

KOESTLER ARTS - ART AID

Supported by
THE ARTS
SOCIETY

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.

APRIL 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 mentee Christian.

My Story

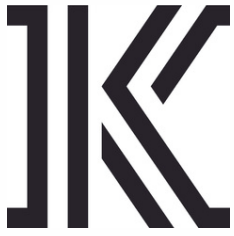
When I was younger, I used to love creative writing. I would write stories and scripts, usually starting them without finishing them. I continued to write, on and off, throughout my life but never really focussed on a project and finished it. I always wondered how good a writer I'd be if I actually properly worked on something.

When I went to prison, I had a lot of time on my hands (as you know!). I decided to start writing down ideas, writing down my thoughts and feelings, things which made me laugh etc. I wrote for me, not for anyone else to read. Being free from all the distractions of the internet, my attention span improved and I began to expand on the ideas and write stories and eventually a stage play. I sent them to the Koestler Awards each year, sometimes I won some cash, sometimes I didn't, but the feedback was always so detailed and helpful that it encouraged me to keep going.

Since being released, I've kept in touch with Koestler and they found me a writing mentor. He reads my work, gives me advice and criticism and suggests ideas and techniques. It's so helpful and encouraging that I still have the motivation to write even now I'm working full time. For our next meeting we are going to see a play for inspiration.



Positivity, HM Prison Wakefield,
Avis Allum Bronze Award
for Drawing, 2018



My Task: Dialogue

Sometimes getting started can be the hardest part of creative writing. I find that writing a conversation between two characters can be a great way to write a story when you don't know where to start. Once you have a conversation, you can build a story around it, or carry it on as a script for a film or a play.

Below I have written half of a conversation and left the other half blank for you to fill in. First, come up with a name for your character and think of one word to describe them, e.g. angry, caring, sly. You can base it on someone you know or completely make someone up. Their side of the conversation can be a typical conversation you might overhear or as wild and strange as you like!

Character 1 - Name: _____ **A word to describe them:** _____

C1: "Hi! Remember me?"

C2: "Oh hi, I recognise your face. Where do I know you from?"

C1: _____

C2: "Oh, of course. How could I forget something like that? How are you? The last time I saw you, you were about to quit your job. What happened?"

C1: _____

C2: "Wow. That's incredible! Why?"

C1: _____

C2: "Erm, OK. I wasn't expecting you to say that. Do you want to get a coffee with me?"

C1: _____

If your creative juices are flowing, carry on the conversation and see where it goes. Or if you want to go your own way, come up with two characters of your own. Name them and this time think of two words to describe them. Below I've written the first two lines of dialogue to get you started.

Character 1 - Name: _____ **Two words to describe them:** _____ **and** _____

Character 2 - Name: _____ **Two words to describe them:** _____ **and** _____

_____: "Are annoyed with me?"

_____: "No, why do you ask?"

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:

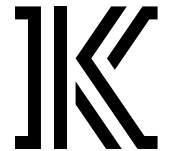
Unlock the talent inside

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

Unlock the talent inside