



# KOESTLER ARTS - ART AID

Koestler Arts produce monthly Art Aid sheets featuring creative tasks that can be done in your cell or room and with just paper and a pencil. New Art Aid sheets are available from the first Monday of every month.

Although the 2024 Koestler Awards deadline passed on 12 April, we hope these sheets will inspire you to remain creative and perhaps try something new.

## SEPTEMBER 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 a young person whose artwork won Koestler Awards and was exhibited by us while they were in a secure children's home.

### My Story

I always grew up doing art but didn't really engage with it. Throughout my time in a secure setting - a hard experience and environment - I found it really hard to keep busy, keep happy and look after myself. I did a lot of journaling on my feelings through artwork, both simple and more advanced. It helped me keep check of myself and let go of things to feel at ease.

I am so grateful for Koestler. Even though you don't always win Awards, they take the time to look through your artwork. Koestler really got a feeling of what the pieces of art I was sending in were about. It was so rewarding having someone give feedback on your work. It's been something that has been really important to me, and doing reflective pieces of artwork really stuck with me the whole time and gave me motivation.



*Thoughts*, Atkinson Secure Children's Home,  
Fast Feedback Commended Award for Watercolour and Gouache, 2024



## My Task: Why?

I did these drawings while in a secure children's home as a way to clear my thoughts.

The idea is to reflect on where you are now and why, and where you are going, or where you would like to be.

Take one piece of paper and split it into two. On one side draw where you are, and on the other where you would like to be in the future.



I drew the secure home I was in at the time and a house similar to where I am now. I knew I would be coming here, so it was my motivation - my 'why'.

It's so important to reflect when you have a lot of time in these secure settings, and it's something that really helped me a lot.

I was at my absolute lowest in there but there are always brighter days ahead and always people out there who care.

Remember, those aged 18 and under can enter the Koestler Awards all year round through our Fast Feedback programme.

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.