



Koestler Arts + Art Aid

Bonus Lockdown Activity Pack

This pack aims to provide some creative activities that can be done using just pen/pencil and paper. It contains creative tasks set by Koestler staff members; images and poems from previous Koestler Awards to inspire you; a blog post written by our Senior Arts and Exhibitions Assistant about his experience of isolation in prison; and some puzzles taken from *Puzzles for Prisoners*, a prison magazine from HMYOI Polmont that was entered into the Koestler Awards in 2019.

We hope that this will inspire you to continue to be creative in this very difficult time and we would love to see some of your creativity entered into the 2020 Koestler Awards. Our deadline has been extended until further notice while we wait to regain access to the Koestler Arts Centre. We will publicise the new deadline with plenty of notice.

To enter the Koestler Awards please complete 1 entry form per entry, ask a member of staff to sign it and send it to FREEPOST KOESTLER ARTS (please see our guidance notes for full details).

Creative Tasks

#01 - For Visual Artists - Change How You Make!



My Broken Arm (Painted with My Broken Arm!) was an incredibly popular painting in the 2019 Koestler Awards. It won a Platinum Award in painting (our biggest visual category); it was chosen for our national exhibition, seen by over 20,000 people; and we used it in our visits presentation that we shared in over 30 different prisons! Why was it so popular? We challenge you not to smile when you read the title!

For this arts challenge, Koestler Arts would like you to try drawing without using your dominant hand. So, if you are right-handed, you could try drawing with your left hand. If you are left-handed, try drawing with your right. Or take it even further - see if you can draw by holding your pencil with your toes!

My Broken Arm (Painted with My Broken Arm!)
HM Young Offender Institution Feltham
Arts Society Chiswick Platinum Award for Painting

Step 1:

Have a look around you and choose something to draw. It could be your window, a mug, your bed or anything else you have around you.

Step 2:

Try drawing it as you would usually draw something - use your right hand if you are right-handed.

Step 3:

Now try drawing the same object with your other hand. How do the two drawings compare?

Step 4:

Finally, have a go at drawing the same object a third time with your toes!

If you enjoyed the challenge, think about entering the outcomes to the 2020 Koestler Awards in our **Drawing** category! You could enter all three drawings as 1 entry (so they are judged as a series) and add a little note to each one to tell the judges how you made them.

#02 - For Writers - Document the Everyday

We are living in very strange times right now. None of us have experienced anything like the covid-19 pandemic in our lifetimes before. While we all want this to pass as quickly as possible, it is no doubt something that future generations will learn about in their history classes. Your experience of living in lockdown is valuable and unique. For this challenge, we would like to invite you to document some of your experiences in a letter.

Step 1: Take Notes

Start by giving yourself a set amount of time (maybe 10 minutes, maybe half an hour) to write down any thoughts and observations you have about your current situation. What did you eat today? Did you receive any post? How are you keeping entertained? What does your room/cell look like? Are you sharing your living space with someone else?

Step 2: Decide on your audience.

Who are you writing for? It could be a school pupil in the future, it could be a loved one, it could be yourself in the future or it could be yourself in the past. If you write to your future self, you might want to include your hopes and remind yourself of this time. If you write to yourself in the past, is there something you could say to prepare yourself for what's to come?

Step 3: Decide on your tone.

Do you want your writing to be humorous or serious? Although the situation is serious and scary, humour can be a good way of dealing with difficult subject matter. If you are writing to yourself in the past, you might say things like 'You won't believe this, but in 2020 there will be news reports about people fighting over toilet paper!' Or, if you want a more serious tone, you might say 'You should not take the things you have for granted...'

Step 3: Write your letter

Now write out some of your thoughts and observations as a letter. Start by saying who you are writing to, for example: 'To my future self' / 'Dear student in 2120'. Tell your imagined audience about your life under lockdown.

Tip: Be specific and detailed. Even if it seems mundane or boring to you now, remember your experience is unique and interesting!

If you enjoyed this task, you could challenge yourself to write a letter every day for a week. Whether you write one letter or lots of letters, think about entering them to the 2020 Koestler Awards to tell our judges a bit more about your experiences. You could enter them into our **Life Story** category!

If you also enjoy drawing, why not illustrate your letters or turn them into postcards? You might even decide to enter these into our **Graphic Novel** category...

