

KOESTLER ARTS - ART AID



Koestler Arts produce monthly Art Aid sheets featuring creative tasks that can be done in cell and with just paper and a pencil. New Art Aid sheets are available from the first Monday of every month. This sheet has been made with support from The Arts Society Northleach.

We are now accepting entries to the 2024 Koestler Awards! Send your entries and signed entry forms to 'FREEPOST Koestler Arts' by 12 April 2024. Entry forms should be enclosed with this sheet, and you can contact your education department or Koestler Arts to be sent more. See our guidance notes for full terms and conditions.

JANUARY 2024

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, exhibited painter, and former mentee, Seb, who is a skilled writer and artist.

My Story

When I got bored at school I would doodle - draw little shapes and pictures around the words on the covers of my exercise books. It often got me into trouble because I should have been concentrating I suppose, but it was something that gave me a lot of pleasure. Then in secondary school we did a lesson on 'illuminated letters and manuscripts', which sounded very fancy but was just about writing something and then drawing different shapes and swirls around some of the letters - exactly like my doodling!

Although I hadn't been the best student in school, art had always interested me, and when I was inside later in life I suddenly had plenty of time to fill. Entering the Koestler Awards gave me the confidence to try something new - I got feedback on my art and writing saying 'Keep up the good work' and 'You're a natural', which made me feel like I might be able to handle a degree. I started an Open University degree on Art History, and you can imagine how pleased I was when I found out one of the modules was about illuminated script - doodling was back!

Once I was released, I was fortunate enough to be placed with a Koestler mentor, who not only worked with me on ideas for getting my work exhibited, published and performed, but also offered me a lot of support as I completed my degree. I now have books for sale on Amazon and Kindle, and art displayed in galleries and historic buildings. Although I have completed my time with my Koestler mentor, I still receive support and encouragement from the team and enjoy participating and visiting Koestler exhibitions all over the country. And yes, I'm still doodling in my free time, although I have a lot less of that these days!



IK

My Task: Illuminate Your Writing

During my studies, I learned that for centuries people have been writing stories and religious texts and decorating their words with intricate designs and beautiful artwork, known as illuminated manuscripts. The earliest known example is by the Roman poet Virgil and dates to 4th Century BCE. The invention of the printing press stopped a lot of the production of illuminated manuscripts, but they are now highly prized by collectors and lovers of art and books.

My task invites you to use the illuminated lettering technique on a piece of your writing to make it stand out - try it on a poem, letter, or short story. Once you've done one, you'll want to do more!

On a piece of scrap paper, write out a rough draft of your words - your letter or poem for example. This version can be messy as you work out exactly what you want to write.

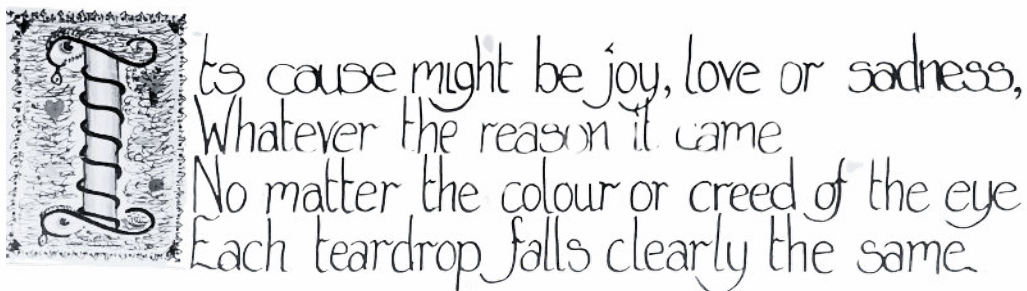
Then, on a good sheet of plain paper, use a ruler (or another straight object like a card) and pencil to lightly draw lines across the page, about 1cm apart, to make your paper lined. These lines will help keep your writing straight and neat.

Near the top left corner (or top right if you're using a script that reads right to left), draw a rectangle 6cm tall and 4cm wide. Erase the horizontal lines within this box so it's blank inside. Write the first letter of your piece of writing inside this box, large enough to fill it.

Decorate this first letter, adding illustrations and patterns around it, within the box. Try tying in the decoration with your piece of writing - if it's the first letter of someone's name, draw things that remind you of them, or if your poem is about nature, draw plants and flowers. Get really creative here, just remember to make sure the letter is still visible. You might want to add colour if you have coloured pencils or pens.



Write the rest of your piece of writing on the lines you drew, as neatly as you can. Remember you've already written the first letter, so miss it off the first word of your piece. In my poem below, I've missed off the 'l' in 'Its' because the 'l' is my illuminated letter in the box. Don't worry about the next few lines being next to the illuminated letter, write them with all their letters as you usually would. When it's done, you can keep it, send it to that special someone or enter it into the 2024 Koestler Awards as a piece of poetry or calligraphy. Have fun!



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 unless they are sent with a signed entry form.

KOESTLER AWARDS ENTRY FORM



Send a completed form with each entry in the same parcel. Maximum 5 entries per entrant, including group entries.

2024 closing date: Friday 12 April.

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)

For Koestler Arts staff

K. No.	Artform	Supp. docs	No. of items
24K <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Prison or hospital number:

Signature of entrant:

Is this the first year you have entered the Awards?

Yes No

Sales of visual artwork:

Only visual artworks can be sold. Writing and music cannot be sold.

TICK ONE ONLY

- 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 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:

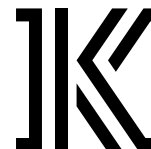
Unlock the talent inside

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.
- ✓ Entrants are limited to 5 entries, including group entries.
- ✓ 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. The signed entry form must be packed with the corresponding work.
- ✓ Do not sign your work. If your artwork is selected for exhibition and has a signature of any kind, Koestler Arts staff will have to paint over or otherwise edit out the signature prior to display.
- ✓ 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