

# KOESTLER ARTS + ART AID

*Hello from all of us at Koestler Arts!*

*We are all living in strange times with the current pandemic. And we know it's very frustrating not being able to access your usual activities.*

*So Koestler Arts are here each week during lockdown to suggest creative ideas - we hope it helps a bit. All you need is paper and pencil - though if you have further materials please use them.*

*You might want to keep whatever you make or share it with someone. You could also enter it for the Koestler Awards 2020 - the closing date is extended until we are back in the office. If you've entered already, or can't get advice choosing your favourite work, we've increased the maximum number of entries per person to 10 this year. Entry forms should arrive with this sheet. If not, or you need more, please ask Education. You need an entry form for any artwork you send to Koestler. As well as the usual feedback and awards for entrants, we hope to create a small feature of works that mark how we got through this difficult time.*

*And if you don't feel like making anything right now, on the back of this sheet is something to read and something to look at from the Koestler back catalogue.*

*With best wishes from the Koestler Team.*

## Idea #5: Mind's Eye



Set yourself up with a pen and paper and think about something you'd like to draw. Perhaps an item you see around you, or something from your imagination. Start with quite a simple object. Sit and really think about the shape and all the details.

Now comes the challenge: close your eyes!

Keeping your eyes closed, draw your chosen object. Send your concentration within and 'look' with your hand as you draw. Aim to be relaxed and instinctive, not perfect. Then open your eyes and enjoy looking at your creation. Does it surprise you?

You might like to use this technique for more ambitious pictures - perhaps a landscape scene or an abstract design. See where it takes you...

SUGGESTED KOESTLER AWARDS CATEGORIES:  
29 - Drawing

## Idea #6: Lovesong



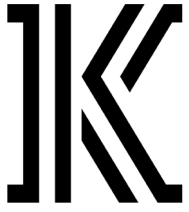
We have all heard love songs written about special people, but what about writing a love song about food?!

In this time of coronavirus the public are having to make do with less; maybe it is also helping everyone appreciate the little things in life more...

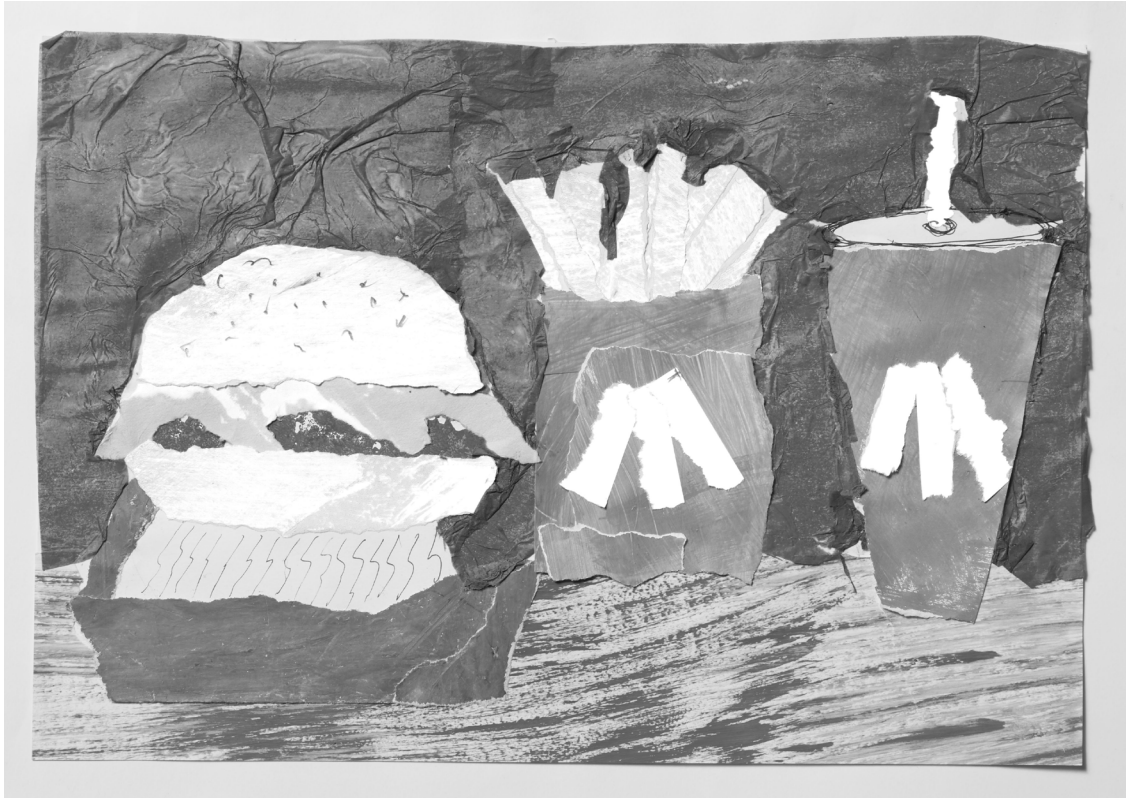
With this in mind, choose a food you really love and use it as the starting point for song lyrics. It might be a perfectly ripe apple, a roast dinner or your favourite chocolate bar. Consider all the qualities of the food that you appreciate. Think about tone - your lyrics could be comic, uplifting, romantic, serious or exaggerated.

To enter the Koestler Awards you only need written lyrics; however if you would like to compose a tune as well then go for it!