#03 - For Musicians - Lovesong

Food is often the subject matter of Koestler entries - it's something a lot of our entrants miss while they are serving sentences in prisons or other secure settings. During the current coronavirus lockdown, members of the public are experiencing short supplies of certain food products for the first time. People say 'absence makes the heart grow fonder' so for this challenge, we suggest you write a lovesong for your favourite food!

Step 1: Decide on your favourite food

What foods do you love? What food do you miss the most? Is it a meal, for example, a full English breakfast or a roast dinner? Or is it a single item, for example, a Yorkshire pudding, a ripe mango, or chocolate bar?

Step 2: Make some notes

What do you love about the food you've chosen? Think about the taste, the texture, the smell and the appearance of your favourite food.

Step 3: Decide on the tone

Do you want your lovesong to be funny or serious? Do you want it to be exaggerated or sincere? Romantic or silly? Or both?

Step 4: Write your lyrics

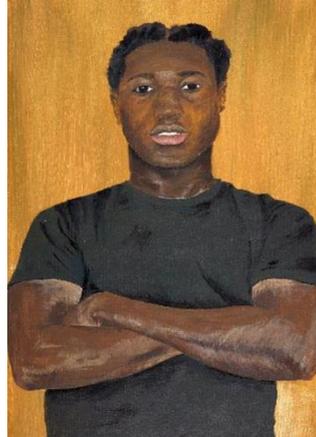
Think about the narrative of your song. Maybe your first verse is about seeing your favourite food, your second is about its smell and third is about actually eating it? Make sure you have a catchy chorus that really conveys your love!

Did you enjoy this challenge? Even if your song seems a bit silly, think about entering your lyrics to our **Song Writing** category! To enter the Koestler Awards you only need written lyrics; however if you would like to compose a tune as well then go for it!

Koestler Arts Gallery Examples of 2019 Visual Arts Entries



Brave Face
HM Prison & Young Offender Institution
Exeter
Commended Award for Sculpture



Me, Myself and I
HM Young Offender Institution Wetherby
5RB Media and
Communications Law Gold Award for Portrait



Many Men
HM Young Offender Institution Wetherby
Swain & Co First-Time Entrant Award for Drawing



Abstract Landscape
HMP Prison & Young Offender
Institution New Hall
Silver Award for Mixed Media



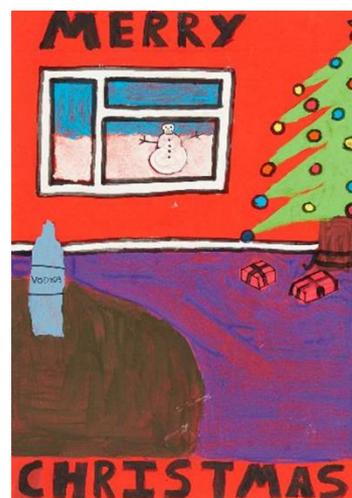
Crocodile
HM Prison & Young Offender Institution Rochester
Phillip King Silver Award for Sculpture



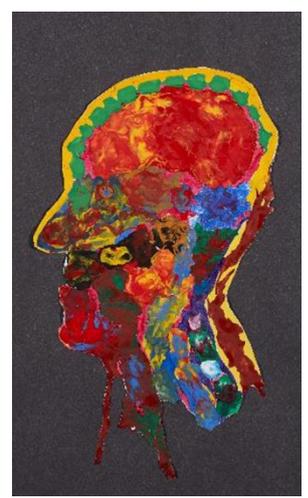
What's The Soup Today?
Littlehampton Probation Service
Commended Award for Mixed
Media



In at the Deep End
HM Prison Edinburgh
Silver Award for Drawing



Greeting Cards
HM Young Offender
Institution Swinfen Hall
First-Time Entrant Award for
Handmade Greetings Card



Self Portrait
HM Prison and Young
Offender Institution
Rochester
First-Time Entrant Award
for Portrait

REMEMBER: You don't need to have access to lots of materials to win a top Koestler Awards!
In at the Deep End is just made with biro on paper and won a Silver Awards in our drawing category in 2019!

Examples of Written Entries from Previous Awards

The Writer's Hand

HM Prison Isle of Wight (Parkhurst)

Engaging Minds Strengths Gold Award for Poem, 2018

Palm flat down before I start.
Strong veins, brussel sprout knuckles,
hair creeping up from wrist,
nails, okay at first sight.

