Moment in Time

What is the project and how do I take part?

The Covid 19 pandemic is a significant moment in time, which has changed and disrupted people's lives across the globe. This project aims to capture the range of these experiences for posterity, by creating 'Moment in Time' boxes, which will be 'sealed' and opened on the same day in 2022.

The project builds on other community responses to the pandemic and will help to sustain memories of pandemic life for future generations. The project will help to retain some of the smaller memories - the little moments in everyday life, rather than just the highlights, which time has a way of altering over the years.

By capturing 'moments in time' together we can sustain these memories and share pandemic life with future generations. Boxes will be sealed on July 19th, 2021 and re-opened on July 19th 2022. It is also possible to continue adding to the box as you choose.

The project is a joint initiative between the National Care Forum (NCF) National Activity Providers Association (NAPA) and Beacon Consultancy. It is focussed on social care, which has been at the forefront of the pandemic but is open to anyone who wishes to take part.

Resources will be available on the NAPA website, *here*. Email your photos and memories of making your box to *communications@napa-activities.co.uk*. You can also follow the conversation on Twitter at *#momentintime21*

How do I build my Box?

Before you start the practical work itself, you might want to think about who is going to be involved with the box. For example,

+ Do we build a group box?
+ Do we create an individual box?

If you decide to create a group box, you might want to think about how you retain individuality while linking everyone through the contents. If you make an individual box, how will you tell your story through the objects you choose?

What Box should I use?

+ It would be best to decide on the location for storing your Box as it will need to be kept safe and dry for at least a year and maybe longer.
+ You should also think about the box itself. You will need something with a lid that you can close and 'seal' for at least a year. Will you use a recycled container, for example a Pringles box, or a cardboard shoe box, or do you have a metal box deed box, or other package or tin?
+ You might want to buy a bespoke box, or even make your own!

What sort of objects can I use to fill my Box?

Once you have chosen a box, you can think about what you want to capture as contents. Below are only suggestions, and you should feel free to be as creative as you like:

+ Photographs and images (remember to get appropriate consent for these)
+ Meaningful Images from the pandemic
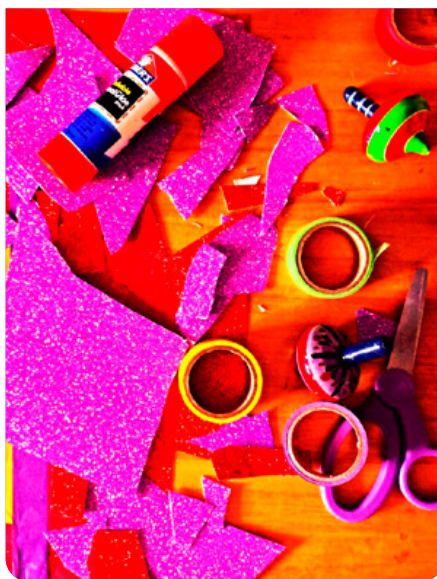
+ Mementoes or memories of people who may have died during the pandemic
+ Photographs/images of new milestones
+ Mementoes of loss and new beginnings
+ Images from the news media – for example Clap for Heroes
+ Natural and found objects, e.g pebbles, feathers, leaves, shells
+ Technology – for example screenshots of 'Zoom ' calls (with consent)

Memories

Writing down your memories, on the computer, in a notebook or on scraps of paper. Maybe use these sentences below to invoke memories and encourage people to finish off the sentence?

+ My last 12 months have been ...
+ I remember hearing the word lockdown on ...
+ The word Covid to me means ...
+ The worst thing about it all ...
+ The best thing that came from Covid ...

Objects

When we look back into the box and reflect on "Moment in Time", it will be helpful to have objects that will help us remember and discuss the feelings and emotions that we experienced. Thinking about the objects to place into the box, here are some suggestions but you will have your own ideas too:

+ Unused mask
+ Empty hand sanitiser
+ Newspaper clippings
+ Toilet paper
+ Government letters
+ Posters
+ Photograph of vaccination card and stickers
+ Artwork or tokens given by your community
+ Letters or greetings cards

Arts and Crafts

Think about adding an artistic element to your box. Many people express emotions by developing a creative piece.

+ Self-portraits
+ Pottery
+ Creative writing
+ Sculpture
+ Textiles
+ Music
+ Knitting

Sensory items

Many things changed around us during the last 12 months, everything from the environment to the food we ate. Think about how you could capture this in the box – maybe on a USB stick?

+ The sounds around us. For example, the birdsong
+ The new smells of cleaning products and hand sanitisers
+ The food we tasted and the recipes we developed
+ The lack of touching in our daily life
+ What we have seen and what we could not see

Digital Resources

What digital elements could you add to the box for people to listen to or watch in the future?

+ Video recordings
+ Sound recordings
+ News programmes
+ Messages of hope
+ Zoom classes and meetings

How do I finish and seal my Box?

Finally, think about the story of who created and contributed to this "Moment in Time".

+ Maybe write a short letter with the date and details of everyone involved with making the box
+ Record a 'blog' or type up an account or audio narrative
+ Add photos of you creating the content or holding the box
+ Download the template resources from the NAPA website which can be used to decorate the Box, or make your own decorations
+ Use the project seal provided on the NAPA website to seal the box

Are there any disadvantages to taking part?

Although research and knowledge on creating memorial artefacts shows that this is generally a very positive experience for people, the Covid 19 pandemic has been an emotional period in history and it is possible that making and filling the box might provoke painful or difficult thoughts and feelings. If this is the case for you, make sure you have support available and remember you can stop taking part at any time. Resources will be available on the NAPA and NCF websites as well as through Beacon Consultancy:

Are there any GDPR considerations?

A full GDPR statement is available on the NAPA website **here**.

Follow the conversation on Twitter **#Momentintime21**