

# 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 this 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 #11: Tell Time



During lockdown people are sensing that time has changed. Some are finding time moves more slowly or are losing track of days. Our medical staff are busier than ever.

This week: draw what you think time looks like. You might choose an abstract approach or you might draw something you can 'see' time in. Time might be a pattern or a tangle. It might be disconnected or linked up...

This activity comes from an art gallery Koestler knows called 'Firstsite' - they are gathering ideas from artists around the world. This one comes all the way from an artist in India, who said:

*"You know what, I think time flows not in a straight line, but through the mangled mess of cables, or the knots of a coiled-up rope ... our lives can be seen and understood only by time travelling through these tangled loops."*

SUGGESTED KOESTLER CATEGORY: 29 - Drawing

## Idea #12: Haiku

This task has been designed by a former Koestler entrant, mentee and exhibited artist:

A haiku is a Japanese style of poem. It is made up of 17 syllables split over three lines: The first line has 5 syllables, the second has 7, and the last line has 5.

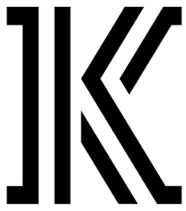
A syllable is a sound that makes up a word or part of a word - a bit like a beat. For example, there are 2 syllables in water (wa-ter), 3 in inferno (in-fer-no), and 1 in air (air).

Have a go at writing a haiku describing an animal or a person you know. Start by making a list of words describing them, count how many syllables are in each word, and use them as a framework for your haiku.

You don't need huge vocabulary to express yourself. In fact, I believe Haikus work better with smaller words as there's no room for long descriptions and they can be used to convey powerful punchy messages!

On the next page there are a couple of haikus I wrote, which might help inspire you.

SUGGESTED KOESTLER CATEGORY: 8 - Poem



Here is a Haiku I wrote about polar bears:

**Land's largest hunter:  
Polar bears - huge paws, sharp claws  
And very strong jaws.**

Below is a Haiku I wrote about someone I met in prison who had been inside since the age of 14. He was released at 21 and was dreading returning to the outside world.

Inside he was clothed, fed, had a bed, a job and some friends. The outside world represented more than challenges to him; it was a threatening place. It was the opposite of where he had achieved peace - in prison, which is contrary to how many people perceive life inside.

### *Interlude Haiku*

**A damaged childhood.  
Prison's peaceful interlude -  
Then, back to chaos.**

*Interlude Haiku was on display at Southbank Centre as part of Another Me, the 2019 National Exhibition by Koestler Arts.*



*The One That Got Away*, HM Young Offenders Institution Polmont,  
First-Time Entrant Award for Printmaking, 2019

# 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

## 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

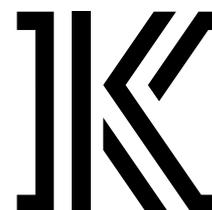
Who should any cheques be payable to?

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:

**Unlock the talent inside**



Turn for page 2 →

## 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:

<input type="text"/>				
<input type="text"/>				
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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