



Case study: Know your Neighbourhood: Olesegun

I've enjoyed my engagement with the ICOS team, since I joined in January 2023. I've been mainly active with the tennis, condition and well-being, football and basketball sessions. The sport events organised by ICOS SPORTS really ignited a spark in me because up until then I've not really been involved with anything sport-wise for more than 2-3years and we all know that the body and mind needs some form of exercising to keep us bright and active, right? The mere fact that one is able to be around people playing games together especially after the COVID-19 era with its restrictions, while having loads of fun cannot be undermined or overemphasized! I give props to an organisation like ICOS for helping out and providing some sort of succour in their own little way especially in this period of uncertainty in the society when it comes to the rapid increase of the cost of living, energy prices etc. I can keep going on and on about all of the good things the ICOS team has done in respect of an impactful change especially in my LIFE and CAREER in general, but I would want this to also be brief and not too draining to read One thing I'd love to say to the ICOS TEAM in general is THANK YOU! The amount of impact you've had in my life can't be understated, places I never thought I could be, networks I never would have thought I'd make which has opened significant opportunities for me as a person and the support from everyone in general has been immense. I'm proud to be a VOLUNTEER with ICOS!. THANK YOU, Olesegun.