

Wellbeing application – Early Career Musicians

Application Guidance

This guide is here to help you fill in your application for support.

The questions you will answer are shown in the left column, and the right column explains how to answer them.

Our application form changes based on the answers you give. This means you may not see every question listed in this guide. We do this to save you time and make sure you only have to give information that matters.

If you need any help with your application, please contact our team:

 support@helpmusicians.org.uk
 020 7239 9101

Application question	How to answer the question
What is the injury or illness you are applying for support with?	Please describe the physical health issue that you would like support with being specific i.e. the actual name of the illness or the part of your body that is injured
How does this injury or illness directly impact your ability to work in music e.g. play, perform, create etc.?	We understand that being a musician can be physically demanding and health conditions or injury can have serious implications for a musicians career progression. Please describe how your health issue is currently affecting your ability to play, perform or create music, or is likely to if left untreated.
How has this impacted your earning from music or how could it impact your earning from music if not treated?	If your health condition has directly impacted your ability to earn from music, please provide further details. This may include opportunities or contracts which have been missed, reduction of workload, or other earning implications. We ask this because as a hardship charity, we always consider how illness and injury could lead to financial hardship for musicians.
Do you have an assessment letter from the British Association for Performing Arts Medicine	We partner with BAPAM to offer free health assessments for musicians applying for support towards treatment.

<p>(BAPAM) about the health issue you are applying for support with?</p>	<p>This assessment will be a chance for you to discuss your health issue with a clinician in more detail. All BAPAM clinicians specialise in working with musicians and performing artists.</p> <p>As our clinical partners, BAPAM are able to provide recommendations regarding suitable treatment following your assessment and Help Musicians will use these recommendations to consider how we may be able to support. Therefore, we'll need this information in order to progress your application.</p>
<p>Please upload your British Association for Performing Arts Medicine (BAPAM) assessment letter.</p>	<p>Following your assessment BAPAM will provide a letter which will include any recommendations for treatment. Please upload this here as either a PDF, JPEG, or PNG formatted file.</p> <p>The letter must clearly show your name and be dated within the last 6 months.</p> <p>If you don't yet have a BAPAM assessment letter, please contact BAPAM (www.bapam.org.uk) to arrange a free assessment with one of their clinicians.</p>
<p>Usually we can only provide support where NHS options have been explored. Have you discussed this injury or illness with your GP or other NHS healthcare provider?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>We ask that musicians explore all available options through the NHS before applying for support.</p> <p>If treatment isn't promptly available through the NHS, or they are unable to provide the appropriate care, we can consider support towards private treatment costs.</p> <p>Please let us know if you have explored NHS support for your health issue. If you have not, we strongly recommend speaking to your GP before applying and asking to confirm likely timeframes to see a specialist, or checking information online and having that ready to demonstrate likely timeframes for treatment. If you apply without checking with the NHS first, it may mean we cannot process your application.</p>

<p>If yes, please tell us what they have advised.</p>	<p>If you have explored options through the NHS, please let us know the outcome of this including any guidance that you received.</p> <p>If there is a reason you were unable to receive the appropriate support through the NHS, please explain this here.</p>
<p>Have you applied to any other organisations for support or assistance with this health issue?</p> <p><input type="checkbox"/> Yes</p> <p><input type="checkbox"/> No</p>	<p>Please let us know if you have applied to any other organisations for support with this health issue, such as The Royal Society of Musicians or The PRS Member's Fund.</p>
<p>If yes, please tell us which other organisations you have applied to and provide contact details for your contact there – if known.</p>	<p>Please confirm which other organisations you have applied to.</p> <p>If support has been agreed by any of these organisations, please provide further details of the support that has been offered.</p>
<p>If you have sought assistance from another organisation, Help Musicians would usually work together with them to provide a shared package of support for you.</p> <p>If your application is successful, do you give us consent to contact the organisation(s) you have listed above and share details of your application in order for us to coordinate support for you?</p>	<p>For high-cost treatments that exceed our funding limit, we may be able to coordinate a shared support package with another organisation.</p> <p>Please let us know if you're happy for us to contact the organisation(s) and share details of your application for the purposes above.</p>
<p>Please upload any other documentation from healthcare practitioners that could support your application such as GP, Social Services or an Occupational Therapist</p>	<p>If you have any other relevant medical information, please upload this here as a PDF, JPEG, or PNG file.</p> <p>This could be any documentation that helps to give a clearer picture of your health issue and the options explored so far.</p> <p>Some examples of this could include:</p> <ul style="list-style-type: none"> - An NHS appointment letter - A referral letter - A diagnostic report

	- An outpatient form
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