

Wellbeing application – Working 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
Are you applying for support with an injury or illness?	Please tick yes if you are looking for support with a physical or mental health issue.
Which category does your health issue fall within?	Please tick any categories that describe your issue.
What support are you looking for?	At Help Musicians we offer several different support paths. Please tick any categories that describe the support you are looking for.
Please tell us briefly about the injury or illness you are applying for support with	Please describe the physical or mental health issue that you would like support with e.g. repetitive strain injury.
How does this injury or illness directly impact your ability to work in music e.g. play, perform, create etc.?	Please describe explain what your injury or illness stops you from doing. Describe how your symptoms make it harder to play, sing, perform, rehearse, travel, or create music.
To what extent will this health issue impact your income from music work e.g. by preventing you performing etc.?	Please describe what music work you normally earn from and how much of that work you have had to stop or reduce because of your health. You should make it clear how this has lowered your earnings.
Do you have an assessment letter from the British Association for Performing Arts Medicine (BAPAM) about the health issue you are applying for support with?	We partner with BAPAM to offer free health assessments for musicians applying for support towards treatment. 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 can advise on specialist treatment going forward.

	<p>Following the assessment, the BAPAM clinician will provide a letter including their treatment recommendations.</p> <p>We'll need this information so we can progress your application.</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>Please upload your British Association for Performing Arts Medicine (BAPAM) assessment letter.</p>	<p>Please upload your BAPAM letter as a PDF, JPEG, or PNG 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>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.</p> <p>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>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>

If yes, please tell us which other organisations you have applied to and provide contact details for your contact there – if known.	Please add in the names of the organisations and any contact details you have.
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. 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?	For high-cost treatments that exceed our funding limit, we may be able to coordinate a shared support package with another organisation. 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.
Please upload any other documentation from healthcare practitioners that could support your application such as GP, Social Services or an Occupational Therapist	If you have any other relevant medical information, please upload this here as a PDF, JPEG, or PNG file. This could be any documentation that helps to give a clearer picture of your health issue and the options explored so far. Some examples of this could include: <ul style="list-style-type: none"> • An NHS appointment letter • A referral letter • A diagnostic report • An outpatient form
Would you like to know about financial support we may be able to provide to you?	We know that managing finances as a musician can be challenging, so we offer a range of financial support options. Tick 'Yes' if you'd like to learn more.
Please tick any of the following you'd be interested in knowing more about	Please tick any of the categories you'd be interested in knowing more about
Please provide the information about the health issue impacting your music income	If you selected to know more information about 'Grants to help with essential living costs due to a health issue affecting your music income', please use this space to describe your health issue and the effect it is having on your ability to earn income from music.
Are you applying for support with an expense listed on our website?	We understand that often large unforeseen expenses can be difficult to navigate. Please tick yes if you would like to see the categories we support.
Which expense do you need support with?	Please tick any categories that apply to your situation.
To help us assess how we may be able to help you, please complete the following monthly costs. If some of the costs vary, please provide	Please add into the form your costs. You must complete every line, simply put '0' if a line doesn't apply to you. Costs should be given per month.

<p>your best estimate of what you spend monthly, based on the last 12 months.</p> <ul style="list-style-type: none"> • Rent • Mortgage • Ground rent and service charges • Council tax/rates • Utilities (Gas, electricity, other) • Child-care or maintenance costs • Adult-care costs you are responsible for paying • Access transport e.g. taxis if you have disability • Regular prescriptions and medications you have to pay for 	
<p>If you have any other health and disability related costs that are essential to your day to day living please describe those briefly here and provide a monthly cost</p>	<p>Please describe any other costs directly related to your situation that are not covered by the categories above.</p>
<p>Amount</p>	<p>The total amount of the costs described in the previous question (if any)</p>
<p>Please now share information about your average monthly income. If costs vary, please provide your best estimate of what you earn monthly from each of these sources, based on the last 12 months.</p> <ul style="list-style-type: none"> • Music work – self-employed • Music work- PAYE • Other work – self-employed • Other work- PAYE • Benefits • Other income e.g. lodger etc. 	<p>Please give the monthly amount for each category. You can provide an average based on the last 12 months if your income varies month to month.</p>
<ul style="list-style-type: none"> • Number of children aged under 18 in your household • Number of children aged over 18 in your household • Number of adult dependents in your household 	<p>'In your' household means children or dependents you are legally and financially responsible for, they may not live with you all the time.</p>
<p>To verify the information, you have provided we require the most recent full three months bank statements from all accounts.</p>	<p>Please upload your bank statements as a PDF, JPEG, or PNG file. These can be scans or downloads from your bank. Please ensure that the statements clearly show your name, the banks details and the dates.</p>

This is to check you fit our financial eligibility rules with regards to savings and investments and that we are using our charitable resources correctly and legally to relieve genuine hardship.

Please ensure that you include statements for all accounts you have access to.