

KOESTLER ARTS + ART AID

Hello from all of us at Koestler Arts!

We are all living in strange times with the current pandemic and we know it's very frustrating not being able to access your usual activities. So Koestler Arts are here each week during lockdown to suggest creative ideas - we hope this helps a bit. All you need is paper and pencil - though if you have further materials please use them.

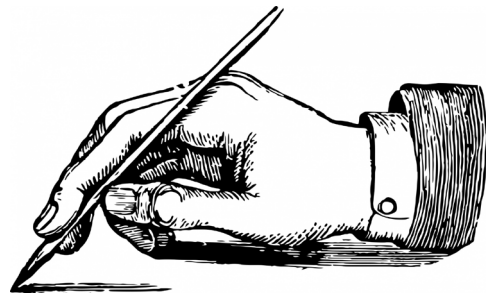
*You might want to keep whatever you make or share it with someone. You could also enter it for the Koestler Awards 2020 - **the deadline has been extended until Tuesday 07 July**. If you can, please send your work sooner to give us more time to process your entries. We've increased the maximum number of entries per person to 10 this year. Entry forms should arrive with this sheet. If not, or you need more, please ask Education. You need an entry form for any artwork you send to Koestler. As well as the usual feedback and awards for entrants, we hope to create a small feature of works that mark how we got through this difficult time.*

And if you don't feel like making anything right now, on the back of this sheet is something to read and something to look at from the Koestler back catalogue.

With best wishes from the Koestler Team.

Idea #14: Lockdown Log

This challenge has been set by a former Koestler Mentee - someone who successfully applied for Koestler Arts Mentoring and was matched with a professional mentor to help them continue to develop their writing after being released from prison:



Create a lockdown log to document life as it is now. Your experience is unique, record it!

Your lockdown log can be in the form of a diary, journal or blog. Try describing one day in your life under lockdown. If you enjoy it, maybe set a time each day to add to your log. I find early morning is the best time of the day to write. I enjoy the peace and the solitude before the world gently wakes.

You could write about what you're thinking and feeling each day, or about your daily routine. You might write up conversations you've had or note down things you really want to say to friends and family. Think about how you felt when lockdown was first announced. Do you feel differently now? How has lockdown affected your daily routine? How has it affected your relationships? What are your hopes for the future?

Perhaps you'll want to keep your lockdown log it as a memory of the current moment, or perhaps you'll want to share your story with others.

Tip: Be really honest in your writing. Open-up and let your feelings pour onto the page.

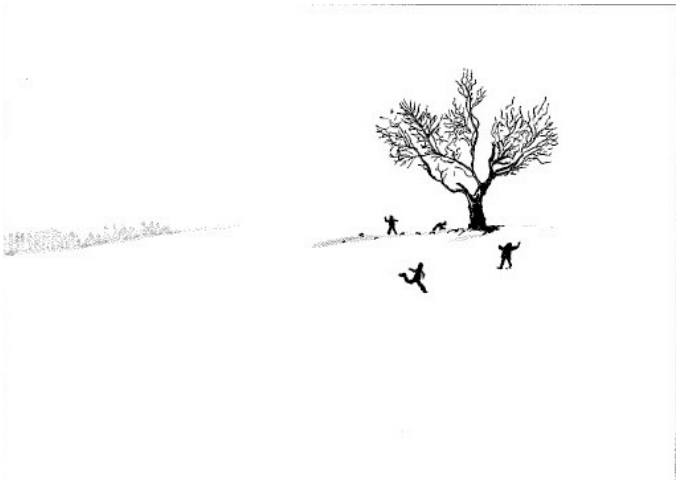
This challenge was set as a writing challenge but if you prefer expressing yourself visually, why not do this as a drawing challenge? Do a drawing to document each day; sketch out some of your activities or try to express your emotions in the way you draw. Perhaps you use strong, bold, spikey lines to show your frustrations and light, flowing, curling lines to record happier moments.

SUGGESTED KOESTLER AWARDS CATEGORIES:

5 - Non-Fiction, Blog, Essay, Article and Review / 6 - Life Story / 29 - Drawing



To Me Age 2, June
 Today you nearly drowned in a rock pool on Scarborough Beach. You lost your toy car as you went under but your Dad breaking the surface and pulling you up and out is our most vivid memory. I can still see it now. It was the moment you made your Dad a hero. So flawless that years later when he walks out on you (us) we will never understand why we are not the glue strong enough to keep him and Mum together. It's something we'll never understand.
 But today enjoy the hero. Enjoy being saved even if you had to walk back through Scarborough without trousers or pants!
 Love Me (You)



To Age 10 Me, January
 Snowball fights. The best thing in the world, right? The highlight of January. Running around free in the open air with mates. Diving and rolling around like commandos in the snow. Is anything better? Enjoy it while it lasts.
 Twenty-two years later when you are in prison you will discover that inmates, because of health and safety reasons, aren't allowed on the yard when it snows. Yeah, I know?! So, instead you will watch the snow fall from your cell windows yearning to be 10 again - young and free playing in the snow.
 Love Me (You)



To Me Age 0-33 September
 So, why is the last postcard to you (me) blank? Well, because your future, our future is unknown. We know our past - so does everybody it seems. But they don't. We (You) aren't defined by our (your) mistakes. We're defined by how we deal with our mistakes.
 You are still loved. You still have friends. You still have hope.
 You, me, we can still succeed. We can still achieve the dreams we have.
 I believe in you but most importantly you must believe in me.
 Love Me (You)

KOESTLER AWARDS ENTRY FORM

Send a completed form with each entry.
Maximum 10 entries per entrant (previously 5).
2020 closing date: Tuesday 7 July.

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

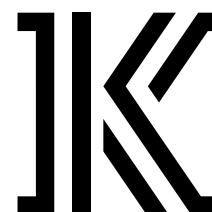
Who should any cheques be payable to?

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:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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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