

# 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.*

## May 2021, Issue 2

*This Art Aid sheet celebrates 'Soul Journey to Truth', a Koestler Arts exhibition for the North West of England at HOME, Manchester, as part of the Ripples of Hope Festival. It runs from 17 May - 6 June and was curated by Lady Unchained.*

*The task was set by Koestler Award winner, former mentee and writer, Charlotte, in response to the exhibition theme of self-reflection.*

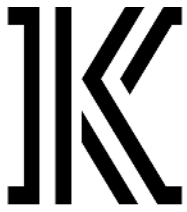
### Introduction

I've always deemed myself a deep thinker. In prison, self-reflection was almost a permanent state of mind. Like a noise you just can't switch off. Most of the time, I reflected on the loss of relationships with my family and friends and in particular, relationships that had gone wrong and what I could have done differently. Self-reflection is a way to help process your thoughts, feelings, emotions and actions. To bring about a self-awareness and make meaning of all the great and not so great.

I have been fortunate enough to see the work selected for *Soul Journey to Truth* which offers a chance to glimpse inside the minds of incredibly talented artists from across the criminal justice system. Looking at the art made me reflect on life before, during, and since prison. Some pieces took me back momentarily to how dark it was at times, how lonely I was sometimes and how lost I felt. But I was also reminded of the joy and lighthearted look at life from both sides. The art made me reflect on my journey and acknowledge that I will always be a work in progress, learning all the time. I hope anyone viewing the works at this exhibition will take a moment for self-reflection.



**Image:** *Open Window of the Mind*, Arbury Court (secure hospital),  
Themed Category: Window, 2020,  
Exhibited in *Soul Journey to Truth*, HOME, Manchester



## Task - Don't Dream it's Over

This task starts with a dream. Dreams can be powerful tools of self-reflection. For this task you could either write a fictional piece that begins with a dream or you could use one of your own dreams and write a more personal account. Or you could of course blur the two and use one of your dreams as a starting point and embellish a story around it.

Just taking the time to write down your dreams can be a really meditative process of self-reflection.

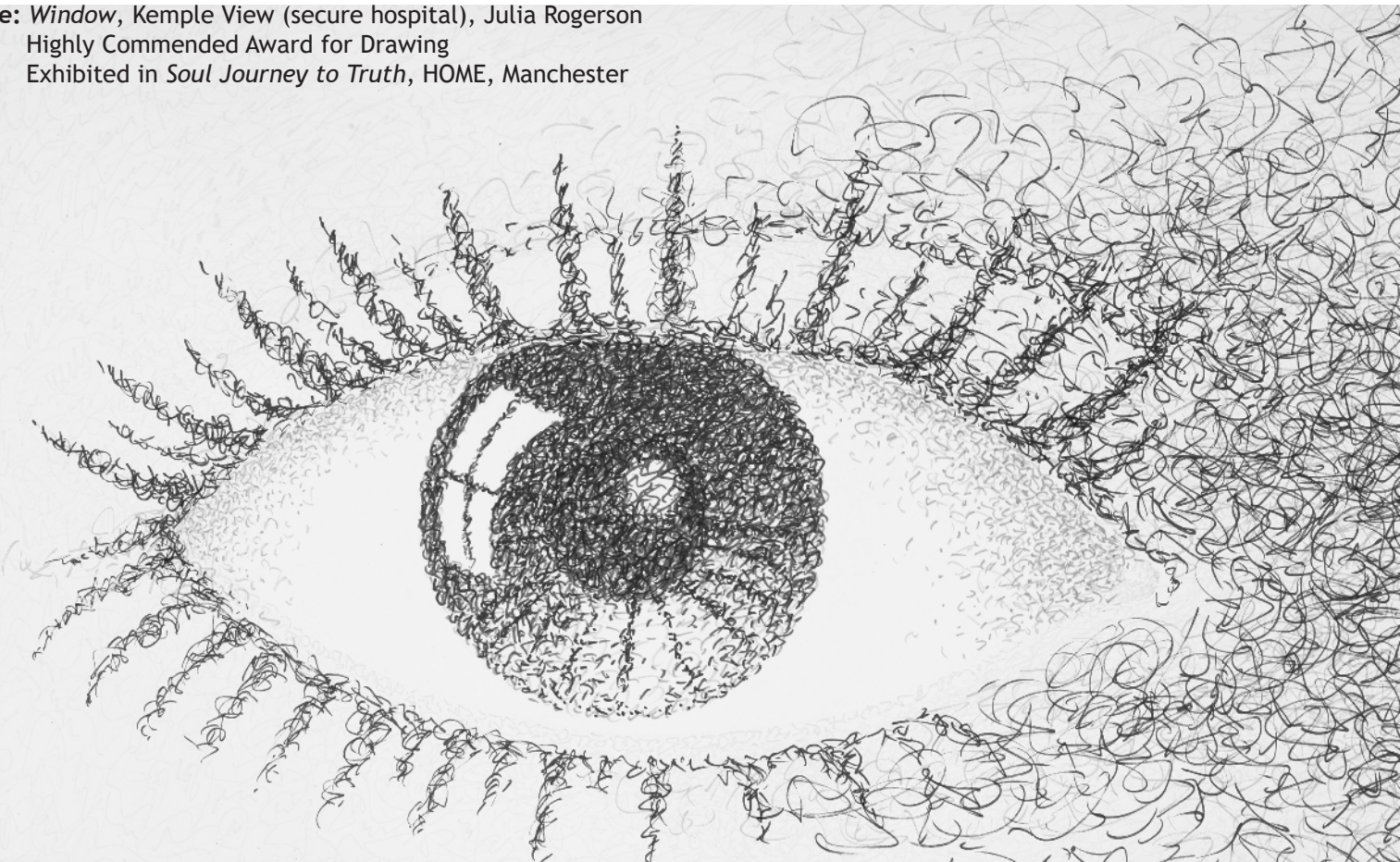
Feel free to continue my story or write your own from scratch.

### My Prompt:

I have a recurring dream about an ex-partner. Our relationship was over 10 years ago and although it felt serious at the time, it didn't actually last very long. There was fault on both sides but I got so many things wrong during this relationship. Although I didn't realise it at the time. After a lot of reflection, I would not make those mistakes again.

Recently, I had a dream about this person 3 times in one week. It was crazy! It felt really strange and I don't know why it came about. I can only reason that it was my subconscious trying to tell me something. Maybe in truth, that was my last happy relationship, even if it didn't last and my subconscious was reminding me of what it can feel like. Or am I holding onto something? Guilt that I messed up? Or do I need a nudge to get dating again? Whatever the reason, the dream was so intense it made me wonder if I should reach out after all this time...

Image: Window, Kemple View (secure hospital), Julia Rogerson  
Highly Commended Award for Drawing  
Exhibited in *Soul Journey to Truth*, HOME, Manchester



# 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

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