



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.

The 2022 Awards results are now available on our website or by request from Koestler Arts. We will begin accepting entries to the 2023 Awards from 1st January.

We are continuing to produce Art Aid sheets on a monthly basis in the hope that they will continue to inspire you to be creative. 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.

October 2022

This task was set by a Koestler Award winner, Musician and Singer Songwriter.

Introduction

Hello my people, I'm grateful to be in this position of... let's say creative advocacy to talk to you about my journey. I just got released from HMYOI Feltham and I have a lot to say about my creative journey during my time spent there.

However, I will keep this short. I'm a musician who loves song writing. Every chance I get to write, I write, even if it is just part of the song I'm writing, and add to at any random moment. In Feltham, I wrote a lot and it really helped me better understand my craft and skills in writing. Every time I felt I was getting better it made me think more positively about the future and this really helped me get through my time in prison.

What I wrote about would help me. I'd write about the phase or situation I was going through at a specific time period of my sentence or literally how I was feeling, whether that was up or down. I developed my writing skills without knowing I was getting better because it is just a passion of mine and whatever your passion is can also be the same for you. What also helped me was sharing my music with the people around me. Sharing my craft with people just made me feel even better because it encouraged other people to do the same. It wasn't all about the validation for me, it was about everyone coming together and seeing light at the end of the tunnel.



Image: *Cool Bear - Just Jammin*, Painting, HM Prison Glenochil, 2020

JK

My Task

Any time spent on any form of creativity can really help you through your time in prison, boosting confidence and self-esteem, increasing positive thinking and calmness in yourself through all the distractions that happen in there.

So my task for you is to write about (as a song, poem, letter, or story) or draw a representation of your future outside of prison. What do you see yourself doing? How do you feel about yourself? Who are your friends? What is making you happy? This could be anything you please and it can be the most farfetched thing ever because it will be up to you to create that scenario for yourself upon your release date.

Need help getting started?

When I start writing I would normally write down the first thing that comes to my head (that is related to the topic of course). The next part is the easiest bit because you can just relate every line that comes after to the line before, thinking about rhythm and rhyme.

So for example -

Line 1: I see light at the end of this tunnel

Line 2: I've just gotta stay focused through all of this trouble

Looking at your response to this task will give you the positive feeling in yourself that there is still light at the end of the tunnel and you can really do something with yourself. Because you can!

Thanks for taking your time to read and hopefully take part in this, this is about you and only you, so have fun!

Remember if you are under 18 you can enter the Koestler Awards all year round via our Fast Feedback Programme!

Image: *Unshackled Future*, HM Prison Hull, Drawing, 2019

