

ENTRY FORM

PAIN RELIEF FOUNDATION STUDENT ESSAY COMPETITION 2026

ESSAY SUBMISSION – up to 3,000 words

deadline – Friday 25th September 2026

Name

Student ID number

University

Department

Year of study

Postal address

.....

.....

Tel:

Email:

- I have sent my essay as an email attachment in MS Word format to Hayley.McCullough@painrelieffoundation.org.uk
- I agree to abide by the rules set out by the Pain Relief Foundation

SIGNED: DATE:/...../.....

Please sign this form and send by post to:

Mrs. H. McCullough, Essay Competition, Pain Relief Foundation, Clinical Sciences Centre, University Hospital Aintree, Lower Lane, Liverpool L9 7AL

PAIN RELIEF FOUNDATION

RULES - STUDENT ESSAY COMPETITION 2026

1. The competition is open to Medical, Physiotherapy, Nursing, Occupational Therapy and Clinical Psychology Students who are on a UK pre-registration programme **in May 2026**.
2. The essay should be 3000 words or less. Essays of more than 3000 words will not be accepted. The word count does not include tables or references.

Please note: the judges are looking for a *well written, original and interesting essay*, rather than a scientific dissertation. The winners will present their essay using Power Point slides to a Clinical Pain MDT.

3. The essay topic must be about an aspect of **Chronic Pain**.
4. The entry must be well presented in MS Word format.
5. Please provide a **separate document as your title page** showing the essay title, your name, your university, your department and the word count.

On all pages of the essay please put the essay title as a header, and the page number as footer. Your name, university, department or other identifiers should not appear on any page of the essay, other than the title page, otherwise we will return the essay to you for modification.

6. Essay entries must be accompanied by a signed entry form sent by post (attached – Entry Form). Essays received without a signed entry form cannot be accepted. We cannot accept essay entry forms sent by email.
7. Essays will be submitted as a Microsoft Word document email attachment sent to **Hayley.McCullough@painrelieffoundation.org.uk** using your university email account.
8. Both the entry form and the essay must reach the Pain Relief Foundation by Friday 25th September 2026 - late entries cannot be accepted. We cannot make allowances for postage or email failure etc. We will notify you when we receive your entry.
9. Only single author entries can be accepted.

10. You must be available to present your essay to the Pain Relief Foundation in January or February 2027 to the Walton Centre Clinical Pain MDT. This is a MS Teams meeting. There is some flexibility in the presentation date. If the winner is not available to present their essay, then the prize will pass to the next best entrant who is available to present.
11. Relatives of staff or associates of the Pain Relief Foundation or the Walton Centre are not eligible for the competition.
12. Any suspicion of plagiarism will result in disqualification. We will assess all essays using plagiarism software
13. Essay writers will be notified of the results of the competition by the end of November 2026, by email. The three winners will receive a bank transfer for £500, after their presentation. There will be three second prizes of £100
14. The judges' decision is final for all aspects of the competition.
15. We look forward to receiving your essay!

Essay deadline Friday 25th September 2026

Essay Winners informed by: Friday 20th November 2026

Essay Presentation: January/February 2027