

# KOESTLER ARTS + ART AID

*Happy New Year 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.*

**We are now accepting entries to the 2023 Koestler Awards!**

*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 6 April 2023.*

*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.*

## **January 2023**

*This task was set by Koestler Award winner and Mentee, Chris.*

### **Introduction**

I first came across Koestler while I was in an open prison when the CEO came to do a talk about the work that Koestler do. The talk was so good that I wrote a letter to ask to volunteer with Koestler. Fortunately they said yes and I volunteered at the Koestler Arts Centre for seven months.

Since then, Koestler has been a massive support in helping me along my creative journey as I follow my dreams of becoming a published author, creating a documentary and public speaking. I used to think that these sorts of ambitions were not achievable for people like myself, however, with the support of Koestler I have gained confidence and self belief. I now have the help of a Koestler Mentor who has put things in place so my dreams are becoming a reality.

Koestler also helped me to do my first public speech at their *Voices from Prison* event at the Southbank Centre in London. After months of public speaking classes I was still so nervous to stand in front of 150 people but I did it and have received nothing but positive feedback since. This has given me more confidence and encouragement to continue to do public speaking.

I'm in the process of achieving my dreams which wouldn't have been possible without the support of Koestler Arts.

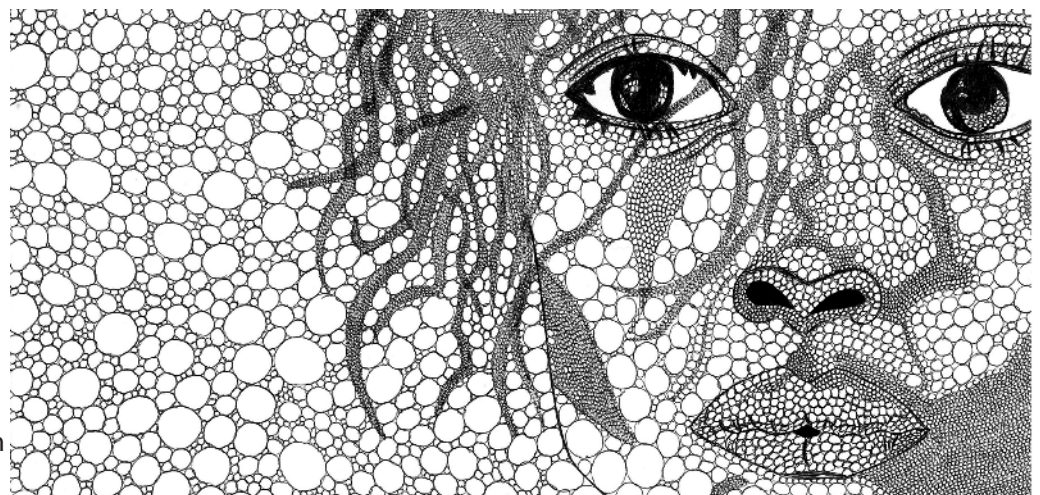
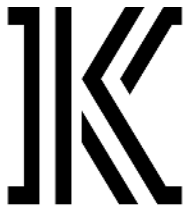


Image: *Dream*  
HM Prison Peterborough  
Portrait, 2017



## My Task: A Day in the Life

I understand on a personal level what you're going through day to day. This year the Koestler Awards Themed Category is 'A Day in the Life' so my task is about keeping a record of your daily life.

I would like to set you the task of writing down 10-20 lines a day - a journal of your current circumstances. Try to put down whatever happens in the day; good or bad or mundane, and how it made you feel. Write about what happened, who was there, how they acted, how you reacted, the outcome etc. If it feels daunting to cover everything that happens in a day maybe focus on what you ate, a conversation you had, or your dreams from the night before as a starting point.

I suggest you try it for a week and if you like it then please continue.

An accumulation of these journal entries can develop into great short stories or - depending on how many you build up - a great memoir.

