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Our ICOS Community

1 message

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13 March 2026 at 16:15



Happy March from ICOS!



Hello and welcome to the March newsletter.

In this newsletter, we will share some exciting events coming up. This is including a night of electronic music with Blue Wings. The tickets are £5 and are in support of ICOS. We will also share some updates from some of our projects.

We hope you enjoy the newsletter.

What has been going on in our ICOS Community?

Since the last newsletter we have:

- We have dealt with 106 queries, ranging from support with council tax support, digital support, support with Universal Credit and support surrounding employability (accessing employment and training).
- Our one to one activities have engaged with 4 new clients, from countries such as Sudan, Afghanistan, Eritrea and Ghana.
- We have organised a number of activities, improving social inclusion, wellbeing, intercultural understanding, and helping the environment in the local area. Including 4 environmental activities, including clean ups and maintenance activities, centered on Backhouse Park, Sunderland, and the wider St Michael's ward area.
- We have provided 2 families with material support or external referrals to access free clothing and food, and external grants, as well as energy and food vouchers and free sim card.



Upcoming Events:

Our **ICOS Women Pilates Sessions** are back, and we're ready to start the new year with health, strength, and positive energy ✨

👤 Pilates Sessions Dates:

📅 16 March - 6pm

St. Michael's Community Centre

Stannington Grove

SR2 9JT Sunderland

👤 These sessions are perfect for improving flexibility, core strength, posture, and overall well-being — all in a supportive and motivating women-only environment.

💖 Don't forget to save all the dates in your calendar and invite your friends to join us.

Let's move, breathe, and take care of ourselves together.

✨ Let's start the new year feeling stronger, healthier, and happier! ✨

See you on the mat

For booking, please contact katarzyna.zarebska@icos.org.uk



🌿 ✨ Join the **Pieroginie Collective Creative Workshops** this March! ✨ 🌿

Looking for a welcoming space to relax, connect and get creative?
Come and spend your Friday evenings with us at St Michael's Community Centre (SR2 9JT) at 17:30.

- ♥ Meditation & wellbeing
- 🎨 Creative activities
- 🍳 Cooking together
- 🌍 Cultural activities
- 🍪 Community feasting

These sessions are all about creativity, community cohesion and wellbeing — all women are welcome!

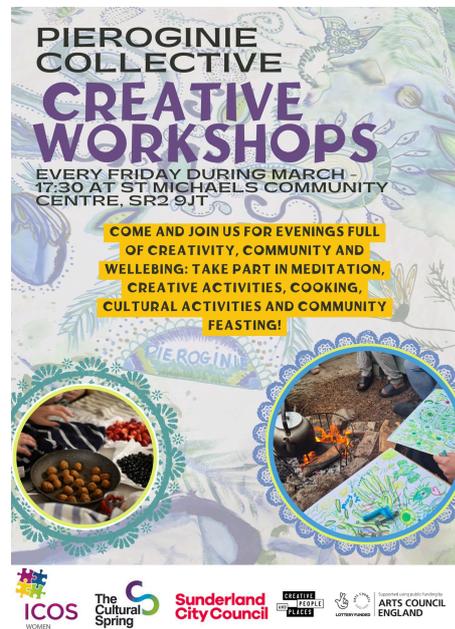
- 📍 Every Friday during March
- 🌸 Sessions delivered through the ICOS Women Project with artist Sabina Sallis.

📩 To register, contact Julia:

☎ 07942583833

✉ julia.wysocka@icos.org.uk

#Community #Wellbeing
 #CreativeWorkshops #Sunderland
 #WomenSupportingWomen
 #CommunitySupport
 #CulturalActivities #ICOS
 #CreativeCommunity



Boulmer to Craster Wellbeing Walk

Tuesday 31 March 2026

9:30am @ ICOS, 14 Foyle Street,
 Sunderland, SR1 1LE

For booking, contact
daniel@icos.org.uk



ICOS Women Wild Oyster Project - Oyster Restoration

Saturday 21 March 2026

11am @ Sunderland Marina, Roker, Sunderland, SR6 0PW

Transport information after registration

For registration, contact katarzyna.zarebska@icos.org.uk



Bowling

Thursday 19 March 2026

3pm @ Sunderland Bowl, 141 High Street West, Sunderland, SR1 1TR

For booking, contact daniel@icos.org.uk



Beamish Museum Visit

Saturday 21 March 2026

9am @ ICOS Office, 14 Foyle Street Sunderland, SR1 1LE (for people with transport)

9:30/45am @ Main Entrance, Beamish Museum, Beamish, County Durham, DH9 0RG (people with their own transport)

