

## Lisa Thomas Poetry Competition 2026 – Regulations

### South West Division

1. The South West Division Lisa Thomas Poetry Competition will be awarded annually. It will take the form of a competition in which anyone with a connection with mental health will be invited to submit an unpublished poem with a theme related to any aspect of mental health.
2. All entrants must reside in the geographical region of the Royal College of Psychiatrists [South West Division](#).
3. All entrants must have some connection with mental health i.e. people who use mental health services or their family/friends, professionals providing care, people working in the mental health sector, i.e. ward clerks, secretaries, cleaners, etc.
4. Entries are restricted to a maximum of two poems per entrant and should be produced on 1 sheet of A4, with a maximum of 40 lines per poem, and accompanied by a completed entry form, to be emailed to [southwest@rcpsych.ac.uk](mailto:southwest@rcpsych.ac.uk) by the closing date of **27 March 2026**. Postal entries will not be accepted.
5. The winning entrants will be invited to recite their poem to a live audience at the virtual Spring Biannual Meeting on **12 May 2026**.
6. In addition to prize certificates, First Prize will be awarded £100 and Second Prize £50. These sums of money will be reviewed by the Division's Executive Committee from time to time.
7. The prizes will be awarded only if, in the opinion of the judge, at least one entry is of a sufficient standard to merit a prize.
8. Entries will be assessed before the meeting by a panel of three Judges, one of whom will be a member of the Executive Committee.
9. The prize will be awarded only if, in the opinion of the judges, at least one entry is of a sufficient standard to merit the prize.
10. The Judges' views will be final. The Judges will not be available for correspondence with entrants on any subject related to the assessment of entries.
11. The aim of the prize is to raise awareness of and stimulate interest in mental health issues amongst local communities using a non-stigmatising and inclusive medium.
12. Only the winners will be notified.
13. The poems of the winners will be published on the Royal College of Psychiatrists website and in the conference booklet for the Spring Biannual Meeting.