

# 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.*

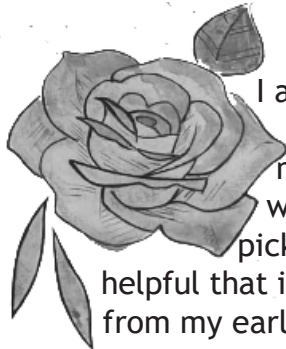
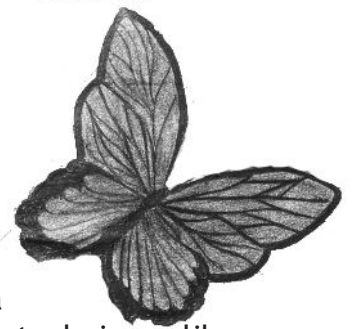
*The 2023 Koestler Awards deadline has now passed (6 April 2023) but we will continue to produce Art Aid sheets on a monthly basis in the hope that they will continue to inspire you to be creative.*

*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.*

## June 2023

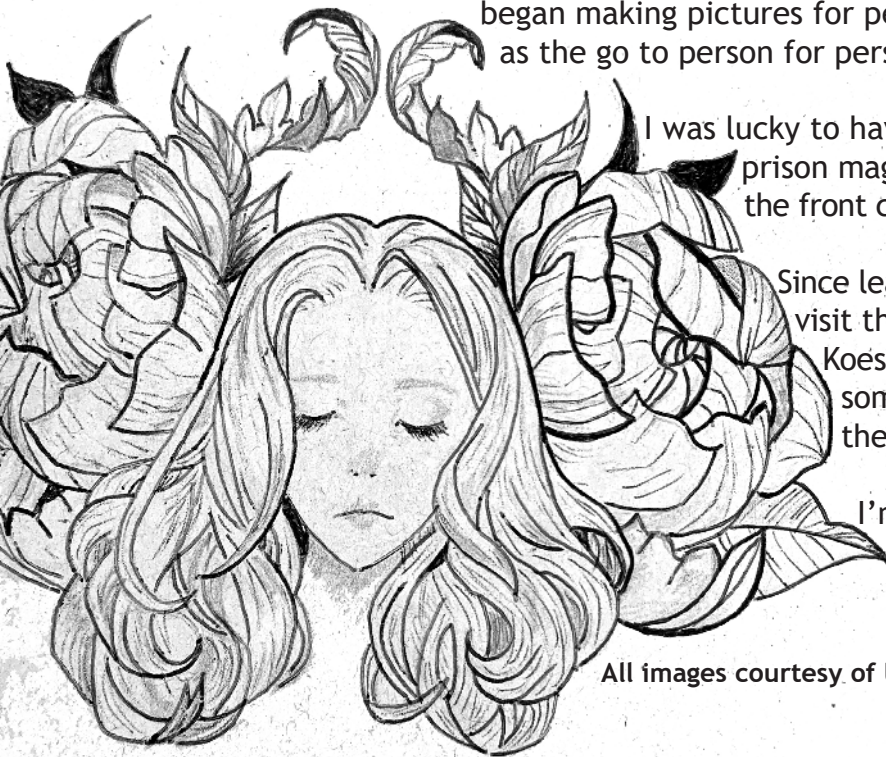
*This task was set by former Koestler Exhibition Host, Unicorn.*



### Introduction

I arrived in prison in a state of confusion, that spiralled into a depression. I had never realised that I was using distraction techniques like music and surrounding myself with things of beauty. Luckily for me an amazing woman gave me a “how to draw a Unicorn” worksheet. Previously, I had barely picked up a pencil unless it was to help my children with homework! It was really helpful that it was small, easy to manage but also re-useable and I was able to see the progress from my early attempts to my established style of drawing.

I developed my art in my cell, and soon I was able to show the lady who gave me the sheet how far I had come. One of my next projects was drawing a Koi fish which was very popular and it garnered positive attention that helped grow my confidence. Afterwards, I saw myself in a new light and started to remember I was a person with value and something to contribute to life. I began making pictures for people around me and soon became known as the go to person for personalised cards.

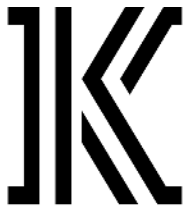


I was lucky to have a few of my drawings featured in the prison magazine, and went on to design one of the the front covers.

Since leaving prison I was lucky enough to not only visit the Koestler Arts Centre, but also work as a Koestler Exhibition Host so I've seen first hand some of the amazing things that go through their doors and make it into the exhibition.

I'm continuing on my creative journey and hope this task will help you realise that you have a talent too!

All images courtesy of Unicorn



## My Task: Get Creative with your Envelopes



The task I would like to set it to jazz up your envelopes. This can be with a repeating pattern, doodle, drawing, or a combination of all three.

To begin with mark out a rectangle for your recipient address so you know which spaces to leave clear.

Next steps: sketch your design out in pencil first before going over in in colour or pen, you'll really see it come to life!

Colours really make the envelopes stand out, so if you have them available try picking 3 complimentary colours for your design. This could be the colours in a national flag, or colours that you think go well together - pink purple and blue, for example. This really works well for repeating patterns.

If you're limited with colours I've also found working with pencil and pen can make a massive visual impact with the deep dark blacks from a pen and the subtle greys from pencils. This works really well with doodles and drawings.

I hope you enjoy the process as well as brightening someone's day with your design!