Adults: £7.50

Children up to 5 years: Free

People with transport from ICOS: £5pp



For booking, contact daniel@icos.org.uk or pawalec69@gmail.com

ICOS Women Save The Ocean Workshop

Tuesday 17 March 2026

5-7pm @ Bangladesh Centre, 30
Tatham Street, Sunderland, SR1
2QD

For booking, please contact
katarzyna.zarebska@icos.org.uk



Pieroginie Community Feast

Saturday 28 March 2026

5-7pm @ St. Michael's Community
Centre, Stannington Grove,
Sunderland, SR2 9JT

For more information and booking,
please look at the following link:
<https://www.eventbrite.co.uk/e/pieroginie-community-feast-tickets-1984907804676?aff=oddtcreator>



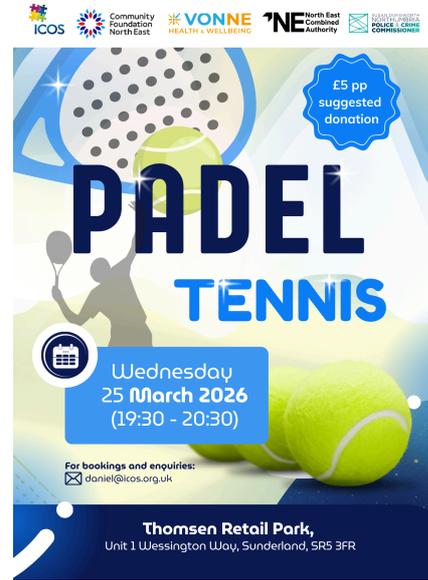
Padel Tennis

Wednesday 25 March 2026

19:30-20:30 @ Thomsen Retail
Park, Unit 1, Wessington Way,
Sunderland, SR5 3FR

£5pp suggested donation

For booking, contact
daniel@icos.org.uk



Helmsley Castle and Rievaulx Abbey

Sunday 29 March 2026

9am @ ICOS Office, 14 Foyle Street, Sunderland, SR1 1LE

Suggested donation £5

For booking, contact
daniel@icos.org.uk



Free Tennis Session With Coach

Monday 23 March 2026

4-5pm @ Silksworth Community Pool, Tennis and Wellness Centre, Silksworth Lane, Sunderland, SR3 1PD

For booking, contact
daniel@icos.org.uk

FREE

TENNIS

SESSION WITH COACH

SILKSWORTH COMMUNITY POOL, TENNIS & WELLNESS CENTRE

SILKSWORTH LN, SUNDERLAND SR3 1PD

MONDAY
23 MARCH 2026
(4 PM - 5 PM)

For bookings or enquiries: daniel@icos.org.uk

BLUE WINGS x **ICOS**
INTERNATIONAL COMMUNITY ORGANISATION OF SUNDERLAND

Blue Wings live performance
Producer set (fundraising concert for Icos)

DONATION Collection Ceremony
Join Us in Making a Difference

21ST MARCH 2026 Start 7 o'clock

Diego's Joint, 28 Norfolk Street, Sunderland, United Kingdom, SR1 1EE

🎵🔥 Get Ready Sunderland! 🔥🎵

Join us for a night of electronic music with Blue Wings and support a great cause! 🎧🌟



Saturday 21st March 2026



7:00 PM – 10:00 PM



Diegos Joint, 28 Norfolk St, Sunnyside, Sunderland SR1 1EE



Tickets just £5!

This isn't your average gig — it's a chance to **vibe out to live electronic beats**, meet great people, and help support the community through the work of the **International Community Organisation of Sunderland (ICOS)**  — a charity advocating for rights and creating opportunities across the city.

 Grab your ticket now and tag your mates 

 <https://www.tickettailor.com/events/internationalcommunityorganisationofsunderlandicos/2044556>

Let's make Saturday night one to remember! 

#LiveMusic #SunderlandEvents #BlueWings #SupportLocalMusic #CommunityVibes

The Giving Lottery:

Go here: <https://www.givinglottery.org.uk/support/icos>

Or scan the QR code!

JOIN OUR WEEKLY LOTTERY!

Play for a chance to win up to £25,000 and support our fundraising every week



HELP & WIN

-  Tickets cost just £1 a week
-  Every entry helps support our community projects
-  Win up to £25,000 in the weekly draw



 Scan Me



INTERNATIONAL
COMMUNITY
ORGANISATION
OF SUNDERLAND



GivingLottery
Powered by TheGivingMachine



Volunteer for ICOS Women:

Hello lovely ladies!