Pen gripped, ready to go.

Curled pink O makes a tunnel from eye to page,
thumb a bit ragged, forefinger less so,
callus on the middle finger - top knuckle, left side,
thickening.

Lock Down

Brighton Probation Service

Unilink Gold Award for Poem

2017

Let me lie upon the
ground
and place my hand on the
mound
of that sweet remembered earth
to feel the sun warm my
skin
and watch the ants go
wandering
lost among fine hairs
that are no true
barrier
for they each could
carry their
weight, faint as a dream.

Let my fingers dig
deep
and the soil will anchor me in
sleep
yet awake, but far away
where she now
dwells
in a memory that
tells
the past that I am here
waiting for her to
sit
beside me and kiss where the ants
bit
the redness pressed by her lips.

Forefinger next door, fleshy pink top,
a ridge forms the more I write,
other three fingers looking good.

Rhythmic scraping across the page,
pen moving briskly now,
words coming easier than before
but ink-smudged paper
means ink-stained hand.

Not as bad as some I've seen -

my writer's wounds

Let her laugh at my
ouch
as we rest upon the gentle couch
of warm grass in a summer gone
then we turn onto our
backs
to look at clouds built into
stacks
of creamy pudding high
or mashed potato, she
says
with a smile that
plays
with my heart

Let me stay another
moment
in the past that will always
torment
me with its loss
in the dream where she
lives
holding my hand and
gives
me still her heart
as if to a faithful
lover
but the alarm wakes me with yet
another
lockdown.

Blog Post - On Isolation

The following blog post was written by our Senior Arts and Exhibitions Assistant, Lee, for the Longford Trust. It talk's about Lee's reflections on isolation during his time in prison. Lee is a former Longford Trust Scholar, Koestler Award winner and Koestler mentee. He now works as an artist alongside his job at Koestler Arts, and has published a book of soap carvings reflecting on his time inside:



I know a bit about isolation. In fact, after three years in prison I am an expert. Through this coronavirus crisis people keep asking me, 'What's it like in isolation? How do you cope?' as they deal with anxiety and worry about separation from friends, colleagues and family. Everyone is searching for reassurance and tips to cope with curtailed freedom, albeit at home.

It's got me thinking.

They say your first day in prison is the toughest. For me it came about six months into my sentence. The first day in a young offenders prison was certainly confusing and a struggle, my whole understanding of the world feeling flipped upside down, but I still had some freedom, as prison goes. This was because I was on remand, waiting for a judge to sentence me. I could work, attend classes in education, mix with others in prison - 'associate' as they call it inside, and go to the gym.

Just a few months on, I started to understand the environment, in an odd way, I felt part of a community. Then I was sent to Crown Court to receive my sentence. At that time, the now thankfully abolished indeterminate sentence was popular. It was a lottery whether I'd get one, carrying the real fear of never knowing when I might ever be free again. But my case was adjourned, pushed to another date. It was in the next, different young offenders prison where the pain of isolation really hit.

In limbo, I spent days and months on end in a single cell with only myself for company, locked up for 24 hours a day, with access to two phone calls and two showers a week. The prison was overcrowded, understaffed, and those under 18 were given priority to work and education. I was unlucky I was 18 years old. Though looking back, my mind felt a lot younger and I had never experienced anything like this before.

In the first few weeks I distracted myself with the television and the radio, anything to get a sense of a world beyond my four walls. During the day I'd talk with my next-door neighbour through the gap in the pipes at the end of the cell. It was at night I'd struggle with my thoughts. It's an understatement to say the next few months were a challenge. I'd think, and think, and think. I'd think about the mistakes I had made, how they had affected people, I'd think about my family, the events that led to my situation. I wondered if it would be like this forever. It was sending me crazy. I knew I had to change, and that I'd need to teach myself how.

And then an unexpected opportunity presented itself - a pencil.

An officer had left a pencil in my cell by accident, I used it to write down my thoughts and feelings onto any scrap of paper I could gather. It took the negative thoughts out of my head, and by seeing them in front of me, it somehow helped me to understand where they might have come from, how I could change them. I began making drawings of my cell, I'd draw the sink, the bed, the window, anything in front of me. When I ran out of paper, I would draw into bars of standard prison issue soap. The soap was free on the wing and it was much more accessible than a piece of paper.

