



# KOESTLER ARTS - ART AID

Koestler Arts produces monthly Art Aid sheets featuring creative tasks that can be done in cell and with just paper and a pencil.

Although the 2023 Koestler Awards deadline passed on 6 April, we hope these sheets will inspire you to remain creative and perhaps try something new. New Art Aid sheets are available from the first Monday of every month.

## AUGUST 2023

For each Art Aid sheet, we commission an artist or writer who has engaged with Koestler Arts to set a creative task and share their experience with creativity. This month we asked former Koestler Award winner and exhibited artist Wayne.

### My Story

I've always been able to draw, but in the real world time was short and art became something that other people did. Suddenly one day I found myself sitting in a tiny box with a lot of time on my hands. I found my escape in art.

Time to try out new ideas, materials and techniques made life interesting. The challenge was how to produce art with very limited resources. I could lose myself in art and gain a freedom from prison, even if it was only for a few precious hours.

The writer-in-residence, having used some of my cartoons in the prison magazine, suggested I enter the Koestler Awards. Awards from Commended to Platinum followed. Being selected for the annual exhibition and receiving positive feedback helped to build my confidence and felt like a real breakthrough.

Back in the real world I have continued to use everything I learned. It has given me a focus and meaning in life. I am currently preparing work for an exhibition using recycled materials. The limitations imposed by being held in captivity have allowed me to adopt a different, more positive way of looking at the world and I like to think this is reflected in my art.



'Captive', Worthing Probation, Platinum Award for Watercolour and Gouache, 2021



## My Task: Your Ideal Cell

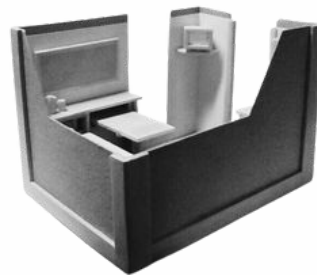
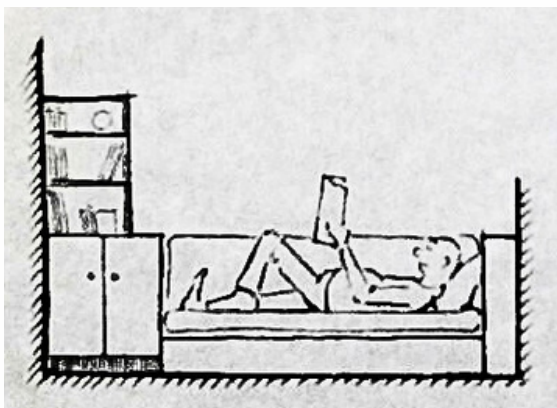
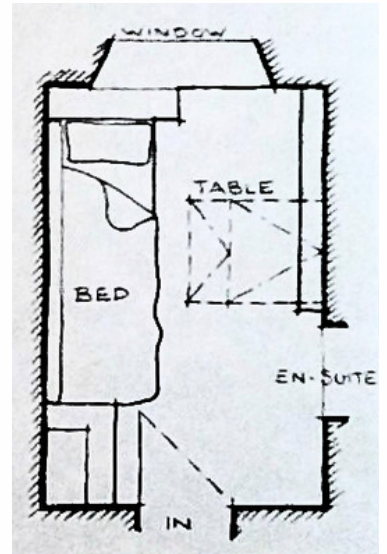
This exercise is about taking a cell and viewing it as a space that you can, with a bit of imagination, transform into your ideal pad.

Start by roughly measuring and sketching an empty cell. Include door and window positions but none of the current furniture or fixtures so you can start with a blank canvas. Accuracy is not important at this stage, this is about ideas.

Now you can redesign your ideal version of the space.

You might take a practical approach of filling it with multi-purpose, space saving furniture, or think of Wallace and Gromit with a bed hanging from the ceiling and gadgets to make life easier - the choice is yours. Think of what's important to you, as ideal is different for everyone. If you want a jacuzzi, home gym or fish pond in your space, go for it. You will be surprised what you can fit into a small space with a bit of thought.

Once you're happy with your drawing, you might want to develop it further by designing your furniture or making a scale model. How far you take it is up to you. I had fun with this idea a few years ago building a 'perfect cell' model that I submitted to the Koestler Awards. I hope you enjoy it too.



'The Perfect Cell', HM Prison Dartmoor,  
Commended Award for Craft, 2016

Drawings courtesy of Wayne

You don't need to send your responses to this task to us at Koestler, we just hope you'll enjoy giving it a go. If you do we'll be very happy to see them but please note they won't be entered into this year's Koestler Awards and we won't be able to return them to you.