



Frame the Future

EVERY CLICK TELLS A STORY



FREQUENTLY ASKED QUESTION

What is “Frame the Future”?

A creative video challenge inviting you (aged 18–25) from Barking & Dagenham, Havering, and Thurrock to share your vision for the future of where you live. The best stories will help shape how the Thames Freeport project connects with local communities.

Can I do it with friends?

Yes! You can create a video on your own or with others — just make sure everyone involved gives permission to be filmed, and you list everyone’s names when you submit.

Do I have to make a professional video?

No!

Your video doesn’t need to be fancy or polished. A phone video is totally fine. What matters most is your story, your ideas, and your creativity not editing skills or special effects.

What exactly is Thames Freeport?

Thames Freeport is a big regeneration project happening across Barking & Dagenham, Havering, and Thurrock. It’s about creating jobs, training, and investment and this project, Frame the Future, is your chance to share what you think the future of your area should look like.

What format does it need to be?

Accepted formats: .mp4, .mov, or .avi

As long as it plays clearly and fits within 90 seconds, you’ll be fine.

Who can I contact if I’m stuck or unsure?

You can email info@2-3degrees.com anytime for help or questions.