



# SOURCES OF FINANCIAL AND PRACTICAL SUPPORT

## **Actors' Benevolent Fund**

[www.actorsbenevolentfund.co.uk](http://www.actorsbenevolentfund.co.uk)

[office@abf.org.uk](mailto:office@abf.org.uk)

T: 020 7836 6378

Care for actors unable to work because of poor health, an accident or frail old age.

## **Cinema and Television Benevolent Fund**

[www.ctbf.co.uk](http://www.ctbf.co.uk)

[info@ctbf.co.uk](mailto:info@ctbf.co.uk)

T: 020 7437 6567

UK charity for Cinema, Film and TV professionals (not actors), supporting those facing personal and career challenges such as illness, injury, unemployment or finances.

## **Dance Again Foundation**

[www.danceagain.org](http://www.danceagain.org)

[enquiries@danceagain.org](mailto:enquiries@danceagain.org)

The Dance Again Foundation will support injured dancers and their families with immediate post injury advice and help with early rehabilitation, working with the dancer's medical team to achieve the optimum recovery. The aim is to enable the dancer to return safely to their career.

## **Dancers' Career Development**

[www.thedcd.org.uk](http://www.thedcd.org.uk)

[admin@thedcd.org.uk](mailto:admin@thedcd.org.uk)

T: 020 7831 1449

Offer educational advice, career coaching, emotional counselling, CV and interview guidance, grants for retraining, business start-up grants, and on-going support for professional dancers whose performing career is drawing to a close.

## **Dance Teachers' Benevolent Fund**

[www.dtbf.co.uk](http://www.dtbf.co.uk)

[info@dtbf.co.uk](mailto:info@dtbf.co.uk)

T: 01603 619 166

Provide pastoral, financial and practical assistance to qualified dance teachers of any age, who are suffering temporary or long term hardship.

### **Dance UK**

[www.danceuk.org/healthier-dancer-programme](http://www.danceuk.org/healthier-dancer-programme)

[info@danceuk.org](mailto:info@danceuk.org)

[www.nidms.co.uk/injury-referral](http://www.nidms.co.uk/injury-referral)

T: 020 7713 0730

Dance UK do not grant funding but provide a wealth of practical help to dancers. Their Healthier Dancer Programme works to improve physical and psychological health in dance. As well as research, events, advocacy, Dance UK provide:

- Advice and information on health, fitness and injury prevention for dancers
- The Healthcare Practitioners Directory, a UK wide database of medical practitioners and complementary therapists with experience of working with dancers
- The National Institute of Dance Medicine and Science provide NHS Dance Injury Clinics in London, Birmingham and Bath.

### **Entertainment Artistes' Benevolent Fund**

[www.eabf.org.uk](http://www.eabf.org.uk)

T: 020 8898 8164

Main priority is Brinsworth House residential home and caring for elderly beneficiaries. However, will consider applications for help from variety, circus performers etc.

### **Equity Charitable Trust**

[www.equitycharitabletrust.org.uk](http://www.equitycharitabletrust.org.uk)

[kaethe@equitycharitabletrust.org.uk](mailto:kaethe@equitycharitabletrust.org.uk)

T: 020 7831 1926

Help present and past members of Equity as well as other adult professional performers and their dependants, providing welfare grants to those unable to work because of poor health, an accident or old age. Also offer welfare rights and debt advice, and can provide education grants for retraining.

### **Help Musicians UK**

[www.helpmusicians.org.uk](http://www.helpmusicians.org.uk)

[info@helpmusicians.org.uk](mailto:info@helpmusicians.org.uk)

T: 020 7239 9100

Help Musicians UK are the leading UK charity for professional musicians of all genres, from starting out through to retirement. They help at times of crisis, but also at times of opportunity, giving people the extra support they need at a crucial stage that could make or break their career.

"We help emerging professionals to develop their talent and get started in a professional career. We help existing professionals who hit a crisis in their lives which can have a devastating effect on their career and families. We help with long-term or terminal illness and we help musicians in retirement and those needing special help as they grow older".

Help Musicians UK, in partnership with BAPAM, also help music students suffering from performance-related health issues through the Music Student Health Scheme which provides specialist health advice and, if necessary, a grant of up to £500.

