



Supporting the Health of Performing Artists in the UK

Claire Cordeaux – CEO

Anushka Tanna – Mental Health Ambassador

Phoebe Butler – Training Manager



BAPAM is a unique medical charity enabling student and professional performers throughout the UK to achieve and maintain optimal health for performing their art and participating in cultural life.

BAPAM Staff

- Many of the staff members at BAPAM have a background in the performing arts and many are still actively performing
- The clinicians also either have experience as performing artists themselves or have a lot of experience working with performing artists
- Phoebe – trained as a recorder player in Historical Performance and now regularly plays bass guitar in a festival band, recorder in an electronic folk group and sometimes plays early music in concerts
- Anushka – Completed an undergraduate degree in Drama and Imaginative Writing. Has performed stand-up comedy in London, Cambodia and Thailand. More recently, started performing poetry/spoken word.
- Claire – NHS management and Global Director of Health in independent software company. Musician and manager of a boat stage

What do we do?

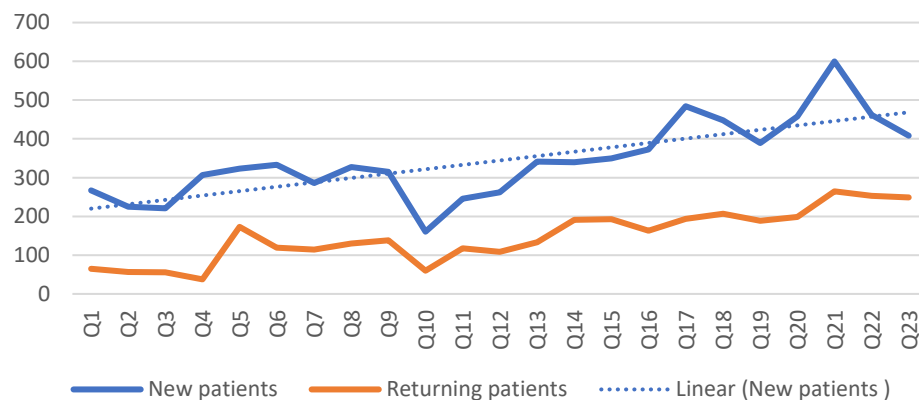


Current Activity

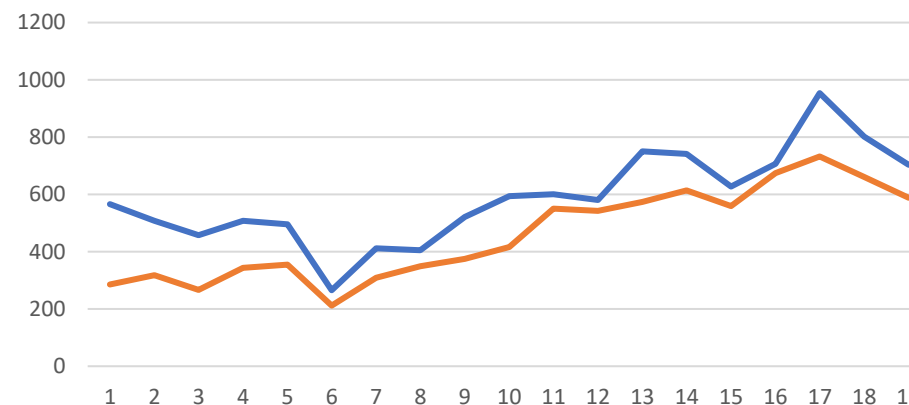
- 3000 patient enquiries
- 2400+ free clinical appointments
- 6300+ counselling sessions
- @300 specialist clinicians on the Directory – professional development offered to this developing community of practice
- 7000 attendees on health education training over 2 years
- Contributing to 3 academic research projects
- 84% of performers back performing after 12 months
- 99% would recommend BAPAM to a colleague