SUGGESTED KOESTLER AWARDS CATEGORIES:  
14 - Song writing / 8 - Poem



**Longing for a McDonalds**  
*HM Young Offender Institution Polmont*  
*Highly Commended Award for Mixed Media, 2019*



## The Writer's Hand

Palm flat down before I start.  
Strong veins, brussel sprout knuckles,  
hair creeping up from wrist,  
nails, okay at first sight.

Pen gripped, ready to go.

Curled pink O makes a tunnel from eye to page,  
thumb a bit ragged, forefinger less so,  
callus on the middle finger - top knuckle, left side,  
thickening.

Forefinger next door, fleshy pink top,  
a ridge forms the more I write,  
other three fingers looking good.

Rhythmic scraping across the page,  
pen moving briskly now,  
words coming easier than before  
but ink-smudged paper  
means ink-stained hand.

Not as bad as some I've seen -  
my writer's wounds.

*HM Prison Isle of Wight (Parkhurst),*  
*Engaging Minds Strengths Gold Award*  
*for Poem, 2018*

# KOESTLER AWARDS ENTRY FORM

Send a completed form with each entry.  
Maximum 10 entries per entrant (previously 5).  
See website for new 2020 deadline.

## ENTRY

Is this the first time you have entered the Awards?

☐ Yes ☐ No

Establishment: (Name of prison, hospital or probation service)

Title of entry:

Artform: (Choose one artform from the 2020 Awards Guidance)

Visual description of entry:

**Using your name:** (Authorised staff must agree)

If my entry is exhibited or published, I give permission for my first name to appear alongside it. ☐ Yes ☐ No

**Sales of visual artwork:** (Tick one choice only)

- ☐ My entry is for sale. The lowest amount I'd be willing to receive is £  (maximum £250)
- ☐ My entry is not for sale.
- ☐ I donate my entry to Koestler Arts.

**ENTRANT** (For groups – see the next page)

First name of entrant:

Last name of entrant:

Date of birth:

Prison or hospital number:

Signature of entrant:

For Koestler Arts staff

K. No.	Artform	Supp. docs	No. of items
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## AUTHORISED MEMBER OF STAFF

Full name:

Job title:

Department:

Telephone number:

Email:

Probation area: (For CRCs only)

Can the entrant's first name be made public?

☐ Yes ☐ No

Can the entry be sold? (Visual arts only)

☐ Yes ☐ No

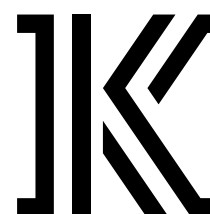
Who should any cheques be payable to?

I confirm that this entry is the entrant's own original work.

Signature of staff: (Entries can't be accepted without staff sign-off)

Date:

Turn for page 2 →



Unlock the talent inside

Koestler Arts, 168A Du Cane Road, London, W12 0TX

☎ 020 8740 0333 ✉ info@koestlerarts.org.uk 🐦 @KoestlerArts 🌐 koestlerarts.org.uk

Freepost KOESTLER ARTS

(Freepost contents can weigh up to 2kg)

## GROUP ENTRIES ONLY — TELL US ABOUT YOUR GROUP

Name of group:

Number of people excl. staff:



First name: Last name: Date of birth: Prison or hospital number: Release date if in 2020, and home address:


Continue on a separate sheet if needed. If there are over 4 people in the group cheques will not be split.

### ENTRANTS WHO ARE IN THE COMMUNITY OR DUE FOR RELEASE IN 2020

Please notify us if these details change

Date of release:

Home address:

Postcode:

Telephone number:

Email:

### ASSOCIATES PROGRAMME

Associates benefit from more contact with us, through the Koestler Associates newsletter.

I would like to be part of the Associates Programme.

### REMINDERS

Entrants agree to the terms and conditions in the 2020 Awards Guidance. These are available on our website, from your establishment, or you can write to us to request a copy.

- ✓ Information submitted on this form will be held on the Koestler Arts secure and confidential database.
- ✓ All work is handled with care, but Koestler Arts and its agents accept no liability for loss or damage to entries.
- ✓ Pack your work carefully. It must be under 15kg.
- ✓ Koestler Arts and its agents can exhibit, publish, and reproduce artworks in reasonable ways in print, online, film, audio etc to promote the charity's work. Artists retain copyright of their work.
- ✓ Koestler Arts can try to sell visual entries, if we have both your permission and that of the 'authorised member of staff.' Most work sells for under £100.
- ✓ Non-visual entries will not be returned to you. These include writing, performance, audio, film and animation entries – so please make copies.

### MONITORING FOR DIVERSITY OPTIONAL

This anonymised data will not be used to judge your work. It is for research and monitoring purposes only.

#### Ethnic group

Asian/Asian British:  
Bangladeshi  
Asian/Asian British: Indian  
Asian/Asian British: Pakistani  
Any other Asian background  
Black/Black British: African  
Black/Black British: Caribbean  
Any other Black background  
Chinese  
Irish Traveller/Gypsy

Mixed White & Asian  
Mixed White & Black African  
Mixed White & Black Caribbean  
Any other Mixed background  
White British  
Any other White background  
Any other group:

#### Formal education completed

No formal qualifications  
Basic skills level 1  
Basic skills level 2  
GCSEs or A Levels  
Vocational training  
Degree or post-graduate

#### I am:

Ex-armed forces personnel  
A care leaver

#### Gender

Male  
Female  
Transgender  
Non-binary

#### Age

Under 16  
16-17  
18  
19-24  
25-29  
30-59  
60 and over

#### Religion

Atheist  
Buddhist  
Christian  
Hindu  
Jewish  
Muslim  
Sikh  
Other

#### Registered disabled?

Yes No