



Essential information for authors

Length of your submission

Main articles can be from 1,000 words up to 4,000 words depending on the agreement with the editor or other commissioner.

Keep formatting to a minimum, indicating only sub-headings you think are appropriate if you wish.

Please include

- an 80-90 word 'about the author' personal perspective in the first person that gives some context to what you have written/explains what moved you to write the article (see the journal for examples)
- a summary of your article of approx 90 words
- how you wish to be designated/job title or role.

Style

We are not an academic publication and many of our articles are practical, describing ideas and innovative ways of working or tackling health issues: what you do, how you do it, why you do it, how it works...stories about holism in action. Personal viewpoint articles are also welcome.

Tables, figures and other illustrations

These are welcomed, but please supply these separately, not embedded in the manuscript.

References

Even descriptive or think-pieces *may* need some references.

We use the Harvard system (author date). Please supply the publisher with full information for all work cited, including author, date published, publisher and page references.

For journal articles the style is:

Fenella S, Taylor P, Means R (2013) Coming to terms with primary care trusts. *Managing Community Care* 9 (2) pp 22–29. (ie. Title, year, volume, issue: page numbers).

For books the style is:

Pickard J (1998) *Getting older, getting wiser*. London: Pentonville Press.

Emerson E, McGill P, Mansell J (1994)(eds) *Severe learning disabilities and challenging behaviours: designing high quality services*. London: Chapman and Hall.

Stokes G (2011) Mental health problems in older people. In: D Bailey (ed) *Mental health today* pp 80–125. Oxford: OUP.

Please email your contribution to the Editor-in-chief David Peters on petersd@westminster.ac.uk AND edwina.rowling@gmail.com, or to the person who commissioned the article from you.