



183 MORE SLEEPS

Selected by artist Ruth Ewan

**The Koestler
Scotland Exhibition**
7 – 29 November 2015
Summerhall, Edinburgh

183 MORE SLEEPS

183 More Sleeps is an exhibition of artwork from prisons, secure hospitals, secure children's homes, immigration detention centres and community justice services across Scotland.

The display has been selected by artist Ruth Ewan from entries to the 2015 Koestler Awards – a charitable scheme which has been rewarding artistic achievement in the penal and secure sectors for over 50 years.

The exhibition features an extensive range of artwork including painting, sculpture, needlecraft, nail art, printmaking, woodcraft, audio, animation and writing, highlighting the range of categories to which entrants can submit their work for the Awards.

This year the Koestler Awards received over 8,500 entries, with Scotland's entries at an all time high. Since the first Koestler Scotland exhibition in 2009 with Filmhouse, Edinburgh, and through a three year partnership with Tramway, Glasgow, the number of Scottish entries has risen yearly from 287 in 2009, to 1,788 in 2015.

A booklet of creative writing, *Home of the Soul*, has been produced for the exhibition, in collaboration with STIR magazine - an award-winning arts magazine featuring writing and artwork by prisoners in Scotland, edited by a team in HM Prison Shotts. The booklet showcases Koestler Award-winning poetry and prose from Scotland and is available in the exhibition.



Image Opposite Top: **MY FIRST AUTOMOBILE JOURNEY** State Hospital Ceramic

Image Opposite Bottom: **MEDICATION (MEDS) DAY** HM Prison Edinburgh Paint on Canvas Board

THE KOESTLER TRUST

The Koestler Trust has been supporting the arts in criminal justice and secure settings for over 50 years. The Trust runs the Koestler Awards, a prestigious annual fixture across the UK's criminal justice system, to which entrants can submit artworks across 61 different categories.

These include painting, mixed media, poetry, film and drama, as well as traditional prison crafts such as matchstick modelling and soap carving. The 2015 Awards attracted over 8,500 entries – with a total of 1,788 entries submitted from Scotland.

Artworks from these annual entries to the Koestler Awards are selected for prestigious exhibitions across the UK. The 2015 annual UK exhibition of arts by offenders – *Re:Form*, is open at London's Southbank Centre until 29 November 2015. Since 2009 the Trust has also developed exhibitions in Scotland, the North West, Wales, the West Midlands and the North East.

Every Koestler Awards entrant receives a participation certificate, and many receive written feedback about their artwork from a judge or a member of the Koestler arts team. Around a third of all entrants receive an award, ranging from Commended to Platinum, and many of these are named by supporters of the Koestler Trust. The higher awards carry a cash prize. Each year the prize money totals around £30,000.

The Koestler Trust was founded in 1962 by the newspaper proprietor David Astor and the writer Arthur Koestler. Koestler (1905 – 1983) was a political prisoner and wrote the classic prison novel *Darkness at Noon*.





RUTH EWAN

Artist Ruth Ewan studied Drawing and Painting at Edinburgh College of Art and now lives and works in London. Her work takes many forms including events, installation and printed matter. Her practice explores histories of radical, political and utopian thought, bringing to light specific ideas in order to question how we might live today. Often engaging with others, her projects involve a process of focused research and close collaboration – in the past she has worked with historians, magicians, traditional craftspeople, horticulturalists, archeologists, musicians, bakers and children.

Exhibitions of her work have been presented at Camden Arts Centre, London (2015); Tate Britain and the Collective Gallery, Edinburgh (with Astrid Johnston) (2014 and 2013); the Glasgow International Festival of Visual Art (2012); Dundee Contemporary Arts (2011); the ICA, London (2008); and showcased as part of *Generation: 25 Years of Contemporary Art in Scotland*.

Ruth has been a judge for the Mixed Media category of the UK Koestler Awards since 2010.

'When selecting the exhibition for Summerhall it didn't feel right to favour one medium over another, allowing watercolour to sit next to matchstick models and sugar craft next to portraiture. I wanted to show the breadth of creative practices the Koestler Trust embrace and create an exhibition which is inclusive and perhaps surprising in form. Upon seeing the work from Scotland sorted and installed in one room, ready for selection, certain themes or categories became clear: escape, visions of another distant time, dinosaurs, Vikings or the alien landscape; nature, seen as watercolours from the prison window or ladybirds as nail art; tributes, Leonard Nimoy, Terry Pratchett and Robin Williams; the diagrammatic flow of life, pathways and choices.'

Between these trends however certain works persist; the profundity of an intricately carved tribal mask in a bar of prison 'buttermilk' soap, a brutally honest spoken word biography of a young teenager's place in the world, an oil painting from an immigration detention centre showing raging figures breaking free from boxes, a flowery blue and pink hand-stitched quilt and pillow made and used in a women's prison titled '183 More Sleeps'. There is a sense that these works had to be made, these stories need to be told, and the Koestler Trust allows us as viewers to listen to these voices we otherwise cannot, or will not, hear.'