Growing 15-20% per year

**New and Returning Patients 2018-Q3
2023**

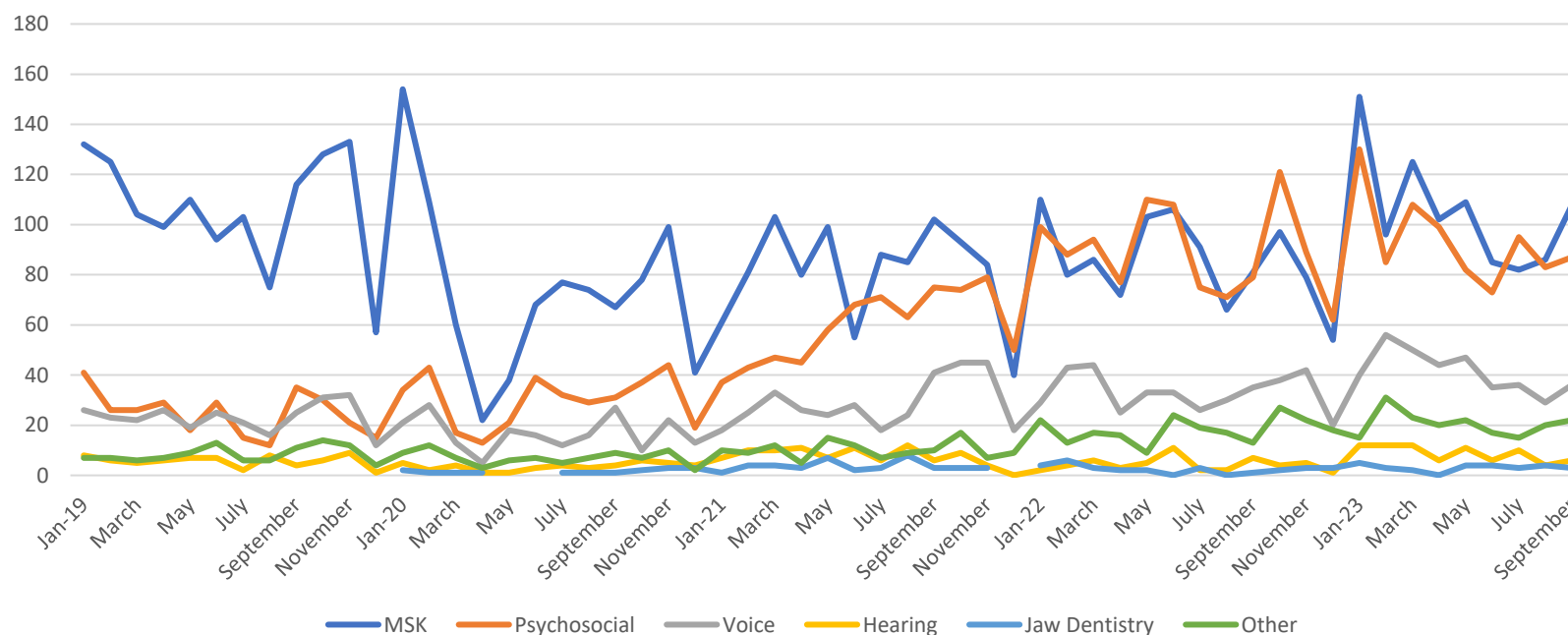


**Clinical Enquiries and Appointments
2019 to Q3 2023**

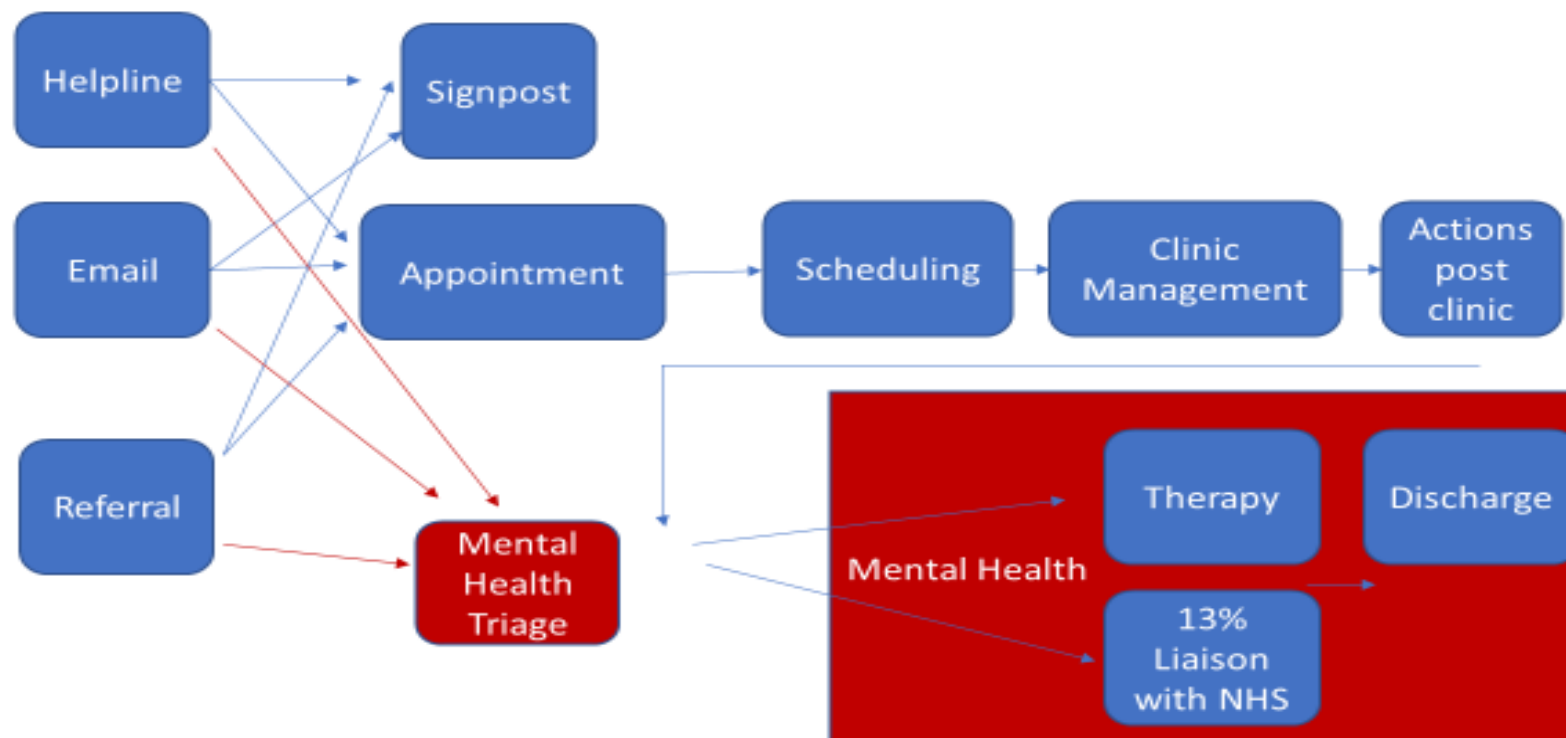


Clinical Presentations

Presentation by Condition 2019 to end Q3 2023

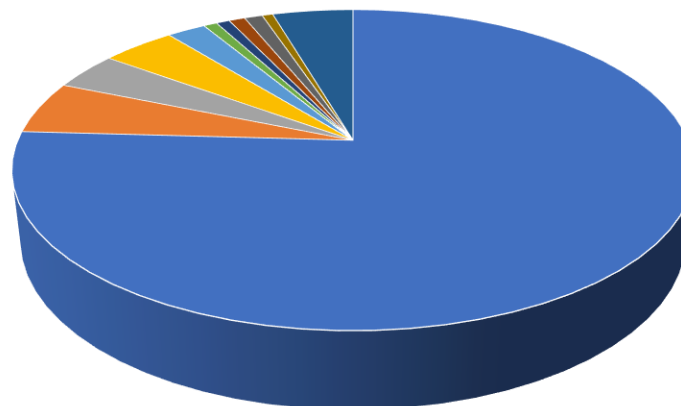


Patient Care and Clinical Services



BAPAM Funding

BAPAM Funding



■ Help Musicians 76%	■ PPL 5%
■ MU 4%	■ Equity 4%
■ RSM 2%	■ PRS for Music 1%
■ Warner Bros 1%	■ Royal Ballet Benevolent Fund 1%
■ Equity Charitable Trust 1%	■ Training income 1%
■ Donations 5%	

Mental Health Service

- Since 2021, we've experienced a 55% growth in our mental health service now 36% of our work
- To safely manage the growth and need for mental health support, a triage system was set up in 2022
- Possible outcomes of MH triage meeting:
 - Patient is placed straight onto BAPAM's psychotherapy (6 sessions of counselling)
 - Patient is booked in for a clinical assessment as further information is needed
 - Patient is discharged from BAPAM (signposting and onward information provided)
 - Further information can be found here: [Mental Health Support at BAPAM | Performing Arts, London, UK | BAPAM](#)

Service Pressure Points and Solutions

- **Demand and Clinician Availability** - Assessing clinicians generously give their time at a lower pay rate and juggle this with other work. Availability does not always match peaks in demand. Our demand prediction model allows us to plan, and in house clinicians can review patients who are waiting. Careful promotion aims to manage demand from being overwhelming
- **Offer of face-to-face appointments and attendance** - Matching face to face appointments with a UK wide population. Online assessments offer a flexible solution, and face to face appointments are available across the UK
- **Increase in demand for ADHD-specific support, and thinking about how to meet this within our remit** - new series of workshops set up (training and education)

