

# SOURCES OF FINANCIAL AND PRACTICAL SUPPORT

**BAPAM cannot guarantee that applications for support from any of the organisations listed in this information sheet will be successful.** Each organisation will check that you meet their eligibility criteria, which may include asking you for information about your work and financial situation, including savings and property. Where organisations require clinical information, BAPAM can provide you with an independent, expert, confidential medical assessment and report, which you may include in an application for support, at your own discretion. We never send confidential information to third parties without your consent.

## Actors' Benevolent Fund

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

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

020 7836 6378

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

## Actors' Children's Trust

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

[robert@actorschildren.org](mailto:robert@actorschildren.org)

020 7636 7868

ACT gives grants, advice and support to help the children of professional actors. Many actors are worried about money and simply cannot afford to pay bills or their children's costs or childcare, school meals, uniform, trips and afterschool clubs. Some families value help with special education support for children, for example a child who is dyslexic or autistic. Some parents have to go through hurdles even to get special assessments done – ACT can lobby on your behalf, or fund a private assessment. Families often go to ACT because a parent or child lives with a physical disability or has a serious illness. When an actor-parent has died, ACT can continue to fund their children through to the age of 21.

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## ArtsMinds

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

Mental health resource hub from Equity, The Stage, Spotlight and BAPAM.

## Backup

[www.backuptech.uk](http://www.backuptech.uk)

01323 524 138

Backup provides financial support to entertainment technology industry professionals who are seriously ill or injured or to their surviving family members. Grants are tailored to each individual and uses can include basic living costs, medical related expenses, transportation, and funeral expenses.

## 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)

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

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 Professionals Fund

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

01273 234 011

Following the merger of the Royal Ballet Benevolent Fund and the Dance Teachers Benevolent Fund, the DPF assist present and former dance professionals with illness, injury, financial or personal difficulties.

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## Equity Charitable Trust

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

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

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.

## Film and TV Charity

<https://filmtvcharity.org.uk>

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

020 7437 6567

Free, confidential advice and financial assistance in all kinds of situations, as well as practical and emotional support. UK charity for professionals with at least 2 years' proven professional experience behind the scenes in the UK film, TV and cinema industry. The charity is not able to help front of camera talent.

## Grand Order of Water Rats Charities Fund

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

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

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.

## Help Musicians UK

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

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

020 7239 9100

Help Musicians UK are a major funder of BAPAM and give financial and practical support to professional musicians at all stages of their career (including degree level music students and emerging musicians). They help at times of crisis, but also at times of opportunity, giving people the extra support they need at a crucial stage in 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 support as they grow older".

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## Music Support

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

0800 030 6789

Music Support provide help and support for individuals in any area of the UK music industry suffering from mental health issues, addiction or emotional and behavioural health disorders. Services include a Helpline, Safe Hubs backstage at many UK festivals, workshops / training, and the Thrive App – a free NHS approved and clinically effective wellbeing app offering 24/7 support for mental health and wellbeing.

## One Dance UK

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

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

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

020 7713 0730

One 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 a part of the National Institute of Dance Medicine and Science. As well as research, events and advocacy, One Dance UK provides:

- Advice, information, and education for dancers and teachers on mental health, fitness and injury prevention for dancers
- The Healthcare Practitioners Directory, a UK wide database of healthcare practitioners and complementary therapists with experience of working with dancers
- A private healthcare plan specifically designed for dancers, the Performance Optimisation Package, which includes a health MOT, reimbursement for therapies, and access to a GP and counselling helpline
- Signposting to mental health resources and financial support
- The National Institute of Dance Medicine and Science provide NHS Dance Injury clinics in London, Birmingham and Bath

## PRS Members' Fund

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

020 3741 4067

Provides support and advice to PRS members and their families, who may be struggling financially, physically or emotionally and are in need of help.

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## Ralph and Meriel Richardson Foundation

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

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

The Foundation was established by Lady Meriel (Mu) Richardson after the untimely death of the Richardsons' only son, Charles, to relieve the need, hardship or distress of British actors and actresses who have professionally practised or contributed to the Theatrical Arts (on stage, film, television or radio) and their spouses and children.

## 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)

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.

## Royal Society of Musicians

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

[casework@rsmgb.org](mailto:casework@rsmgb.org)

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)

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

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## Royal Variety Charity

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

020 8898 8164

Supporting all those, both young and old, who've worked on the stage, in the wings, in front of a camera, or behind it, as well as all those who have spent their lives working in the numerous support industries dedicated to entertainment. The Royal Variety Charity owns and manages its own residential and nursing care home for elderly entertainers, Brinsworth House in Twickenham, and also offers a nationwide grant scheme to assist those living in their own homes wherever they reside in the UK.

## Stagehand - The PSA Welfare and Benevolent Fund

[www.psa.org.uk/pages/about-welfare-and-benevolent-fund](http://www.psa.org.uk/pages/about-welfare-and-benevolent-fund)

[gm@psa.org.uk](mailto:gm@psa.org.uk)

020 8675 2586

Help for Production Services Association (PSA) members who encounter an injury or illness that prevents them working or forces an unplanned change of career.

## Theatrical Guild

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

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

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.

## Tonic Music: Tonic Rider

[www.tonicmusic.co.uk/tonic-rider](http://www.tonicmusic.co.uk/tonic-rider)

[tonicrider@tonicmusic.co.uk](mailto:tonicrider@tonicmusic.co.uk)

The Tonic Rider Programme aims to promote good mental health within the music industry for all musicians and music industry professionals and is available free of charge. Services include online peer support groups facilitated by mental health professionals, mental health first aid training, performance anxiety workshops, email support and information resources.

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

020 8167 4775  
info@bapam.org.uk

Reg Charity No. 1167785

Support this resource with a  
donation:

[www.bapam.org.uk/give-a-donation](http://www.bapam.org.uk/give-a-donation)

British Association for Performing Arts Medicine  
7-9 Breems Buildings, London, EC4A 1DT

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