



RISE.

Case Study - Together Fund

Krzysztof

Krzysztof (from Poland) came to the UK 10 years ago and now lives near Newcastle Upon Tyne. He became one of our members in September 2022 and he wanted to be active again and to meet new people who share passion for sports such as Volleyball, Go-karting and Shooting. Our group enabled him to take advantage of the abovementioned activities and help implement new ideas and goals. He also signed up for Santa's bowling, which takes place in December 2022.

He said

"For me, it is a great opportunity to meet new people and be part of this wonderful community."

We asked him what he thought about our iniproject:

"I like the fact that more and more people are joining the group daily. The team is getting better and better and more organised. New members help this project to grow. Instead of sitting at home in front of a TV, you can go out and do something exciting and valuable. ICOS Sports adds more and more activities every month".

Krzysztof felt the impact COVID-19 restrictions like most of society. Closed recreational facilities and the need to stay-at-home caused him to gain excess weight. He can now take care of his health and lose excess weight by participating in our sports sessions.

He also participated in the fundraising we did for Paintball at the end of September 2022 and signed up for Go-Karting in December 2022 (also part of the RISE -funded project).

"Everyone feels the constant rise in prices and the fact that the money in the wallet is diminishing too quickly. I am surprised that in difficult times, an organisation such as ICOS offer help through advice and provide various activities".

