



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.

You can enter the 2021 Koestler Awards now!

Please complete a Koestler entry form for every entry and see our guidance notes for full terms and conditions. We've increased the maximum number of entries per person to 10 this year. Entry forms should be attached to this sheet. If not, or if you need more, please ask education, the library, or contact us at FREEPOST KOESTLER ARTS (no stamp or address needed).

The deadline for submissions has been extended to Tuesday 1 June 2021.

Each month Koestler Arts are commissioning an artist/writer who has directly engaged with Koestler to set a creative task. New Art Aid sheets will be available from the first and third Monday of each month as we approach the Awards deadline.

March 2021, Issue 2

This task is set by Koestler Award winner, exhibited artist and former mentee, Mark.

My Story

I took up drawing in prison just as something to do. I used to enjoy drawing when I was young but gave it up after I left school so I saw a chance of taking it up again. I'd always wanted to be able to draw a face and make it actually look like the person it was supposed to be so this was my goal. With advice from another prisoner and a book from the library I saw gradual improvement until I could draw an accurate portrait. This gave me a great sense of satisfaction and it passed the time with something that I really enjoyed doing. I was encouraged to enter the Koestler Awards and after around five years

I'd won loads of prizes including the Portrait Platinum Award twice. I've now been out for six years and I manage to sell a few portraits online and to friends and family. The main thing though is that I still love doing it. Time flies when I'm drawing.

I was also encouraged to try my hand at writing and I even won a nationwide short story competition. Six years later and I'm still writing too (short stories and poetry) after receiving great advice and encouragement from a brilliant Koestler mentor. I can't really imagine life without drawing or writing. I'd advise anyone to take something like this up. It's great to get that sense of achievement and you can't beat having something that you really enjoy doing and that you can do whatever is going on in your life and wherever you are. Go for it.

Image: *Joolz*

Dudley and Sandwell Probation Service
Painting, 2016

Overleaf: Cloud details from various previous
Koestler entries





As I work both as a visual artist and a writer, I have decided to set two tasks: one drawing and one poetry task. I hope they will inspire you to get creative.

Drawing Task: Found Shapes

Have you ever looked at a cloud and seen a recognisable shape? Or seen the profile of a face or the form of an animal in some flaking paint on a door?

This task is about using your imagination. Take a pencil or a pen in your opposite hand and draw 2 or 3 random shapes and a couple of crooked or wavy lines on a piece of paper with your eyes closed. Don't try and draw regular shapes like squares or rectangles; make them completely random. Then open your eyes and study what you've drawn. See if they remind you of anything. Perhaps that wavy line could be a river or one of those shapes looks like a building or a strange vehicle? Perhaps two of the shapes overlap to create another shape which reminds you of something? Now try adding to your random shapes to bring the image in your imagination to life. Don't worry about making your drawings exact and don't be afraid to exaggerate an image like cartoonists do. If you're not happy with the result don't worry just try again with some different shapes. Do it as many times as you want to. Perhaps ask your cell mate to draw some random shapes and lines and use these as your starting point.

Poetry Task: Found Words

Take a page of a book or a newspaper; basically anything with lots of words on it (perhaps a letter that you've received). Close your eyes and touch the page. Write down the word that your finger has landed on. Do this 5 times. Now try and create a short poem that uses all 5 words. Either choose a subject and fit those words to it or let the words guide you to the subject. There are no restrictions. Serious or humorous; realistic or surreal; it's up to you. Try not to replace any of the 5 words unless you are completely stuck or you're unlucky enough to put your finger on a foreign word.

I tried this exercise and got these 5 words; 'dismayed', 'oysters', 'God', 'way', 'conscious'. I came up with this:

I'm **conscious** of the **way**
That almost every day
God refuses to make
Me a rich man.

No **oysters** or cars
Or posh drinks in posh bars
It just leaves me **dismayed**
With his Great Plan.

Koestler Arts will be publishing our third Poetry Anthology in 2021 so all entries to the Poem and Poetry Collection categories will be in with a chance of being published!

KOESTLER AWARDS ENTRY FORM



Send a completed form with each entry.
Maximum 10 entries per entrant (previously 5).
2021 closing date: Tuesday 1 June.

ENTRANT (For groups – see the next page)

First name of entrant:

Last name of entrant:

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

ENTRY

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

Title of entry:

Artform: (Choose one artform from the 2021 Awards Guidance)

Visual description of entry:

AUTHORISED MEMBER OF STAFF

Full name:

Job title:

Department:

Telephone number:

Email:

Office postcode: (Probation only)

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

Prison or hospital number:

Signature of entrant:

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.

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 →

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 2021, 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 2021

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

- 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
- 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

Registered disabled?

- Yes No