Funnily enough, I didn't see myself as an artist, I found a creative side within me. I didn't know anything about art, I don't even think I liked art much at the time but I knew that making was helping me.

A few months later I was sentenced, avoiding the dreaded indeterminate sentence. This time I moved prisons again. In the new prison I had access to more arts materials, more time out of my cell. Officers and other inmates saw my drawings and soon started to give me photographs of their loved ones and pets to draw. They'd 'pay' me in toiletries and food. Looking back, I guess these were my first commissions.

It's odd thinking back to those times. It feels like a different me then, and yet those times, and the isolation, have contributed to the person and the artist I am today. I've been out of prison for ten years now, have completed a BA degree in Fine Art, with support from the Longford Trust, got a postgraduate at the Royal Drawing School. I now have a much sought-after job with Koestler Arts - encouraging people in prisons and other secure settings to engage in the arts. I am proud to say I have achieved what many artists never manage, exhibiting in the prestigious Royal Academy, Northern Gallery for Contemporary Art, Christie's, the upmarket auction house and the Royal Festival Hall. And I am now a mentor for an artist through the Longford Trust who is studying a distance-learning degree in prison. I often think about what life is like for him being creative in his prison, I can see confinement shapes his work.

As we all face the isolation of coronavirus and restrictions in our daily lives and relationships I wouldn't wish this uncertain period of confinement on anyone. One silver-lining is perhaps the insight it offers, a window into imprisonment. The lack of control, unable to go out when you feel like it, prevented from learning in a classroom or library when you choose, no longer seeing or hugging a grandparent - the punishing impact of not doing what used to be normal. I hope and trust we will all dig deep in this coronavirus, finding some hidden talents - as myself and my mentee have done with art. Spare a thought for the 80,000 plus men, women and children in overcrowded, often dirty prisons across England and Wales who know isolation and resourcefulness all too well. Next time someone says prison is too 'soft' remember this time and remind them what it felt like during the coronavirus crisis.

- Lee, Senior Arts and Exhibitions Assistant, Koestler Arts

Puzzles from HMYOI Polmont

The following puzzles are taken from *Puzzles for Prisoners*, a 2019 Koestler Awards entry to the themed category: Interlude from HM Young Offender Institution Polmont. We hope you enjoy them!

Sudoku

Rules: Each row, column and big square (3x3 small squares) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

	3		2		9			8
						2		
	2		7	6	1		4	5
4		9		2		6		
	7						3	
		2		5		9		4
	6		3	1	2		5	
		5			8			
	4		5		6		2	

			9	1	7		3	
		8						5
	1			3				
1			6			9		4
7								8
5		6			8			1
			3				7	
4						5		
	2		7	8	6			

WORDSQUARES

How many words of four letters or more can you make with each wordsquare, each square contains at least one, nine letter word.

E	S	I
N	T	E
A	R	T

F	E	I
T	A	D
S	I	S



TENTS

Attach exactly one tent ▲ to each tree ● in a horizontally or vertically adjacent cell. Tents cannot touch each other – not even diagonally. Numbers outside the grid indicate the number of tents in each row and column.

●			●							2
▲										1
●			●			●	●			2
					●			●		2
					●					1
●				●						3
										0
●						●		●		2
		●	●					●		2
								●		3

SNAKE

Shade some cells to form a single snake that starts and ends at the given cells.

A snake is a path of adjacent cells that does not branch or cross over itself.

The snake does not touch itself – not even diagonally, except when turning a corner.

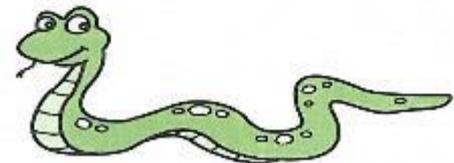
Numbers outside the grid specify the number of cells in their row or column that contain part of the snake.

