

KOESTLER ARTS + ART AID

Season's Greetings 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.

December 2022

This task was set by Koestler Award winner, exhibited artist and former mentee, Sam, whose story we shared in our Art Aid sheet in November 2020.

Introduction

December for some is a month of celebration leading up to Christmas, but for others December has a very different meaning.

Spending December (and Christmas) in prison for me was so hard, it was difficult initially to get into the spirit of things. But I knew that I had to as I did not want to reflect how I was feeling onto my family. I used creativity to get me through.

I remember we made Christmas stockings out of cardboard and painted them and put each person's name on and stuck them to the doors. We were very creative with what to use for the snow at the top... We did a secret Santa where we pulled a name and got them something from the canteen, or we made them something. Immersing myself into the spirit helped. Knowing that I was also helping and supporting others who were also struggling helped me. After all we were all in the same boat... so to speak. We cannot change the situation, but we can change how we try to cope with the situation.

For me December and Christmas are not just a time for celebration but also for reflection, being with people we love and care for. A time for selflessness and giving. Remembering those that are not with us anymore. We all have our own way of celebrating and our own traditions. What are your traditions? What does December mean for you? Is December significant, or is it just another month?

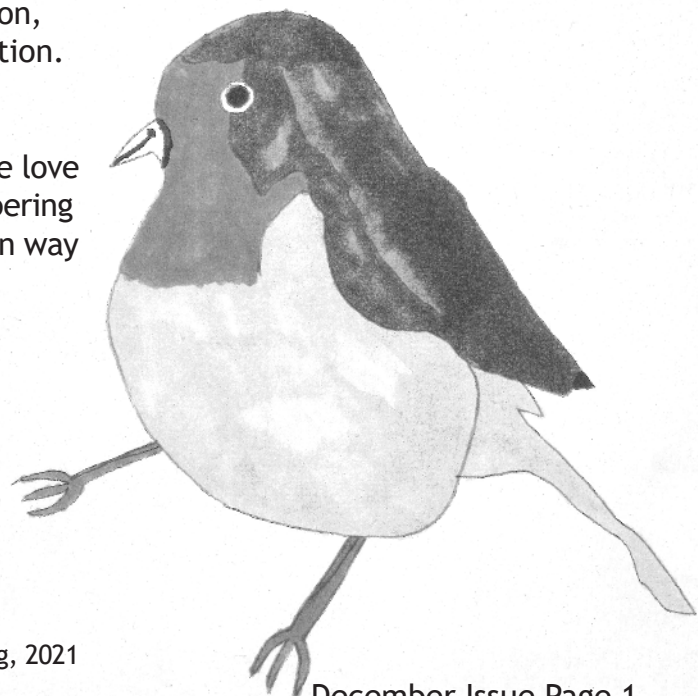


Image: *Mr Robin*, HM Young Offenders Institution Feltham,
G & J Charitable Trust First-Time Entrant Award for Drawing, 2021

I have created three tasks... you can do all three or only one... entirely up to you.

Task One: December Means...

Write a magazine article about what December means for you. Is December significant for you? What are your traditions? You could write a comparative piece about December inside and December outside, or you could focus on one or the other. What do you do in December? Who do you spend it with?

Task Two: Fun & Games

Create a game. It can be a card game, a board game, or any other kind of game. Use December as the topic of your game. It could be a fun game, or a reflection game. It could be some kind of festive bingo, using cardboard from food boxes. Whatever you want. Maybe you can play it with someone else so they get an understanding of what your December looks like. What it means for you. My own version of a December game is below.

