KOESTLER ARTS + ART AID

Season's Greetings 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 2022 Koestler Awards will begin accepting entries from 1 January until 7 April.

Art Aid sheets will continue to be produced on a monthly basis. 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.

December 2021

The task was set by Koestler Award winner, exhibited writer and mentee, Simon.

My Story

Prison gave me time to reflect. I thought about the harm I'd done to myself and to others, the talents I'd wasted and... what was I going to do with the rest of my life?

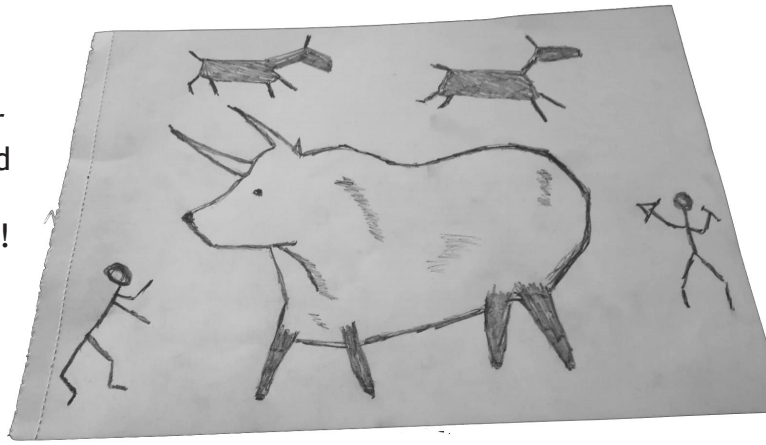
I did a lot thinking, a fair bit of praying, learnt how to meditate and began writing. I started entering stuff into competitions including the Koestler Awards and I had some modest success.

Whilst I was good at some things I also realised I wasn't so good at others. When I was about 11 a teacher told me I was useless at drawing and I believed him. For the next 50 years I didn't attempt to draw. Then whilst I was at HMP Hull another teacher told me that ANYONE can draw! It just involved learning some basic techniques and practicing. I enrolled on the art course and passed.

I will never be competition for Banksy but I learnt a life lesson. I now know that I can try anything and if I apply myself and practice I will get better. It has opened up a whole new world to me. Thank you so much to that brilliant art teacher at HMP Hull who taught me much more than how to draw.

My Task - Drawing Stories

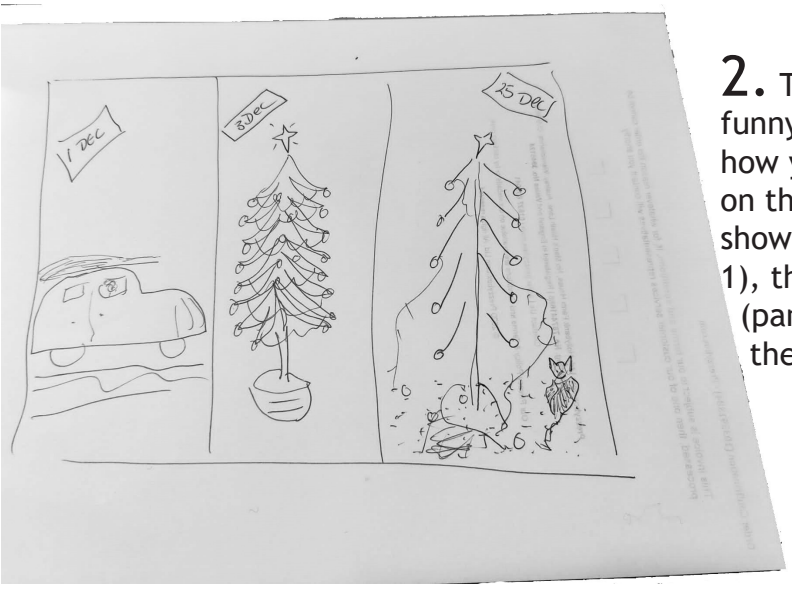
Since the dawn of time humans have scratched images of the world around them to express the way they feel and to make sense of their existence. Examples of cave art go back over 64000 years to Neanderthal man. Presumably none of those early "artists" went to art school or were told that they were "artistic".



The modern world has taught us to view artists, sculptors, writers and poets as somehow special or magically gifted as if they were somehow sprinkled with fairy dust. I would encourage you to reject this as nonsense and just let your creativity let rip!

As it's Christmas let's have some fun.

1. Take a pen or pencil and piece of paper and divide it into three sections. This allows the process of storytelling to take place.
(1.How things are at the beginning. 2.What happens in the middle. 3.How things are at the end)



2. Think about some aspect of Christmas you find funny, moving or just plain ridiculous and think about how you can express this in 3 parts. In the example on the left I have done a little Christmas tree story showing the tree being bought on 1 December (panel 1), the tree being decorated on 3 December (panel 2) and the tree shedding all its needles by the 25 December (panel 3).

3. Express your story in quick drawings. You can choose to use text or you can let the images speak for themselves.

If you do not celebrate Christmas use another winter festival or theme.

Sometimes it might work better in two panels or even one. Some rules are made to be broken! Do what works best for you. Have fun and if you have doubts about your ability to draw just remember that caveman thousands of years ago who was never judged and never went to art school. Merry Christmas.

Contact: FREEPOST KOESTLER ARTS
020 8740 0333

KOESTLER AWARDS ENTRY FORM

Send a completed form with each entry.
Maximum 5 entries per entrant.
2022 closing date: Thursday 7 April.

For Koestler Arts staff			
K. No.	Artform	Supp. docs	No. of items

ENTRANT (For groups – see the next page)

First name of entrant:

Last name of entrant:

Date of birth: (May be needed for processing payments)

Prison or hospital number:

Signature of entrant:

ENTRY

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

Title of entry:

Artform: (Choose one artform from the 2022 Awards Guidance)

Visual description of entry:

Is this the first time you have entered the Awards?
☐ Yes ○ No

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.

AUTHORISED MEMBER OF STAFF

Full name:

Job title:

Department:

Telephone number:

Email:

Office postcode: (Probation 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, and approve it for entry into the Koestler Awards.

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

Date:

Unlock the talent inside

Turn for page 2 →

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 2022, 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 2022

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 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.
- ✓ We do not return written entries or work on CDs/DVDs. 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

- ☐ Arab
- ○ 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
- ☐ Registered disabled

Gender

- ☐ Man
- ○ Woman
- ○ Other

Age

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

Religion

- ☐ Atheist
- ○ Buddhist
- ○ Christian
- ○ Hindu
- ○ Jewish
- ○ Muslim
- ○ Sikh
- ○ Other