SUMMERHALL

Summerhall, formerly the Royal (Dick) Veterinary College, has been converted into an arts complex supporting the interrelationship and importance of the arts within the fabric of society. It has gained its reputation by showing the very best in experimental and contemporary visual and performance art.

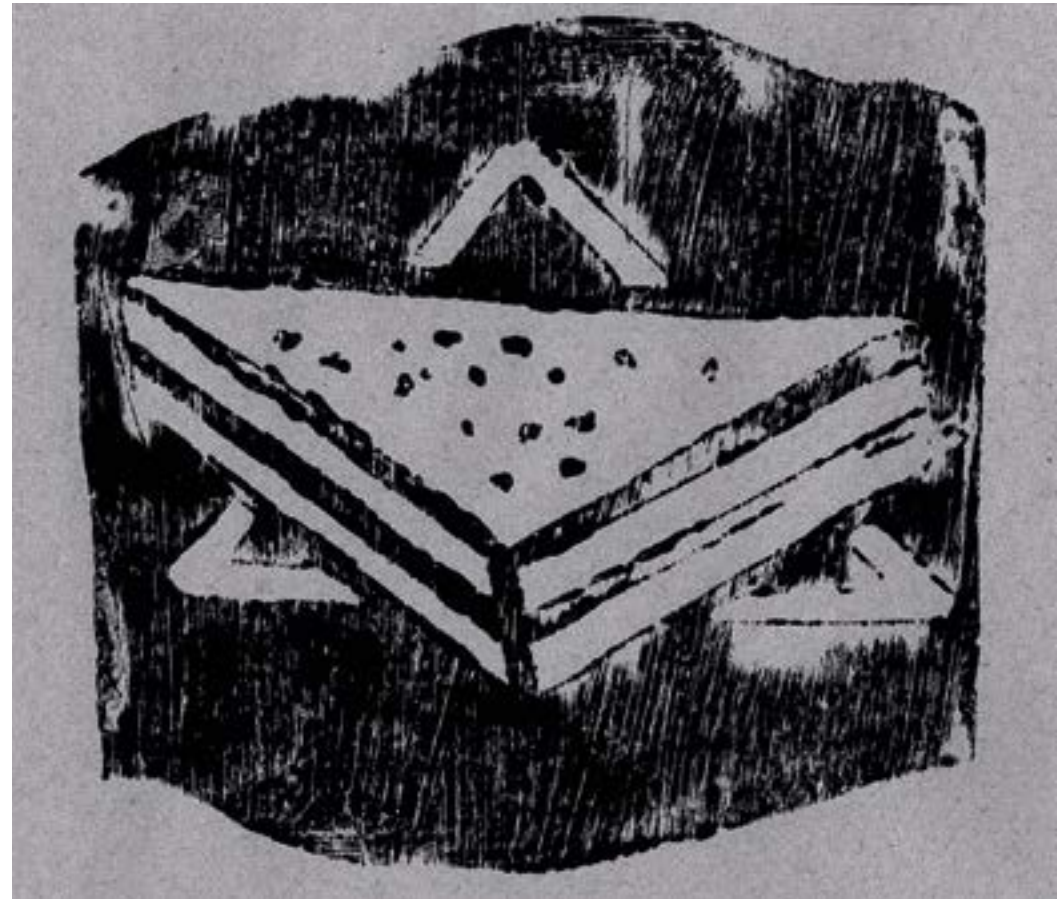
'We are delighted to be hosting the Koestler Trust's 183 More Sleeps. Summerhall is dedicated to exploring the transformative power of art and is excited to be providing a platform for imaginative and thought-provoking works by ex-offenders, secure patients and detainees across Scotland.'

Holly Knox Yeoman
Summerhall Exhibitions Manager

Photograph by Peter Dibdin.



Image: **NON** HM Prison Glenochil *Print on Paper* (set of 6)





SCOTTISH KOESTLER AWARDS

All entrants to the Koestler Awards receive participation certificates in recognition of their achievement and are considered for the UK Awards and the exhibition at Southbank Centre.

Works selected for the Scottish exhibition are judged by a panel of local experts for additional Scottish Koestler Awards.

Across the artforms three Platinum Awards, three Gold Awards, three Silver Awards and three Bronze Awards between £100 and £20 in value, and several Highly Commended certificates are awarded. All other works selected for the exhibition are given Commended Awards.