Training and Education

- Understanding and modifying risk factors for injury.
- Providing education to prevent injuries in performing artists.
- Managing problems early when they occur.
- Supporting performers to get help when it is needed.
- Trainers are experienced psychotherapists, researchers and educators with a background in the performing arts

Content and Structure

- Our mental health training is for all performing artists and looks at:
 - Different mental health problems, signs and symptoms
 - Practical exercises to help artists stay well both at home and when on tour
 - Links and handouts for further reading
 - A Healthy Practice Diary for setting SMART goals
 - Signposting to further support

Psychoeducation Self-care

- Self-esteem & Self-doubt
- Anxiety And Its' Many Forms
- Your Relationship With Social Media
- Low Mood & Motivation
- Sleep
- Managing Stress
- Challenging Negative Thoughts
- Building and Maintaining Positive Relationships
- Performance anxiety
- Body image and our Relationship with Food
- Creativity & Motivation
- Authenticity and Identity in the World of the Performing Arts
- Trauma & Loss
- Coping with Change
- Coping with Uncertainty
- Emotional Regulation and Emotional Repression

Aims and Outcomes of Psychoeducation Self-care

- Long term training over 13 weeks.
- Musicians can attend one or all workshops
- Content based with an element of interaction and a chance to ask questions
- Handouts provided with links for further reading
- These sessions are used for bespoke training with other organisations: The English National Opera, The Music Managers' Forum, Sound City in Liverpool, The university Health Network in Toronto, Canada

Equity Psychological Support Groups

- For actors: 6 week series
- Topics:
 - Self-esteem and Self-doubt
 - Depression and Low Mood
 - Stress and Anxiety
 - Challenging Negative Thoughts and Building and Maintaining Positive Relationships
 - Creativity and Motivation
 - Authenticity and Identity

Aim and Outcomes of Equity Psychological Support Groups

- Each session provides:
 - Content on the topic
 - Resources and links to further reading
 - Exercises to take home each week and report back to the facilitator the following week
 - An element of peer support.
- We allow flexibility in attendance due to the nature of actors' freelance work

PERFORMANCE Series

Posture **E**nvironment **R**outines, **F**itness, **O**veruse, **R**est & Recovery, **M**ental Health, **A**nxiety,
Nutrition, **C**linical **E**xpertise

- This series looks at how to stay well overall as a performing artist
- It includes both mental and physical health workshops with elements of mental health throughout.
- Fitness includes the importance of fitness in helping to reduce performance anxiety. Rest and recovery includes how we can use visualization and mental practice.

Through A Different Lens

- A 6 week series of workshops for neurodivergent performing artists in collaboration with the organisation, Attitude is Everything.

Topics:

- Managing Stress and Anxiety
- Planning and Organisation
- Hyperfocus – the upsides and downsides of ADHD
- Employment Support and Access to Work (help with navigating services)
- Activities of Self-care
- Techniques to improve sleep

Through A Different Lens

- Facilitated by Psychotherapists on the BAPAM Directory, BAPAM's Mental Health Ambassador, Anushka (background in mental health social work) Attitude is Everything, and a Clinical Psychologist specialising in sleep.
- Pilot series, well attended with some improvements to be made for the next series.
- We recognised the need for ADHD- specific support. We are unable to provide ADHD diagnostic assessments, but have been able to put on a programme as part of our training and education work

Mentoring Scheme

Healthy Practice and Healthy Touring

- Using The Healthy Practice Diary
- Goal setting for artists to stay healthy whilst on tour or in day to day life

Are you:

<input type="radio"/> Maintaining a healthy diet?	Yes	No
<input type="radio"/> Keeping hydrated?	Yes	No
<input type="radio"/> Getting enough sleep?	Yes	No
<input type="radio"/> Maintaining relationships outside your performance life?	Yes	No
<input type="radio"/> Doing regular exercise?	Yes	No
<input type="radio"/> Getting outside enough?	Yes	No
<input type="radio"/> Moderating your use of alcohol and drugs?	Yes	No
<input type="radio"/> Smoking?	Yes	No
<input type="radio"/> Using ear plugs?	Yes	No
<input type="radio"/> Looking after your sexual health?	Yes	No
<input type="radio"/> Dealing with conflict when it arises?	Yes	No
<input type="radio"/> Recognising signs of stress or illness?	Yes	No



Have you:

<input type="radio"/> Got the right (comfortable) equipment?	Yes	No
<input type="radio"/> Got a daily routine?	Yes	No
<input type="radio"/> Made a plan for your down time?	Yes	No
<input type="radio"/> Got a space where you can work at home	Yes	No
<input type="radio"/> Identified any current health problems?	Yes	No
<input type="radio"/> Had an assessment and advice about all existing health problems?	Yes	No

