

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. The deadline for the 2020 Koestler Awards has now passed (7 July 2020), however, we are continuing to send out Art Aid sheets as we hope they will continue to inspire you.

With best wishes from the Koestler Team.

Idea #20: Mundane Memoirs

This challenge has been set by It's Not Your Birthday But... (INYBB) - an organisation that believes in the power of connecting people through letters, visual art and words.



As part of their Lost Letters project with Surrey History Centre, INYBB are inviting you to reflect on a task or activity that has helped you get through lockdown to create your own 'Mundane Memoir'.

Lots of history becomes interesting when a personal lens is applied - including the mundane tasks that we do every day.

Looking at the archives, we can take comfort from how our ancestors made it through difficult times. The example here is written from a mother to a son at war in Europe in 1941. She shares her experience of trying to get food for herself and her friend Phyllis:

to take back as I can spare & get & some food is very short. like Oranges & lemons & eggs & cheese 2oz per head at Sainsbury's but do we mind NO not if we can possibly win through. Phoebe &

"Some food is very short, like lemons & oranges & eggs & cheese, 2oz per head at Sainsbury's but do we mind, NO, not if we can possibly win through."

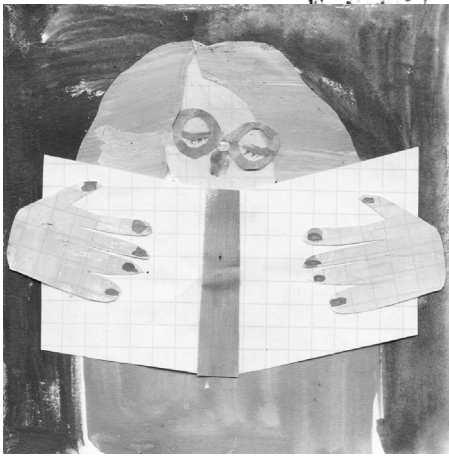
For your own Mundane Memoir, use the 10 x 10cm template on the other side of this sheet and draw or write about something that you've done during lockdown. It might be gaming, writing letters, day dreaming, listening to music, sketching, watching tv, or speaking to loved ones on the phone. You can use whatever materials are available to you.

INYBB have also set this task for members of the public. They would love you to share your work with them as they will be piecing together all the Mundane Memoirs they receive to create a mass artwork. This will be included in their Lost Letters exhibition in 2021, and contributions will be shared online. If we all contribute a small artwork of our time in lockdown, together we will create a powerful and insightful visual record of how we as a nation got through this difficult time.

INYBB will also write feedback for the pieces contributed from prisons. To take part please send your Mundane Memoir along with your name, prison number and address to: Fina, FREEPOST KOESTLER ARTS (no stamp required).

Please note: Your work will not be returned to you.

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Here are some examples made by INYBB and the 64 Million Artists network. We hope they will inspire you to make your own!

Use the template below (or a piece of paper of the same size) to share your own lockdown experience.

We can't wait to see the results!

