

# **Sparks alive!** **the Koestler Awards**

The main problem for the prisoner is not fear of the hangman. It is apathy, depression and gradual dehumanisation. The spark dies.  
Arthur Koestler (1905–1983)

0263

**Winning a Koestler is a massive confidence boost. It changes your whole line of thinking when someone gives you praise.**

Award-winning prisoner,  
HMP YOI Hindley