	3	5	3	2	1	2	1	1	
3			●						
1									
2									
1									
1									
2									
5								●	
3									

WORDSEARCH

1 3 1 3

R	T	P	C	S	E	R	B	H	U	I	T	N	A	H	P	E	L	E	K	
H	L	D	P	A	N	D	A	E	R	D	B	A	N	K	I	I	R	W	A	
I	F	M	O	B	M	F	S	E	T	H	L	E	R	R	I	U	Q	S	J	
L	J	O	D	E	A	E	E	Y	I	L	H	F	P	J	O	S	C	N	F	
M	D	U	K	K	O	A	L	A	K	D	S	A	O	C	U	R	T	A	C	
N	O	S	S	A	T	N	H	O	R	A	I	M	O	A	E	R	P	T	A	
A	L	E	G	O	R	I	L	L	A	D	C	B	M	I	E	O	U	S	N	
A	P	B	C	D	H	P	H	E	H	S	E	D	S	A	L	O	M	P	E	
G	H	D	W	R	S	H	O	R	S	E	R	M	S	A	O	M	A	T	Y	
Y	I	B	E	H	C	I	R	T	S	O	A	G	R	P	A	R	R	O	H	
E	N	F	L	A	X	O	F	I	S	H	U	B	T	A	T	E	G	E	R	
K	M	O	A	N	S	T	O	D	P	V	E	R	A	I	M	L	D	I	E	
N	U	K	H	S	E	T	O	G	B	I	A	D	G	K	B	U	G	E	S	T
O	G	N	W	U	R	N	O	D	R	F	G	B	E	S	E	A	E	C	A	
M	C	O	J	O	T	J	D	A	G	K	A	I	M	H	D	E	R	P	E	
A	H	M	T	T	L	B	B	E	A	R	R	N	O	G	K	O	D	A	T	
T	E	P	I	B	O	F	C	A	M	D	O	G	P	L	H	D	E	V	N	
A	N	I	G	E	H	T	G	E	A	I	K	P	S	L	O	T	H	S	A	
R	L	H	E	V	E	S	F	A	L	M	O	J	Y	F	E	T	E	A	K	
T	A	C	R	O	C	O	D	I	L	E	E	T	O	R	R	A	P	A	F	



Prison Anagram

- slhal _____
- gatskb _____
- yesk _____
- colsk _____
- fefocisr _____
- raptyn _____
- lija hoeslct _____
- natidoeuc _____
- rwko tayrp _____
- rybairl _____
- lorepa _____
- opt nde _____
- sensropt _____
- gsewa _____
- notirabeli _____
- scoko _____
- bil ragnt _____
- lelcs _____
- colk pu _____



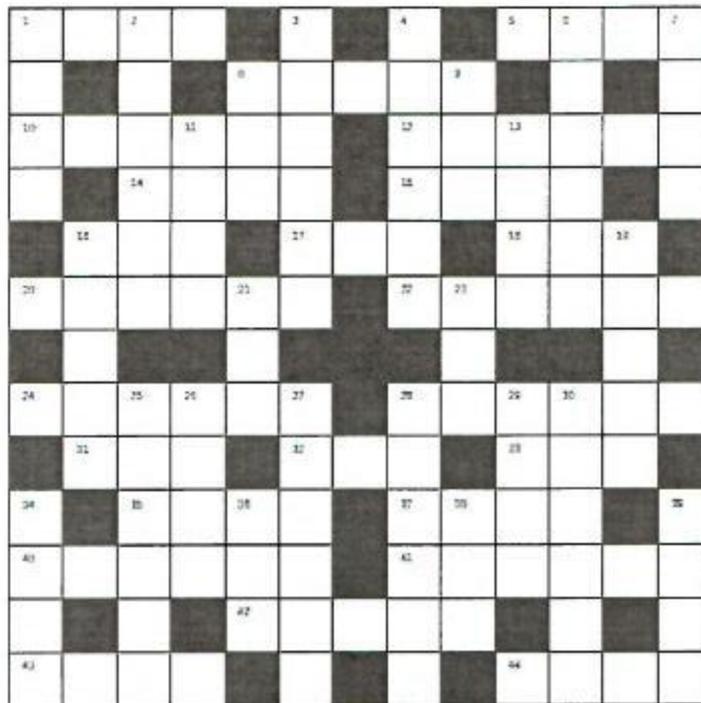
- CROCODILE
- LLAMA
- TIGER
- LION
- CAMEL
- TORTOISE
- HORSE
- PANDA
- KOALA
- BEAR
- FISH

