



# Healing Words

## Competition guidelines

You can only enter one poem.

Your poem must be shorter than 25 lines (excluding the title). If your poem is longer than 25 lines, we can't include it in the competition.

Your name should only be on the entry form – not on the poem itself – so we can keep all the names hidden from the judges until the awards ceremony.

You can use any format you like – haiku, sonnet, blank verse – any way you'd like to write it.

Once you've sent your poem to us, you can't make changes to it.

Your poem must be entirely your own work and not have been published before.

Your poem must be relevant to the competition theme 'Healing Words'.

The competition judges will read all the entries.

Once the judges have chosen the winners, that is their final decision. The organisers and judges won't discuss their decisions with entrants.

The competition organisers reserve the right not to award prizes if, in the judges' opinion, such an action is justified.

The entrant agrees to indemnify the judges, organisers, and other related parties against any litigation that may arise if entered works do not have the necessary permission to be published.

No poem can win more than one prize.

All entries are accepted in good faith.