



This template is aimed to encourage a reflection on how a beneficiary or volunteer has benefitted through the work of Sustainable Sunderland

1. About the person	
<p>I am a young, ambitious, committed and energetic person, so despite many home duties I decided to take part in the project: "Sustainable Sunderland" run by ICOS. As a mother of 2,5 year old boy I wanted to learn more about environmental protection. This is important especially at present when so much is said about the environment, and so little done. I've lived in Sunderland since 2007 and I work on part-time currently.</p>	
2. What was the situation?	
<p>I've been interested in environmental issues for a long time, but only thanks to the project "Sustainable Sunderland" I could use in practice many ideas such as .: how to make savings in gas and electricity consumption. To achieve the goal I decided to exchange prepayment meters.</p>	
3. What did your project do to make a difference?	
<p>An additional benefit is smaller bills. I have also learned how to convert unnecessary things to useful ideas while maintaining environmental protection. One of ideas is using socks to create toys for children. This is two-in-one: upcycling and creative work. What is also important, my son has tested this idea in practice and he does not part with a bear made this way. What is very important, supporting me in my actions ICOS gave me a device for measuring the temperature and humidity. Thanks to this I was able to adjust the temperature in the house in a much easier way, which resulted in lower bills. I participated in green ESOL classes. These were not traditional courses in a foreign language, because we calculated our carbon foot print, for example: what I needed to learns was new words related to environmental protection. But it is not all. I know what to do now - and do it - to cut down amounts of carbon dioxide CO2 emission to air. At the moment, I try to buy local products as often as possible, I've also started to grow vegetables. I use only natural products in the process of growing it nice and healthy. Thanks to dishes cooked this way I feel healthier, stronger and I have more positive energy</p>	
4. What outcomes were achieved?	
<p>Three years of participation in "Sustainable Sunderland" conducted by ICOS gave me a lot. Previously, my knowledge mainly concerned the</p>	

<p>information related to ozone. I try not to use too much or not at all spray deodorant, spray perfume or hair sprays. I did not know that I can also have an impact on the environment through recycling, upcycling and cultivation of vegetables. I choose ICOS for many reasons, but the most important was the environment protection activity. I discovered that it was an organization that which lives by what it supports i.e. it has a green ethos In their projects, e.g. the clean-ups, many people from different parts of the world are involved. ICOS works with others to make sue good quality activities are undertaken. Experts are invited to the meeting, who answer many questions related to the theme. It was important for me to see the effects of the activities of the organization and in this case I was not disappointed. On the facebook group: https://www.facebook.com/groups/471242699630639/ (ICOS Green), you can see, for example, how to use unneeded items remaining in harmony with the environment. Many people placed there already finished projects, which proves ICOS's actions.</p>	
<p>5. Quotes / Feedback</p>	
<p>At the moment, after three years of participation in the project "Sustainable Sunderland", I can say that I do not imagine a different, less green life cannot of the environment makes me feel responsible for it, and I'm going to educate it other people and the very first person who I have started with is my 2,5 year old son.</p>	

Guidelines for writing case studies

Why do we need case studies?

Case studies help to show how beneficiaries have been involved in the work that a project does. Good case studies will help to bring the work being done to life and will be used to publicise Sustainable Sunderland's successes. It will be used to help to:

- Convince others of the value and credibility of the project
- Demonstrate the impact of the project
- Provide evidence for fundraising
- Support any policy work that Sustainable Sunderland does
- Raise the profile of the project
- Build confidence amongst Sustainable Sunderland staff
- Highlight successes

What is a case study?

A good case study needs to have a human interest angle. So please collect as much detail as possible, particularly anything that shows the difference that Sustainable Sunderland has made to someone's life.

Examples of case studies:

- How the project has helped someone to reduce their fuel bills
- How the project has helped someone to feel warm and comfortable at home
- How the project has led to an improvement in health or a reduction in ill health
- How being a volunteer has a person more positive about themselves and gives them a feeling that they are contributing to society / others

What to consider when writing a case study?

- **Length and structure**
Case studies require some depth to engage others with the experiences described. Age UK advises its staff to think of case studies having three parts: beginning (the challenge), a middle (the solution) and end (benefits / results).
- **Consent**
It is not necessary to name specific people. If the case study is to be used for a press release where interviews might follow, the people involved must give their permission in writing. The permission / release form can be used for that.