



COVID19

TIME CAPSULE

PROJECT

We are living through a very unique experience - one we want to capture in the form of a digital time capsule. As a community we have endured long stressful days, illness, multi-tasking, homeschooling but also many happy moments. People have told us they are enjoying spending less time running between errands, classes or events and soaking up sunny days in their gardens.

Your stories are really important to us, we want to share what lockdown has meant for you. The good *and* the bad. Please send us your time capsule entries in any form, photos, poems, short story, painting, drawing - anything!

to: bbrown@connectingcarers.org.uk

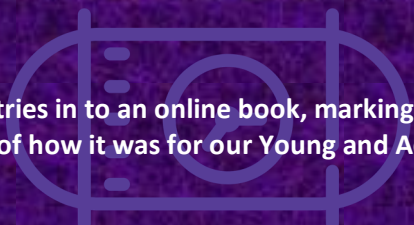
Please note - we will include your details, but happy to anonymise if you would prefer, just let us know.



Connecting Carers
A better life for unpaid carers in Highland



Connecting Young Carers
Ensuring young carers are seen, heard and supported



We are planning to collate the entries in to an online book, marking this historic moment in time with a clear view of how it was for our Young and Adult Carers!