



Case study- KYN – Kasia

Kasia is a woman, originally from Poland. She has moved to Sunderland from in London with her husband and three children during Covid-19 pandemic, due to this she did not know many people in Sunderland. She met a volunteer who was participating in ICOS Women's group, the volunteer has introduced her to ICOS in January 2023. Kasia started volunteering for ICOS Women's group, as well as Know Your Neighbourhood project. She has been involved in supporting ICOS with planning and delivery of activities. Kasia participated in volunteering during big events such as Family Day in Backhouse Park, Refugee Week and Santa Day where she provided support to staff with setting up the event, delivery of activities for children such as arts and crafts, games and other activities during events, she always stayed until the end to support staff with clean up after the event finished. Kasia has shown great leadership skills and has joined a Project Steering Group for a co-creation research project looking at how the cost-of-living crisis impacted Eastern European women and their families. She has supported the Community Development officer with design and making decisions on the direction of the project along with other project steering group members. As a result of her volunteering, she has met many friends from different background in Sunderland. Kasia has learned new skills and has developed professionally and personally. Her confidence and wellbeing have improved greatly; she appreciates everyone who has supported her through this journey. Kasia is a valued ICOS volunteer who has shown commitment and understanding, and she will continue supporting ICOS with various projects and activities including Know Your Neighbourhood.