### **Incorporated Society of Musicians Members Fund**

[www.ism.org](http://www.ism.org)

[membership@ism.org](mailto:membership@ism.org)

T: 020 7221 3499

Supports ISM members in financial need.

### **PRS for Music Members Benevolent Fund**

[www.prsformusicfund.com](http://www.prsformusicfund.com)

T: 020 7306 4067

Helps members of the Performing Rights Society suffering hardship due to illness, accident, disability or conditions associated with old age.

### **The Ralph and Meriel Richardson Foundation**

[www.sirralphrichardson.org.uk](http://www.sirralphrichardson.org.uk)

[manager@sirralphrichardson.org.uk](mailto:manager@sirralphrichardson.org.uk)

T: 07899 551 145

Helps members of the Performing Rights Society suffering hardship due to illness, accident, disability or conditions associated with old age.

### **Royal Ballet Benevolent Fund**

[www.rbbf.org.uk](http://www.rbbf.org.uk)

[info@rbbf.org.uk](mailto:info@rbbf.org.uk)

T: 01273 234 011

The RBBF provides help and support for anyone who has worked with UK classical and contemporary dance companies, or as an independent dancer. They can also help if you have worked as a choreographer, choreologist or as a dance teacher. Help with injury, illness, the effects of age, financial hardship, loneliness.

### **Royal Society of Musicians**

[www.royalsocietyofmusicians.org](http://www.royalsocietyofmusicians.org)

T: 020 7629 6137

The Royal Society of Musicians is Britain's oldest music charity and its aims remain as relevant today as they were in the earliest years – to provide immediate financial assistance to musicians unable to work due to accident, illness or old age.

### **Royal Theatrical Fund**

[www.trtf.com](http://www.trtf.com)

[admin@trtf.com](mailto:admin@trtf.com)

T: 020 7836 3322

Help stage/radio/film/TV performers who have worked professionally for over 7 years. Unlikely to fund private healthcare, but will provide grants or monthly allowances to help pay for medical equipment, or cope with illness/infirmity.

## BAPAM INFORMATION SHEET

### Royal Opera House Benevolent Fund

[www.roh.org.uk/about/benevolent-fund](http://www.roh.org.uk/about/benevolent-fund)

[ben.fund@roh.org.uk](mailto:ben.fund@roh.org.uk)

T: 020 7212 9128

The Royal Opera House Benevolent Fund provides confidential advice, support and financial assistance to those past and present employees of the Royal Opera House and Birmingham Royal Ballet (and their dependants) who need help.

### The Theatrical Guild

[www.ttg.org.uk](http://www.ttg.org.uk)

[admin@ttg.org.uk](mailto:admin@ttg.org.uk)

T: 020 7240 6062

The Theatrical Guild supports those not in front of the curtain. They help crew members, electricians, stage door assistants, box office, ushers and many more all throughout the UK in times of need, assisting in a variety of ways including: offering financial support, sponsorship for education / retraining within the industry, one off grants, ongoing aid and access to counselling.

### The Grand Order of Water Rats Charities Fund

[www.gowr.net/Charities%20Fund/grandorderofwate.html](http://www.gowr.net/Charities%20Fund/grandorderofwate.html)

[charities@gowr.net](mailto:charities@gowr.net)

T: 020 7278 3248

Among many charitable activities, the Fund help performers and their dependants who, because of old age or disability, are unable to work.

BAPAM Health Resources are produced with support from:



Covering essential healthy performance basics, all our Factsheets and Resources for performing arts professionals and students are online at [www.bapam.org.uk](http://www.bapam.org.uk)

PAGE 4 OF 4

British Association for Performing Arts Medicine

Totara Park House, 4th Floor, 34–36 Gray's Inn Road, London WC1X 8HR

ADMIN 020 7404 5888 • CLINIC LINE 020 7404 8444

GENERAL ENQUIRIES [admin@bapam.org.uk](mailto:admin@bapam.org.uk) • CLINIC [clinic@bapam.org.uk](mailto:clinic@bapam.org.uk)

WEBSITE [www.bapam.org.uk](http://www.bapam.org.uk) • REG CHARITY NO 1083295

© BAPAM 2015. May be copied for non-commercial purposes provided the source is acknowledged.