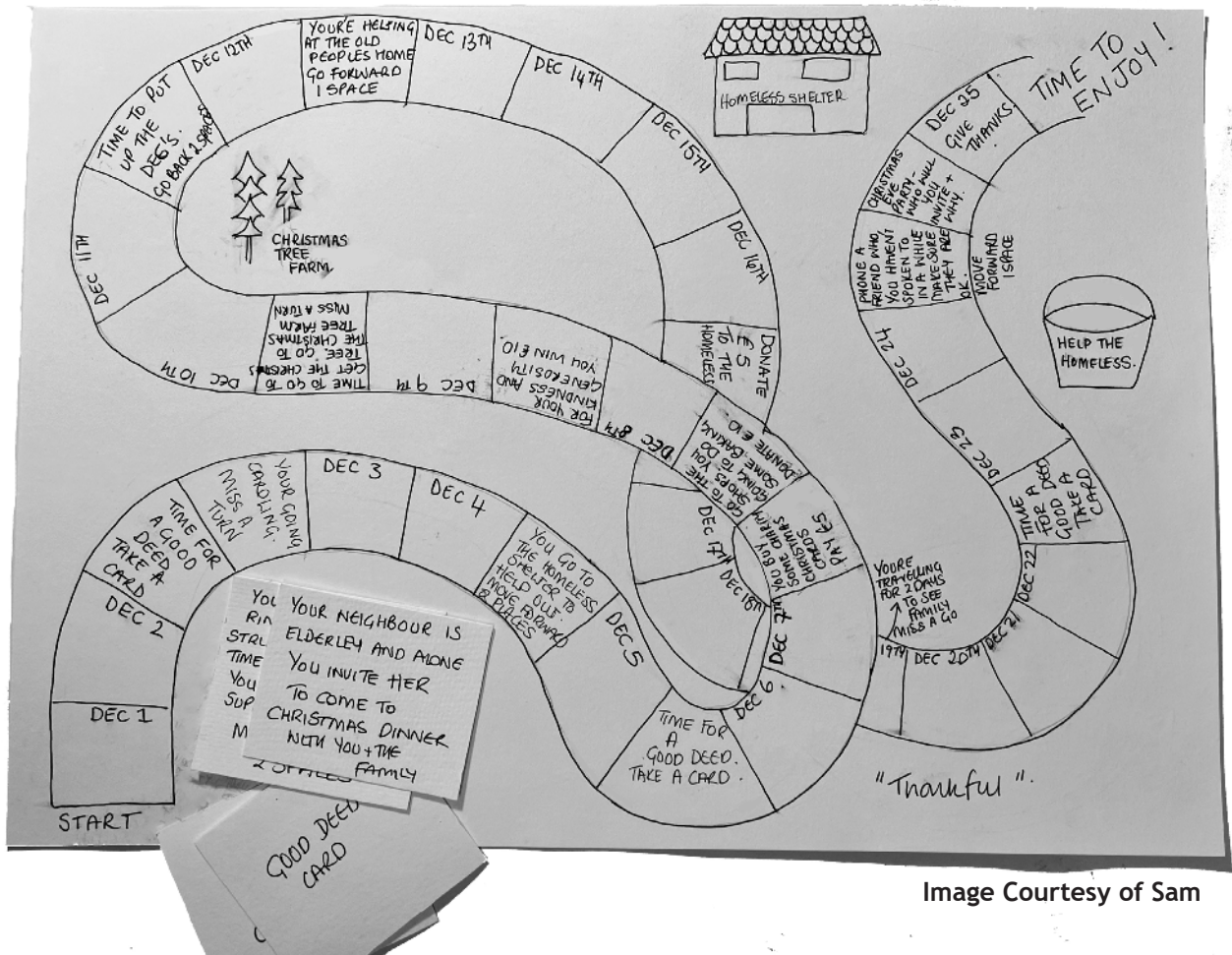


Image Courtesy of Sam

Task Three: Christmas Dinner

Plan a fantasy dinner party. Create your menu and your guest list. Imagine you could invite anyone. They could be someone who inspires you, famous, historical, someone that you really would like to sit down with and be able to ask those questions that you have always wanted to ask... for example my dinner guests would be Elvis Presley, Princess Diana, Barack Obama, Boris Johnson and Vincent Van Goh. I am sure I can think of many more.