

Guidelines – Medical Costs Grants

What are Medical Costs Grants?

Our definition is 'Medical expenses incurred whilst receiving treatment following injury'.

Professional dance is a physically demanding career path with a high injury rate. During the course of a dance career, it is unfortunately likely that at least one injury will occur. If you have injured yourself, you may not be able to easily access either the surgery or the rehabilitation treatment on the NHS you need to get yourself back on track. If you are also on a low-income the cost of treatment can be prohibitively expensive.

For this reason, we will always suggest that you look at industry support networks such as [BAPAM](#) and [NIDMS](#) before undertaking private consultations if at all possible. Both have consultants who are specialists in the injury and recovery of dancers.

If you do need surgery, it is important to fully consider the implications of the surgery itself and also whether you can wait for the NHS (which can have long waiting lists) or if you wish to undergo the treatment privately.

Rehabilitation following surgery is of primary importance to enable a swift return to work. We do advise applicants to take up options for free treatment via the NHS but are aware of waiting lists with this as well.

Who can Apply?

- You are welcome to apply for a Medical Rehabilitation grant if you find yourself injured during your dance career, if it is a dance related injury. You will need to fulfil the eligibility criteria which relates to all grants.
- We may be able to provide some support with the cost of private surgery but in most cases, it will be a proportion of the total costs. Therefore it is important that you let us know how you will be funding the rest of your surgery. Please note if you apply for other costs, such as an MRI scan this will form part of your overall grant. These grants are typically up to a maximum of £1,000.

Rehabilitation grants cover:

- Physiotherapy
- Osteopathy

The cap on rehabilitation grants is normally £600.

Please also read the checklist of requirements on page 2.

Please read this checklist of requirements before submitting your application form:

- ✓ An application form signed and dated by you.

- ✓ A recent and comprehensive CV of your professional dance career, including specific dates of each contract/employment, i.e. dd/mm/yy. CV must be in PDF or Word format.

- ✓ A bank statement (in a PDF, JPEG or Word format) that clearly shows the last full month of transactions, your name, address, account number and sort code

- ✓ A referral from your GP or other medical team assessing your case. Applicants also need to attach a schedule of treatment costs from the health practitioner.

The questions on the form are designed to guide you so you know exactly what is required when completing it. You can also save the form and return to it if you wish. Here are the main things we will be asking for:

- A clear statement from you that outlines exactly why you need our help financially.
- Income and expenditure demonstrating **current** levels of each. Include details of all income and any benefits you are receiving.
- Details of **all** funding you have received or are receiving from any charity such as other benevolent funds within the last twelve months.
- If you share the costs of living in your accommodation, either with your partner or in a house share, you will need to show your contribution to household expenses.
- The amount of your partner's income (if they live with you) so we have a full picture.
- If you have children, details of the caring arrangement – e.g. do they live with you part-time, full-time?
- If you are a carer for someone, full details of the caring arrangement.

Applications that are incompletely filled out, and/or applications without the essential supporting documentation requested, will be rejected. If we can, we will try and let you know the reason why your application failed. The safest way to make sure your request is considered is to make sure that we have all the information we need at the time of applying.