to keep performing artists healthy by volunteering your time and professional expertise.

To find out more, consult the 'Practitioner' pages of our website or ask for a copy of the leaflet 'Is there a doctor in the house?'

"I fell on stage seven years ago and my back never recovered. BAPAM's physio was the first person to come up with practical ways of helping me."

Actor, West Country

"I was really impressed by the treatment I had from BAPAM. I am humbled by realising that such people give their skills, experience and time to help performers in difficulty"

Violinist, London

STANDING ORDER FORM

Account details

Account name _____

Account number

Sort code - -

Instruction to your bank / building society

To: the Manager

Bank / Building Society _____

Bank address _____

_____ Postcode _____

Please pay

BAPAM, Barclays Bank, 114 Fenchurch Street, London EC3P 3HY

Account number: 20552747 Sort code: 20-31-52

£36 per year £9 per quarter £3 per month

£360 per year £90 per quarter £30 per month

until further notice, starting from / / *

and quoting with each payment the reference** _____

Signed _____ Date _____

*Please allow two working weeks from date of signature

**BAPAM will fill this in