This year's panel includes:

Ruth Ewan
Artist

Kirsten Sams
Manager, Offender Learning & Skills,
New College Lanarkshire

Holly Knox Yeoman
Exhibitions Manager, Summerhall

Richie Cumming
Outreach Officer,
National Galleries of Scotland

Artform Categories for the 2015 Koestler Awards

1 Themed Category	18 Spoken Text	33 Drawing	49 Matchstick Models
2 Fiction	19 Off-the-cuff Speaking	34 Pastels	50 Matchstick & Mixed Media Models
3 Essays, Blogs or Articles	20 Music Composition	35 Portraits	51 Recycling or Papier Mâché
4 Life Story	21 Choral Music	36 Mixed Media	52 Craft
5 Creative Response	22 Singer-songwriter – Original	37 Digital Image	53 Woodcraft
6 Magazines	23 Cover Version	38 Sculpture	54 Furniture
7 Graphic Novels	24 Hip Hop, Rap, Grime	39 Murals and Wall-hangings	55 Textile Art
8 Braille	25 Instrumental Music	40 Hand-made books	56 Needlecraft
9 Achievement in English	26 Computer Generated Music	41 Calligraphy and Lettering	57 Soft Furnishings
10 Poem	27 Drama	42 Printmaking	58 Fashion
11 Poetry Collection	28 Dance	43 Hand-made Greetings Cards	59 Hairstyling
12 Anthology	29 Film	44 Photography	60 Beauty
13 Stage Play	30 Animation	45 Nature Photography	61 Arts Projects
14 Radio Play	31 Painting	46 Graphic Design	
15 Screenwriting	32 Watercolour and Gouache	47 Web Design	
16 Songwriting		48 Ceramics	
17 Radio Production			

Image: **LIFE OF BETTY** Kibble Safe Centre (Secure Children's Home) *Mixed Media Sculpture*
Pat & Bill Gordon U18's Special Award

SCOTTISH AUDIENCE CHOICE AWARDS

There are special Audience Choice Awards for the artworks that receive the most public votes. Voting cards are available in the exhibition.

The three works that have most impressed and inspired visitors to the show will receive a certificate and award of between £40 and £100.

When selecting a piece of work for the Audience Choice Awards visitors can leave comments on their selection, which will be forwarded (anonymously) to the artist. It means a huge amount to artists in prisons and other secure settings to know that their work is being seen and appreciated.

To vote for your favourite artwork please complete a voting card and post it in the voting box in the exhibition.



Image: **VOYAGER** HM Prison Shotts Paint on Canvas
TVMole Commended Award

INFO AND EVENTS

The exhibition is part of 'Freedom in Expression' a festival presented by the Koestler Trust to celebrate the arts within criminal justice and secure settings.

The festival includes a programme of events, exhibitions, tours, Scottish Koestler Awards, outreach visits and feedback for the exhibited artists. Next year the festival will move to Tramway, Glasgow with an exhibition and event programme in the winter of 2016.

The project is supported by the National Lottery through Creative Scotland, with additional support from the Robertson Trust and the Souter Charitable Trust.

Saturday 7 November 11am and 4pm

Public tours of the exhibition led by Koestler staff

Free. No booking required.

Thursday 19 November 4pm – 5.30pm

What Next?

A panel discussion looking at how to continue creativity upon release from prison— what provisions already exist and what needs to change.

Summerhall

Free. Booking required

Thursday 19 November 6.30pm – 8pm

Voices from Prison

An evening of writing and performance created in custodial settings and by ex-offenders, providing an insight into the varied music and writing projects within secure settings. Featuring live performances, recordings and discussion.

Summerhall Main Hall

Free. Booking required

Saturday 14 and 21 November 2pm – 4pm

Street Cones Performance

Street Cones is a team of creative artists with lived experience of going through the criminal justice system. They will present a new, commissioned, durational performance within the exhibition, inviting the audience to reflect on what 183 sleeps means to them.

Summerhall Exhibition Spaces

Free.

To book for an event or if you have any queries please call the Koestler Trust on **020 8740 0333** or email **info@koestlertrust.org.uk**

Junktown

Welcome to junk town. Plug in and change your mind. Wash your hands. Hygiene is a... coffee pot. Just add fuel. Smoking seriously harms you. Probably that or that bad cheese you ate. A craving only lasts three minutes. What's for dinner? Food poisoning... Changing nappies #unhappy.

It's that type of fudge you need to have. Every little helps. Aw that stuff like stuck you know like stuck in yae. Say it with...Rice Krispies. Mouthwash, jukeboxes and gasoline. Irreverence is my disease. Money is nature. That's why Judas wept.

Silly pointless, self-obsessed. The rise of the v-loggers. Can you take it all away? up to 60% off. Do you think you could minimise? Piracy will never die. From air-bed to world domination. On the trail of forgotten typewriters. It's so special and unique. I can give you five good reasons to punch a dolphin. There are dying ogres and pixies too. This is not like the future but I sense it's right up there. Moon pic...what a time to be alive. But you can't water a camel with a spoon. Swallow but nothing's forgiven. Balderdash: noun. 100metre race for the follicly challenged. The grey chapter. You can plug it into your phone. Switch that sound that we didn't know was there and turn it into a distant hum. There's no leaving now. Look up!

HM Prison Barlinnie Poetry Entrant

183 MORE SLEEPS

Exhibition open daily
11am – 6pm
7 – 29 November



Summerhall

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#183MoreSleeps



Koestler Trust
arts by offenders ■■■



LOTTERY FUNDED



Image: **183 MORE SLEEPS** HM Prison Greenock Recycled fabric