

KOESTLER ARTS + ART AID

Hello from Koestler Arts!

Koestler Arts + Art Aid sheets suggest creative tasks that can be done in-cell. For most all you need is paper and a pencil - though if you have further materials please use them.

Please note that the 2021 Koestler Awards deadline has now passed (1 June 2021) and Art Aid sheets will be produced on a monthly basis again. New Art Aid sheets will be available from the first Monday of every month.

For each Art Aid sheet Koestler Arts are commissioning an artist/writer who has directly engaged with Koestler to set a creative task.

If you are inspired by this month's Art Aid sheet and would like to find out more about the Koestler Arts Mentoring Scheme, please write to us at 'FREEPOST KOESTLER ARTS' (no stamp or address needed).

August 2021

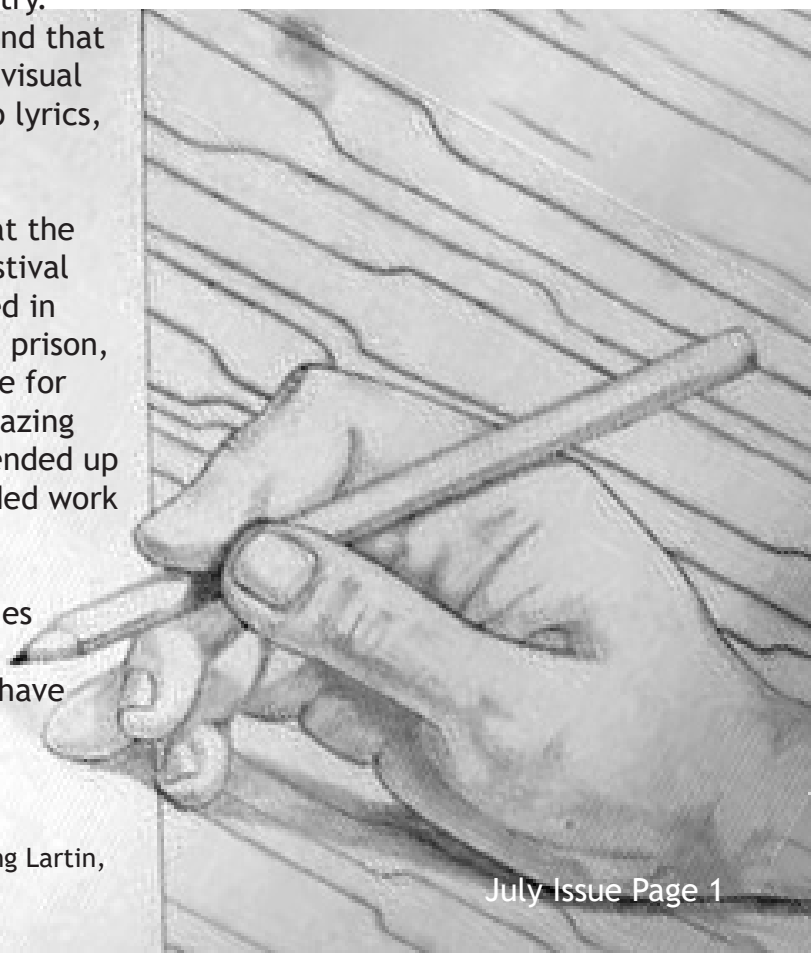
This task was set by Koestler Award winner, exhibited Artist, published writer and former mentee, Clare.

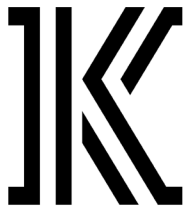
My Story

When I first went to prison it was a very dark time for me. Thankfully there was a creative writing class led by a brilliant teacher. He encouraged me to enter the Koestler Awards which gave me the focus to finish a play I had been working on as well as some poetry. When I won 6 Koestler Awards I was delighted and that spurred me on with my writing. I later entered visual artwork, prose, a prison magazine and even rap lyrics, winning more and more Awards.

I also had my work exhibited through Koestler at the Institute of Contemporary Art and the Royal Festival Hall as well as having my written work published in Koestler anthologies. When I was released from prison, I applied for the Koestler Arts Mentoring Scheme for my visual art. Koestler matched me with an amazing artist who really inspired me with my work. I ended up putting on two art exhibitions which also included work from other previous Koestler Award winners.

I continue to write plays, poetry and short stories and have contributed to two published books and several magazines. So the Koestler Awards have really benefited me in my work over the years.





My Task: Explore the Senses

The task I would like to set can be either writing, drawing or both. The subject of this task is the 5 human senses: **smell**, **taste**, **touch**, **sound** and **sight**.

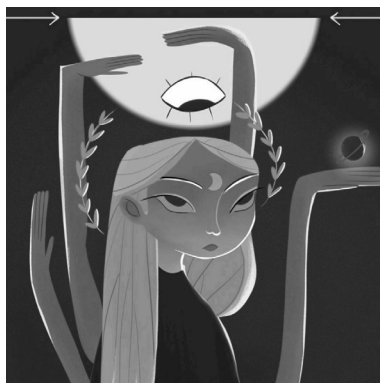
If you are a writer, you can either write prose or poetry for this task - whichever you prefer, but try and structure your writing around the senses. You might choose to begin each paragraph or verse with 'I see', 'I feel', 'I hear', 'I taste', 'I smell' in any order you like or you could be more subtle in how you refer to each sense. Let yourself be inspired by objects around you or use your imagination or memories.

If you are a visual artist and want to do this task as a drawing task, challenge yourself to make a drawing for each of the 5 senses. Perhaps you'll end up with one piece you really like or a whole series. You could portray the senses literally - drawing an eye for sight, for example - or you could do abstract drawings inspired by 'smell', 'sight', 'touch', 'taste' and 'sound'.

If you enjoy both writing and drawing, you could also combine this task by writing a piece and illustrating it. Just work with what inspires you - it doesn't have to be perfect. The main thing is to enjoy the exercise and play around with it.

Below is a short piece I wrote using the senses to explore the concept of 'power' as well as some digital illustrations I did of each of the 5 senses.

Power would smell like freshly bloomed roses.
It would taste like newly baked spicy hot cross buns.
It would feel like strong graphite writing on a page.
It would sounds like the sonic boom bouncing off the curve of the earth.
It would look like iridescent waves rushing towards the shore.



Images courtesy of Clare