

# 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.*

## **November 2022**

*This task was set by Koestler Award winner and mentee, Adam, whose work is currently on display in our exhibition 'Freedom' at Southbank Centre, London.*

### **Introduction**

I enjoyed art when I was younger until I was expelled from school and didn't pick up a pencil again.

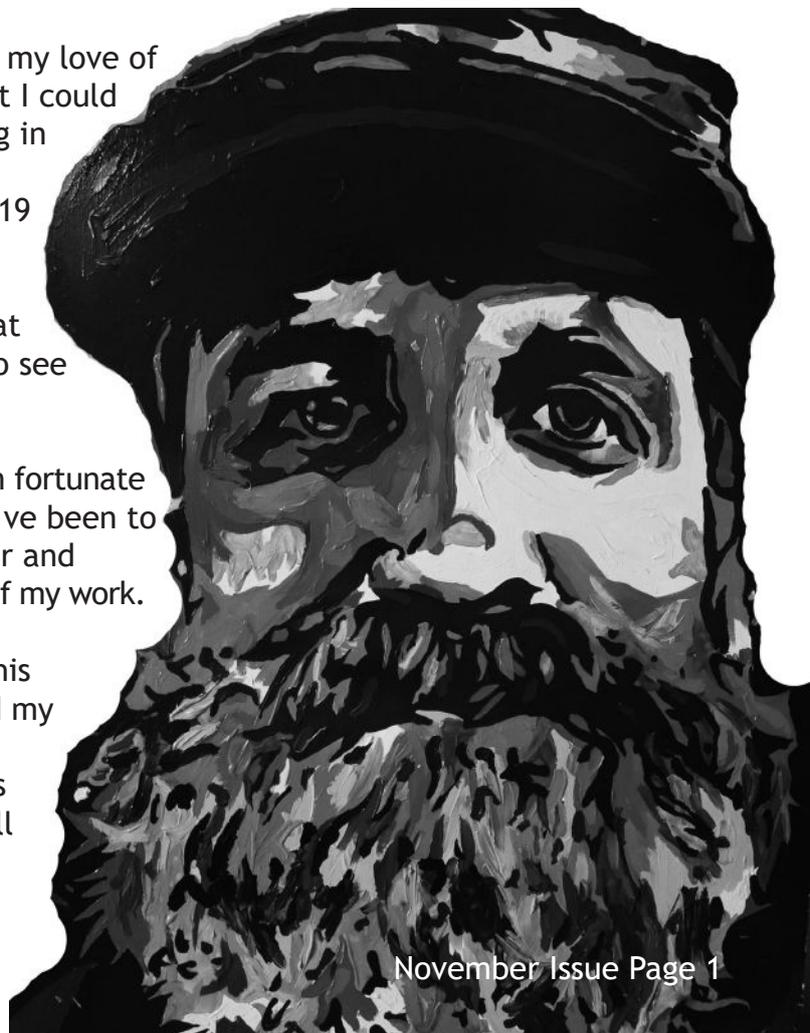
I was sentenced and imprisoned in 2017 and was determined that I would come out of prison in a better position than I was when I went in. I spent my time completing as many courses as possible through the various prisons that I was a resident at.

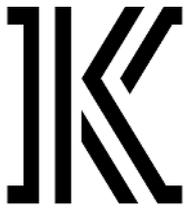
I started to go to the art class and rediscovered my love of art. It not only passed the time, but I found that I could lose myself in my art when drawing and painting in my cell. Whilst I was in prison I think I painted around 60 paintings. I entered some into the 2019 Koestler Awards and was fortunate enough to have 2 of them selected to be shown in the exhibition. I was over the moon, and it was great for my parents to be able to take my children to see my artwork on display in London.

Since I got outside of the prison walls, I have been fortunate enough to have a Koestler mentor. Together we've been to art galleries in London, been on a street art tour and workshop, and are working towards an exhibition of my work.

I entered 2 paintings into the Koestler Awards this year; I won a Bronze Award for one and have had my self portrait selected to be shown at this year's exhibition, *Freedom*, curated by Ai Weiwei. This for me was the best news ever, as this year I will be able to take my children to see my artwork myself.

