

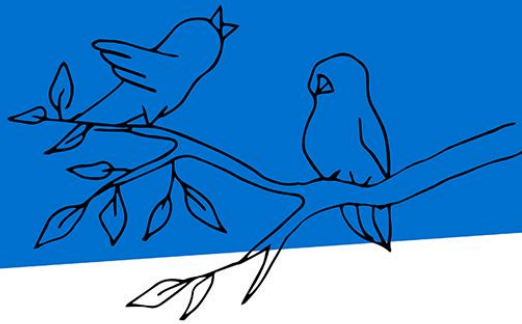
What's on



Welcome to the Explore Essex What's On newsletter. We're pleased to announce our new ['Sounds of Silence'](#) campaign, and we'd love you to get involved.

Record the sounds of your isolation . . .

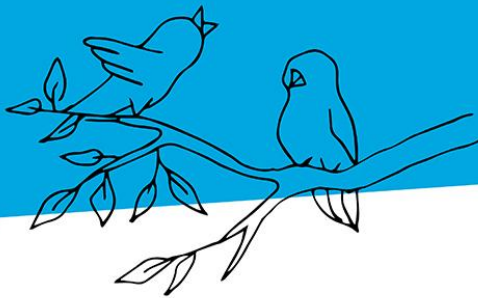
Sounds of Silence



Explore Essex and the Essex Record Office are launching a [virtual campaign](#) to encourage Essex residents to record this historic moment in time.

We want to know how the sounds around you have changed during the lockdown. What are you noticing now that you are working from home, the traffic and aeroplanes have halted and children are home from school?

Stop, listen and record this moment in history



For more ideas and instructions on how you can record sounds and share them to our social media pages to take part in this activity check the [Explore Essex website](#) page [here](#).

This project has been inspired by the [Essex Sounds website](#) which hosts a collection of Essex sounds both past and present. The ultimate aim is to collect sounds of the Essex lockdown and preserve them on this site.

Take a look and explore the sounds of Essex [here](#).

Stay safe, and enjoy the mindfulness of being in the moment, taking time to stop, listen and we hope, record! Have fun.