



Community
Foundation
North East



Case Study: Transformative Experiences through ICOS Linden Wellbeing project

The client is a 53year old female originally from Poland has been an active participant in various projects, trips, and wellness sessions organized by ICOS (International Community Organisation of Sunderland).

Her journey with the organization began in 2008 and highlights the profound impact community engagement can have on physical and mental well-being. She enthusiastically shared her appreciation for the trips and walks she has taken part in. She described these experiences as uplifting and deeply beneficial to her overall health. Not only did these outings allow her to connect with nature and unwind, but they also provided an opportunity to meet fantastic people. She emphasized how these social connections and group experiences contributed significantly to her mental health, helping her feel more relaxed and positive. The walks provided her with a much needed sense of calm and relaxation. She experienced a sense of piece. They offered a break from her daily duties and gave her the chance to spend time outdoors, breathing in fresh air and recharging mentally. She described these walks as fantastic experiences, both mentally and physically. During the walks, she had the opportunity to meet a wide variety of people. These opportunities became a vital support helping her regain balance during a challenging period. These moments also help build a sense of community. "I've met fantastic people and feel more relaxed and happy after every trip," she shares.

Our client also loves "ICOS WOMEN" sessions led by Sabina and Malgosia. She expressed that every session felt unique and refreshing. Activities ranged from yoga and relaxation techniques to occasional food preparation and creative workshops. These sessions have become something she looks forward to, providing variety and personal growth opportunities. She particularly values how these activities make her feel more empowered and confident in her own abilities. She has a strong passion for cooking and baking. She enjoys preparing food occasionally for the sessions, which brings her great joy and a sense of contribution to the group. Sharing her culinary skills has become another way for her to connect with others, express herself, and add a personal touch to the community gatherings.

Our client describes ICOS as a "fantastic" institution that has played a vital role in her personal development. Through her participation, she has not only learned new skills but also discovered a renewed sense of purpose and motivation. She feels inspired to do even more and is grateful for the safe, inclusive space ICOS provides.

Her story is a testament to the positive effects of community programs on individual well-being. Her experience with ICOS illustrates how structured, supportive activities can foster personal growth, reduce stress, and build meaningful social connections—while also giving her the chance to share her passions with others.