

Koestler Arts produces monthly Art Aid sheets featuring creative tasks that can be done in cell and with just paper and a pencil. This sheet has been made with support from The Arts Society Northleach.

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.

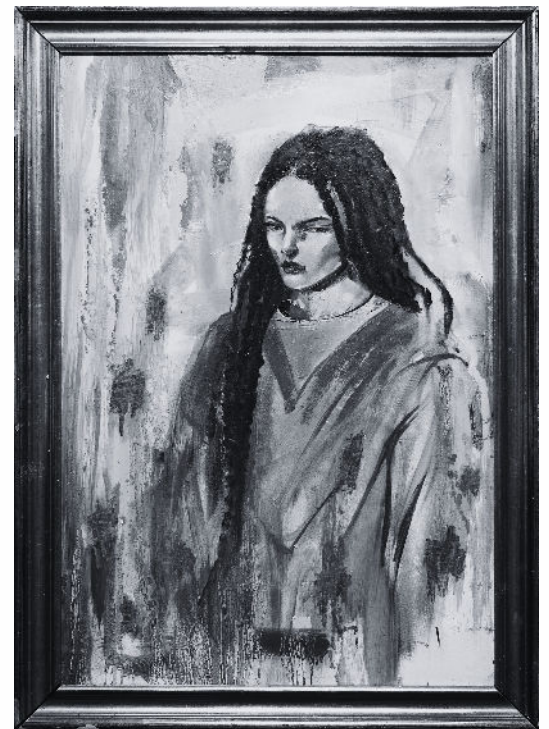
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For each Art Aid sheet, we commission an artist or writer who has engaged with Koestler Arts to set a creative task and share their experience with creativity. This month we asked Koestler Award winner, and previous mentee, Clare. Clare's task is inspired by our exhibition 'Standing on the Edge', opening in Southampton this month. A number of the exhibited artworks depict beaches or countryside landscapes, and feature colours that evoke sunsets and the seaside.

My Story

When I first came to prison, my English teacher suggested I enter the Koestler Awards. Altogether I won over a hundred Awards for my poetry, short stories, a novel, paintings in different mediums, prison magazines, and even rap lyrics. I was given a mentor for my visual art when I was released which was invaluable.

Since then, I have had work exhibited all over the country and seen my plays performed in several well-known venues. I also teach Creative Writing in a hostel every week. I am a member of three drama groups and work part time as a Creative Collaborator at a theatre.



It's Up To Us,
Clare, 2020

My Task: Dream Destination

Imagine that you are away on a trip or holiday at your dream destination - it could be anywhere and with anyone you'd like. Maybe an ideal holiday or one you remember from the past, maybe outer space, the 1920s, the distant future... it's up to you!

Draw or paint this dream destination on a piece of paper as if it's the front of a postcard you'd send back to family or friends.



On the back of the postcard, write a short passage or poem describing your trip - think about the sights, sounds, tastes, feelings and smells you'd experience in your chosen destination. Let your reader know about how you've been relaxing or the exciting adventures you've been on. Take them with you on your imaginary journey through your writing!

Crystal rippling waves shine like silver to reflect summer's glow
Soothing and calming its rhythm, echoing its lyrical flow
Magic music of nature, a symphony of splendid delight
Skies like blue oceans in paradise, birds soaring to grasp full flight
The sound and scents of summer, it's melody light and free
Sands of gold that glisten, embracing a warm and whispering sea.

You don't need to send your responses to these tasks to us at Koestler, we just hope you'll enjoy giving them 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.