**Image:** *Colourful Me*, Painting, Crawley Probation, 2022  
Exhibited in *Freedom* at Southbank Centre

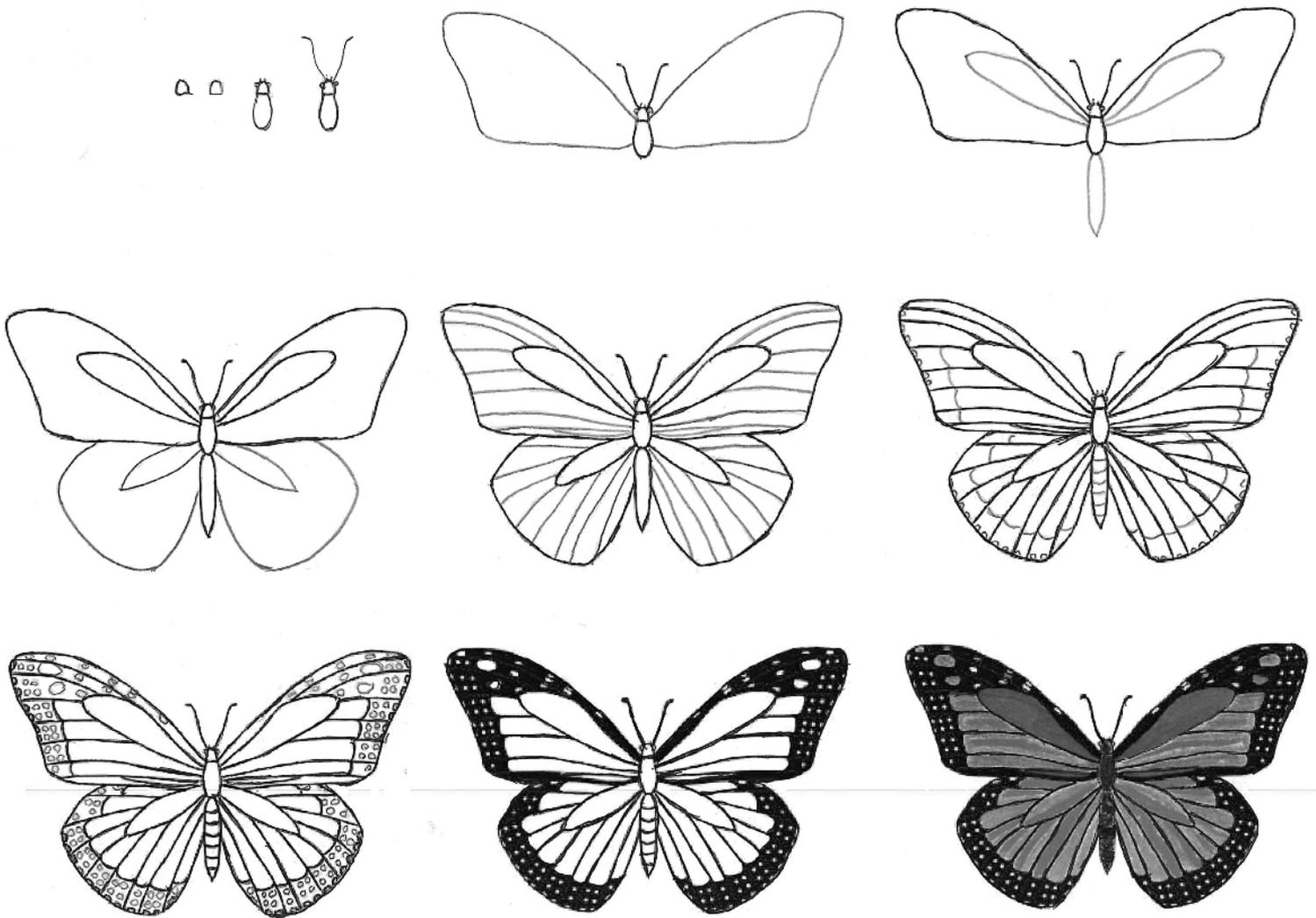




## My Task: Freedom

For me a butterfly represents the freedom you feel after being incarcerated in prison and then are finally released - like a caterpillar that's been encased in a cocoon before it emerges as a butterfly; set free to spread its wings.

Below is a step-by-step guide of how to draw (or paint) a butterfly. This can be done in pencil, pen, or paint. I draw each new section in pencil first. Then, when I'm happy with the position, I go over the pencil with biro before moving on to the next step.



Images courtesy of Adam

Once you've sketched out your butterfly you can colour it in using colour pencils, pens, paint or even by sticking on coloured tissue or sweet wrappers. Anything goes - the more colourful and creative the better! This could be a nice picture or card to send home but most of all I hope that you enjoy the process. Have fun - Adam