

# ICOS WOMEN

International Women's Day 2026



# ICOS

WOMEN

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# About us:

In 2019 ICOS has started delivering a first ever Eastern European women's group in the North East, the group was established to improve women's wellbeing, skills and confidence but also to provide a safe and inclusive environment for women to meet and build new relationships through taking part in various activities and workshops (sports activities, wellbeing workshops such as mindfulness, arts and crafts, training, coffee meetings, activities for mums with children, trips, STEM, environmental and educational activities). The project is currently funded by the women's Urgent Support Fund through Smallwood Trust (for another 2 years).



# ICOS Women Project in Summary (last 3 years)

**191 women with  
217 children  
took part**



**Women from 31  
countries speaking  
23 languages**



**86.5% made  
new friends**



**69.0% had their  
issue completely  
resolved**



# ICOS Women Project - Smallwood Trust Urgent Support Fund

Providing needs tailored support to women with financial inclusion, health issues, access to benefits or housing, employability, domestic abuse, mental health support, anti-social behaviour, hate crime, immigration and discrimination.

Providing women's group activities - improving women's confidence, wellbeing and skills



What we delivered in the last year:

Worked with 132 women on the project (67 receiving one-to-one support and 72 attending activities)



12 women receiving needs tailored support with domestic abuse and violence



We have delivered over 24 women's group activities



12 Project Steering Group members and 23 volunteers supporting our project





# What we have planned in 2026:

01

We will continue delivering needs tailored support, advice and guidance:

- Employability Support
- Domestic abuse support
- Financial support, access to housing, benefits, health services

02

Activities, sessions and workshops:

- Creative workshops (every Friday evening - March)
- Marine Environment Session (17th March)
- Visiting Wild Oyster Project (21<sup>st</sup> March)
- Pierogi Cooking (27<sup>th</sup> March)
- Community Feast (28<sup>th</sup> March)
- Pilates (every other Monday)
- Seaham Beach Trip (April)
- Easter Crafts (April)
- Children's Day (June)
- Beauty / make up sessions - TBC
- Cancer Awareness - TBC
- ICOS Women Markets - TBC
- Women's only trips (Whitby or York) - TBC
- Training opportunities
- More ideas to come!

# ICOS Women Mum's Club

We continue the delivery of our mum's club activities! They currently take place monthly in Sunderland and weekly basis at the Newcastle Polish School. Activities include pincins, beach gatherings, creative activities, trips, healthy eating, celebration events for children such as Halloween, Easter or Carnival, and much more!



# ICOS Women Project Steering Group

We have established a Project Steering group involving 12 Eastern European women who regularly volunteer for the ICOS Women project. They already have the knowledge and lived experience of needs and issues of Eastern European women. The project steering group meets on regular basis to shape the project including:

Planning, organising and delivery of activities

Making key decisions about the project

Fundraising activities

Accessibility

Volunteering during events

The Project Steering Group is the voice of the project. Making sure Eastern European women's voices are heard.



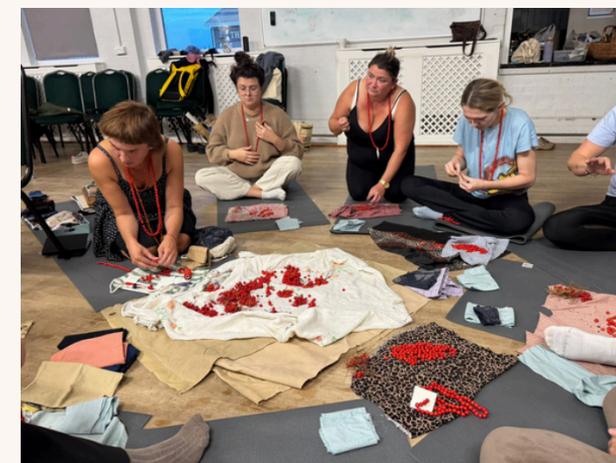


# Pieroginie Collective

In 2024 we have received a pot of funding to work on a co-created arts research project, looking at Eastern European women's migration stories and barriers they faced along the way. The PSG have chosen their own artist (Sabina Sallis) and the women's group developed their own creative project.



Activities which took place included exploring culture and heritage through sharing food, cooking, creating art with natural materials such as dried herbs, plants, mushrooms, sharing and telling stories, performances, yoga, dance and singing.



The project had a very positive contribution to the women's wellbeing.



We continue to work with the artist on a longer term goal to have our own festival and movie project.



# Thank you to our current and past funders!