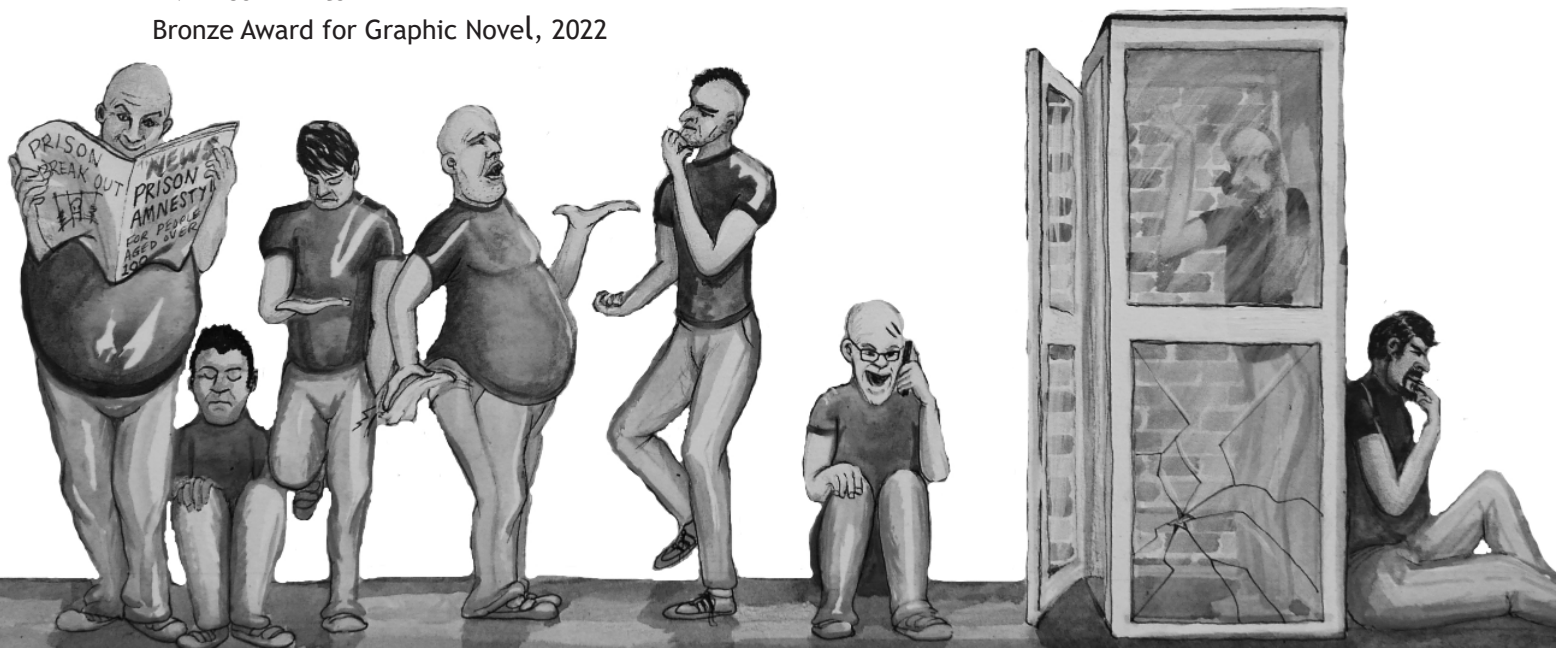
It can be so beneficial to write down situations and reflect on how things make you feel and why you feel that way. I personally did this while I was in prison and not only did I end up with a complete memoir of my prison journey, it was also like therapy for me. It allowed me to get down my emotions, reflect and evaluate why I felt the way I did in certain situations and this helped me massively.

*Please consider submitting your responses to Chris' task to the 2023 Koestler Awards in our Themed Category: A Day in the Life, or our Life Story category.*

**Image:** *The Telephone Queue*

HM Prison Brixton

Bronze Award for Graphic Novel, 2022



# KOESTLER AWARDS ENTRY FORM



Send a completed form with each entry.  
Maximum 5 entries per entrant.  
2023 closing date: Thursday 6 April.

For Koestler Arts staff			
K. No.	Artform	Supp. docs	No. of items

## ENTRANT (For groups – see the next page)

First name of entrant:

Last name of entrant:

Date of birth:

## ENTRY

Establishment: (Name of prison, hospital or probation service)

Title of entry:

Artform: (Choose one artform from the guidance booklet)

Visual description of entry:

## AUTHORISED MEMBER OF STAFF

Full name:

Job title:

Department:

Telephone number:

Email:

Office postcode: (Probation only)

Prison or hospital number:

Signature of entrant:

Is this the first year 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)

- 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:

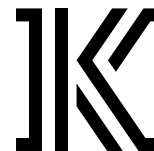
**Unlock the talent inside**

Turn for page 2 →

## GROUP ENTRIES ONLY

Name of group:

Number of people excl. staff:



First name: Last name: Date of birth: Prison or hospital number: Release date if in 2023, 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 2023

Please contact 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

- Arab
- 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

- Gypsy/Roma/Traveller
- 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
  - Registered disabled

#### Gender

- Man
- Woman
- 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