- RABBIT
- HAMSTER
- CAJ
- DOG
- SHARK
- ANT EATER
- HEDGEHOG
- FOX
- WOLF
- MONKEY
- GORILLA

- BAT
- DOLPHIN
- WHALE
- ELEPHANT
- POLAR BEAR
- EAGLE
- PARROT
- SQUIRREL
- CHIPMONK
- HYENA
- PUMA

- DEER
- SLOTH
- OSTRICH





C
R
O
S
S
W
O
R
D

Across

- 1 Boil with rage (4)
- 5 ----Connery, James Bond star (4)
- 8 Rise from bed (3,2)
- 10 West Indian-style music (6)
- 12 Wealthy captain of industry (3,3)
- 14 BBC time signal (4)
- 15 Jumping biting insect (4)
- 16 Male title (3)
- 17 Tool for chopping (3)
- 18 Fitting, suitable (3)
- 20 Stay hidden (3,3)
- 22 Recruit (staff) (4,2)
- 24 Greece's capital city (6)
- 28 Mushy frozen dessert (6)
- 31 Tropical root vegetable (3)
- 32 Weeding tool (3)
- 33 Sleeve (of a coat) (3)
- 35 Anger, annoy (4)
- 37 Opposed to (4)
- 40 Radiator (6)
- 41 Insect such as a ladybird (6)
- 42 Meet and welcome (5)
- 43 Overtake (4)
- 44 Cold-shoulder, ignore (4)

Down

- 1 Company, business (4)
- 2 Common black and white bird (6)
- 3 Playground feature (3-3)
- 4 Refreshments coach (6)
- 6 Break out of jail (6)
- 7 Short letter (4)
- 8 Opening, break (3)
- 9 Buddy (3)
- 11 Young lass (4)
- 13 Popular furniture wood (4)
- 16 Treble top, in darts (5)
- 19 ----pole, religious symbol (5)
- 21 Have (3)
- 23 In days gone by (3)
- 25 Annoy, pester (6)
- 26 Give out (radiation, eg) (4)
- 27 Pre-meal drink (6)
- 28 Bottom of the ocean (6)
- 29 Assess the value of (4)
- 30 Native of England, Wales or Scotland (6)
- 34 Lash (4)
- 36 Stage of a journey (3)
- 38 Catch in a mesh (3)
- 39 Pavement edging (4)

Puzzles for Prisoners, HM Young Offender Institution Polmont, Themed Category: Interlude, 2019

Wishing you all the best from everyone at Koestler Arts!

We hope to see some of your creative projects in the 2020 Koestler Awards!



KOESTLER AWARDS ENTRY FORM

Send a completed form with each entry.
Maximum 10 entries per entrant (previously 5).
See website for new 2020 deadline.

ENTRY

Is this the first time you have entered the Awards?

Yes No

Establishment: (Name of prison, hospital or probation service)

Title of entry:

Artform: (Choose one artform from the 2020 Awards Guidance)

Visual description of entry:

Using your name: (Authorised staff must agree)

If my entry is exhibited or published, I give permission for my first name to appear alongside it. Yes No

Sales of visual artwork: (Tick one choice 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.

ENTRANT (For groups – see the next page)

First name of entrant:

Last name of entrant:

Date of birth:

Prison or hospital number:

Signature of entrant:

For Koestler Arts staff			
K. No.	Artform	Supp. docs	No. of items

AUTHORISED MEMBER OF STAFF

Full name:

Job title:

Department:

Telephone number:

Email:

Probation area: (For CRCs only)

Can the entrant's first name be made public?

Yes No

Can the entry be sold? (Visual arts only)

Yes No

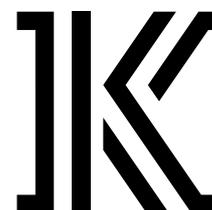
Who should any cheques be payable to?

I confirm that this entry is the entrant's own original work.

Signature of staff: (Entries can't be accepted without staff sign-off)

Date:

Unlock the talent inside



Turn for page 2 →

GROUP ENTRIES ONLY — TELL US ABOUT YOUR GROUP

Name of group:

Number of people excl. staff:



First name: Last name: Date of birth: Prison or hospital number: Release date if in 2020, 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 2020

Please notify 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 2020 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.
- ✓ 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.
- ✓ 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.
- ✓ Non-visual entries will not be returned to you. 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

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
Irish Traveller/Gypsy

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

Gender

Male
Female
Transgender
Non-binary

Age

Under 16
16-17
18
19-24
25-29
30-59
60 and over

Religion

Atheist
Buddhist
Christian
Hindu
Jewish
Muslim
Sikh
Other

Registered disabled?

Yes No