

# 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.

## **Actors' Children's Trust**

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

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

T: 020 7636 7868

ACT gives grants to help the children of professional actors. They also offer advice and support, and can help find other funding. Many actors are worried about money and simply cannot afford to pay bills or their children's costs or childcare. Some seek help paying for 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.

## **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 Professionals Fund**

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

T: 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.

## **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)

T: 020 7713 0730

One Dance UK does 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

## **Equity Charitable Trust**

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

[info@equitycharitabletrust.org.uk](mailto:info@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 a major funder of BAPAM and support 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 and musicians in the early stages of their career suffering from performance-related health issues, through the Emerging Musicians Health Scheme which provides specialist health advice and, if necessary, a grant of up to £750.

### **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)

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)

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.

### **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.

## The Royal Variety Charity

<http://www.royalvarietycharity.org/>

T: 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.

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

[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)