

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 2022 Koestler Awards now!

Please complete a Koestler entry form for every entry and see our guidance notes for full terms and conditions. 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 is Thursday 7 April 2022.

For each Art Aid sheet 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 Monday of every month.

February 2022

This task was set by Koestler Award winner, exhibited writer and mentee, Kanthé.

My Story

I come from a very scientific background - my degree is in Applied Science. When I went inside, I wanted a fresh start for myself. I wanted to explore my creative side - which I've always had since I was a teenager. I started with art and gained qualifications in Creative Techniques 1 and 2.

I joined a creative writing group and won Silver & Bronze Koestler Awards for 2 poems that came out virtually fully formed in this group. One of the poems was selected by Benjamin Zephaniah for display at the Southbank Centre. It was so good to receive so much positive public feedback.

In another creative group we managed to get a poetry collection published that included 11 of my poems plus 5 pieces of my art. We also set up our own literary magazine and I won my first writing competition.

On the outside - I have been to 2 really good art exhibitions with my Koestler Mentor and have just had a poem and a painting showcased in Koestler's 2 Together online exhibition. I am soon to have a short story published in an anthology based around Windsor at Christmas. I am also working on my first novel.

Image: Keeping a Cool Head by Kanthé

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THE PATH OUT OF HERE

If, during a moment of silence
You opened your cell door
What do you think you'd see?
'A view over the Himalaya's' one guy said
Another: 'A cruise liner far out at sea.'

But I would see a chalk path Bright with the summer sun And mottled 'neath forest trees A dry white season That I'm set upon.

Poem: The Path Out of Here by Kanthé



My task is to create the view a person would like to see if they opened their cell door in a moment of rare peaceful contemplation.

Use whatever materials you have to hand - I have used pencils and biros in the past. But you could use other physical materials to create a collage for example.

For those of you not so visually minded - you could write a poem about what you see. Or even a piece of prose.

Image: The Path Out of Here by Kanthé

Please consider entering your response to Kanthé's task to the 2022 Koestler Awards.

Contact: FREEPOST KOESTLER ARTS 020 8740 0333

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KOESTLER AWARDS ENTRY FORM



| Send a completed form with each entry. | For Koestler Arts staff | | | |
|--|---|------------------|----------------|--------------------|
| Maximum 5 entries per entrant. 2022 closing date: Thursday 7 April. | K. No. | Artform | Supp. docs | No. of items |
| ENTRANT (For groups – see the next page) | | | | |
| First name of entrant: | Prison or hospital n | umber: | | |
| Last name of entrant: | Signature of entran | t: | | |
| Date of birth: (May be needed for processing payments) | | | | |
| | | | | |
| ENTRY | Tarkhiarkha Cashriana | | | A |
| Establishment: (Name of prison, hospital or probation service) | Is this the first time Yes No | you nave e | entered the | Awards? |
| Title of entry: | Using your name: (A If my entry is exhib for my first name to | ited or pub | lished, I giv | e permission |
| Artform: (Choose one artform from the 2022 Awards Guidance) | for my mot name to | appear are | rigorae it. | 105 0 110 |
| | Sales of visual artw | | _ | |
| Visual description of entry: | 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: | Can the entrant's fir Yes No | rst name be | made publ | ic? |
| Job title: | Can the entry be so | ld? (Visual ar | ts only) | |
| | Who should any che | eques be pa | yable to? | |
| Department: | | | | |
| Telephone number: | I confirm that this e work, and approve it | _ | | _ |
| Email: | Signature of staff: Œ | intries can't be | accepted witho | ut staff sign-off) |
| | | | | |

Unlock the talent inside

Turn for page 2 →

Date:

Office postcode: (Probation only)

GROUP ENTRIES ONLY — TELL US ABOUT YOUR GROUP

| Name of grou | ıp: | | Nun | nber of people excl. staff: | |
|--------------|------------|----------------|---------------------------|-------------------------------|-----------------|
| | | | | | 60 YEARS |
| First name: | Last name: | Date of birth: | Prison or hospital number | : Release date if in 2022, an | d 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

| r lease notify as it these actains change |
|---|
| Date of release: |
| |
| Home address: |
| |
| Postcode: |
| |
| Telephone number: |
| |
| Email: |
| |
| |

ASSOCIATES PROGRAMME

Associates benefit from more contact with us. through the Koestler Associates newsletter.

MONITORING FOR DIVERSITY OPTIONAL

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 OF TIONAL | | | Gender | Religion |
|--|-------------------------------|----------------------------|----------|-----------------------------|
| This anonymised data will not be used to judge your work. It is for research and monitoring purposes only. | | | Man | Atheist |
| Ethnic group | ☐ Irish Traveller/Gypsy | Formal education completed | O Woman | Buddhist |
| Arab | Mixed White & Asian | No formal qualifications | Other | Christian |
| O Asian/Asian British: | Mixed White & Black African | Basic skills level 1 | | O Hindu |
| Bangladeshi | Mixed White & Black Caribbean | Basic skills level 2 | | Jewish |
| 🔘 Asian/Asian British: Indian | Any other Mixed background | GCSEs or A Levels | Age | Muslim |
| 🔘 Asian/Asian British: Pakistani | O White British | Vocational training | Under 16 | O Sikh |
| C Any other Asian background | Any other White background | Degree or post-graduate | O 16-17 | Other |
| Black/Black British: African | O Any other group: | I am: | O 18 | |

O Any other group: Black/Black British: Caribbean Any other Black background

| A care leaver |
|---------------------|
| Registered disabled |

Ex-armed forces personnel

| Man | Atheist |
|---------------|-----------------------------|
| O Woman | Buddhist |
| Other | Christian |
| | O Hindu |
| | Jewish |
| Age | O Muslim |
| Under 16 | O Sikh |
| O 16-17 | O Other |
| O 18 | |
| O 19-24 | |
| O 25-29 | |
| O 30-59 | |
| O 60 and over | |

Unlock the talent inside

Chinese