



The Art of Being 2m Apart

The Engagement Hub, part of Suffolk County Council's Children and Young People's services launched a time capsule competition this year in partnership with [The Hold \(Suffolk Archives\)](#).

The idea behind this time capsule competition was to help children and young people to express and share their feelings during such a difficult time. Also, to gather advice for future generations should they face a pandemic or significant period of change again.

To find out more about the Competition held by the Engagement Hub, please visit [The Source](#)



Amber, aged 9. One of the winners of the Time Capsule Competition. To hear more views from young people and their experiences of lockdown look out on Suffolk Archives for the 2020 Time Capsule



Jekaterina, aged 14. One of the winners of the Time Capsule Competition. To hear more views from young people and their experiences of lockdown look out on Suffolk Archives for the 2020 Time Capsule.