Do you:

<input type="radio"/> Take regular breaks?	Yes	No
<input type="radio"/> Have a pre-practice and post-practice routine, including warm ups and cool downs?	Yes	No
<input type="radio"/> Do a regular mental health practice?	Yes	No
<input type="radio"/> Have realistic expectations about how your work (or performance) may go?	Yes	No
<input type="radio"/> Do mental practice	Yes	No
<input type="radio"/> Manage social media - and time away from it?	Yes	No
<input type="radio"/> Have a plan for what you'll do after your current project?	Yes	No

Your Healthy Practice Priorities

Look at the “Nos” circled above. Choose and list your top 5 healthy practice priorities to work on during this programme.

1	
2	
3	
4	
5	



SMART GOAL: PRIORITY 1

What do I want to achieve?

How will I know that I have achieved it?

Can I realistically achieve it?

- What steps will I take?
- What support do I need?

Why is this goal important to me?

When will I do this by?

Our Work in the Wider Industry

Alongside our patient care, we work with organisations to look at how they can provide a healthy space for their artists.

- Venues – resources for venues including the healthy practice diary, posters and links to guidance notes from other organisations
- CPD Training for teachers and lecturers in universities, conservatoires, colleges and schools
- Record labels

Factsheets, Resources and Articles

- We provide free factsheets, resources and articles on our website on all topics

[Performing Arts Medicine Resources | Health Resources, London, UK | Bapam](#)

- Our clinicians and members of staff will write articles on different topics

[News | Performing Arts Medicine | London, UK | BAPAM](#)

- We have physical resources including a poster on performance anxiety, a poster on our PERFORMANCE mnemonic, a card with physical warm ups and postcards with our face to face clinics around the country which we send out to venues, music colleges and clinicians

We help you stay well and keep creative
– free training and health services

P - Posture
E - Environment
R - Routines
F - Fitness
O - Overuse
R - Rest and Recovery
M - Mental Health
A - Anxiety
N - Nutrition
CE - Clinical Expertise



Learn healthy
PERFORMANCE skills
from our expert trainers

Free workshops
Free resources
Free clinics

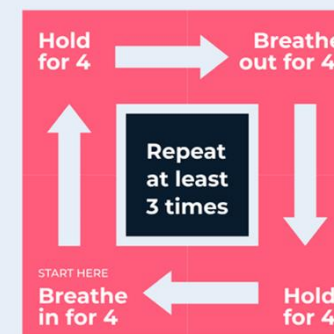
BRITISH ASSOCIATION FOR
**PERFORMING
ARTS MEDICINE**

020 8167 4775
info@bapam.org.uk

About to go on stage and feeling anxious, sick, or have shaky hands?

Right now... focus on your breath **Box Breathing can Help Manage Stress in the Moment**

- Now focus your attention on something outside yourself
- Talk to yourself positively e.g. "I can't wait for them to see the show"
- Visualise your successful performance - how will you be standing, sitting or moving? Copy this posture now
- March on the spot, shake out your muscles or jump up and down if that helps



Performance anxiety is very common and there are lots of **tried and tested strategies** to manage it. Tomorrow, after the show, check out some resources such as our **free factsheets** and **free training sessions**.

info@bapam.org.uk 020 8167 4775

If you think **therapy** might help, give us a call or email. We may be able to provide this for free.

Now, you're on stage - **you've got this!**

BRITISH ASSOCIATION FOR
**PERFORMING
ARTS MEDICINE**

Feedback From Patients

- 77 responses have been received following a patient appointment between July 1st and September 30th, 2023.
- Of the ratings received on clinicians, 96% were "excellent"
- 96% of helpline staff interactions were scored "excellent" with none scored below average.
- 99% of patients who responded would recommend BAPAM

Feedback From Patients

X provided me with really good holistic care, looking at all aspects of my current health status. I have seen osteopaths, chiropractors for years and although they've asked about my profession, I haven't received such detailed enquiry and good aftercare (in the form of an exercise plan with specific instructions relating to what my body goes through as a musician). Very impressed with the service, thank you very much!

I was amazed at every step since hearing about BAPAM that an organisation like this existed. It's been an easy to follow, prompt process and that alone has given me a lift in the difficult circumstances created by my injury. X was incredible. Her knowledge and kindness gave me hope and her experience as a musician herself was invaluable. All this and I haven't even started physio yet to fix the injury. Thank you.

BAPAM's 40th Birthday and PAMA

Birthday party at PAMA 224 18-21 July

You are invited!



Any Questions...?