



Hear from our volunteers: Folashade

How were you introduced to the work of ICOS?

I got to know about ICOS online while searching for an opportunity to volunteer here in Sunderland. I was drawn to ICOS because as an international student here, the purpose and objectives of the organisation resonates so much with me, and I could relate significantly to the struggles that ICOS is set to annihilate for immigrants. Hence, I jumped at the opportunity to volunteer with them, and I am so glad to be part of the work ICOS is doing and to be part of a great and loving community it created.

What kind of volunteering do you get involved in?

I currently volunteer every week as an operation administrator and assist to provide essential administrative support to project workers at ICOS. It involves but is not limited to assisting to enter data and maintenance of up-to-date record of information about clients and volunteers, collaborating with the operations team for planning, resourcing, preparation, and execution of projects as well as participating in the smooth running of outdoor activities/events organised for clients.

What is your favourite part of volunteering for ICOS?

There are lots of things I love about volunteering at ICOS, one is the vast opportunity for learning and growth that ICOS presents to me all the time. Also, volunteering as an administrative staff stretches me and enables me to put skills I have acquired through learning to good use. That is having a sense that they are being utilised for a greater cause bigger than me. I cannot also downplay the warmth of the people of ICOS, that is the staff, their arms are open to embrace volunteers and they are also very willing to encourage and share their knowledge with them. I am always excited about being part of ICOS and look forward to every interaction with them and I feel satisfied that I can contribute in my little way to the achievement of the set goals of the organisation and make a difference in the community.

What advice would you give someone who is interested in volunteering for ICOS?

Firstly, the opportunities open for you are numerous, as a student, no better way to enhance your employability skills and for an individual, there is no better way to be well integrated into the community. Also, I guarantee such a person, no idleness, no boredom as there is always something exciting to be part of as well as something new to learn at every engagement. Hence, my advice for someone interested in volunteering with ICOS is to stop nurturing the idea and jump to execution right away because your invested time will be well rewarded.