We are currently looking for volunteers to support ICOS Women events and activities 😊

If you would like to help us create a welcoming space for women and children, support community sessions, or assist during workshops and events, we would love to hear from you 😊

Volunteering with us is a great way to meet new people, gain experience, and make a positive impact in the community.

If you're interested, please get in touch with us for more information. 🙋

- ICOS Women team ❤️



JOIN OUR VOLUNTEER TEAM

ICOS WOMEN

We are looking for volunteers to support ICOS Women and help with our women's events and activities. This role is a great opportunity to gain experience, support the community, and be part of an inspiring team.

If you are organised, motivated, and passionate about supporting women, we would love to hear from you. Please send your CV to apply to agnieszka.cielecka@icos.org.uk



JOIN US TODAY 📞 07563357064 @ agnieszka.cielecka@icos.org.uk

NHS Healthier Together:

The NHS Healthier Together app and website help parents when a child is unwell.

With this free service, you can:

- Get easy health advice
- Find advice for pregnant women, babies and children
- Know when your child can stay at home
- Easily contact your GP online
- Know when to go to A&E

The app is simple and safe to use.

Download the free app today.

Search "NHS Healthier Together" on the App Store or Google Play or visit <https://www.healthiertogether.nhs.uk/>

Need more info or support using the app? Send an email to arianna@icos.org.uk

NHS Healthier Together

HELP FOR SICK CHILDREN

NHS FREE APP	THIS APP HELPS	THIS APP SAYS
	<p> HIGH TEMPERATURE</p> <hr/> <p> COUGH</p> <hr/> <p> PAIN</p> <hr/> <p> BREATHING</p>	<p> STAY AT HOME</p> <hr/> <p> CALL GP</p> <hr/> <p> GO TO HOSPITAL</p> <hr/> <p> NHS 111 ONLINE</p> <hr/> <p>EMERGENCY? CALL 999</p>

HOW TO USE:

-   OR  **NHS HEALTHIER TOGETHER**
- 
- IT'S FREE!**

for info: arianna@icos.org.uk



**CHILD
UNWELL?
GP
HARD TO
REACH?**

Get help from the Healthier Together app and website!

GET IT ON Google Play

Download on the App Store

FREE SUPPORT SESSIONS!

WE CAN SHOW YOU HOW TO USE IT

www.healthiertogether.nhs.uk

for enquiries: arianna@icos.org.uk

News From Our Employability Project:

Big News from Our Employability Project! ✨

Since June 2025, we have been working hard to support the incredible migrant, refugee, and asylum-seeker community here in Sunderland—and the results are in! 📊

Even though many of our clients are still on their journey with us, we are already seeing life-changing progress. Check out what we've achieved together so far:

🌟 **Boosting Wellbeing:** Nearly 70% of our participants report feeling more optimistic and mentally stronger. We believe that feeling good is the first step toward doing good!

💰 **Financial Stability:** We've seen a massive jump in financial security scores (up by 1.39 points on average), helping families get on their feet.

💻 **Digital Skills:** From navigating online job portals to mastering IT, our clients are becoming more tech-savvy every day.

Real Stories, Real Success:

Take "Lexi," a former teacher and refugee. With a little help creating a UK-style CV and some interview prep, she successfully landed a job as a Teaching Assistant! 🍎 Or "Ricardo," who overcame language barriers and a lack of internet access to secure a role at Amazon after training right here in our office. 🏠

Why it matters:

Behind every statistic is a person reclaiming their independence. Whether it's providing SIM cards for connectivity, referring families for essential items, or conducting mock interviews, we are here to bridge the gap between arrival and a career.

A huge thank you to our dedicated project workers and, most importantly, our resilient clients who inspire us every day. 🧡

#SunderlandSupport #EmployabilitySuccess #RefugeesWelcome #CommunityImpact #ICOS #JobReady #NewBeginnings #cityandguilds #cityandguildsfoundation

We are grateful to our funder- the City and Guilds Foundation for their generous funding!



Human Factor Project:

Headline: 9.8 out of 10. ★★★★★

That is the average satisfaction rating from our Human Factor (Digital) project participants.

We are incredibly proud to share the final impact of this 6-month initiative in Sunderland. By focusing on digital inclusion in health, we helped 32 individuals move from "digitally excluded" to "meaningfully independent."

The Breakdown:

- Breaking Barriers: 19 clients now have improved access to data—the #1 structural barrier to health services.

- Confidence Boost: 21 participants reported feeling more independent using the NHS App and Universal Credit.
- Beyond Health: Participants are now using their new skills to access learning platforms, manage finances, and improve their housing situations.

Digital literacy is a gateway to social inclusion. When people can navigate the system, their mental health improves and their autonomy grows.

Thank you to the NHS North East and Cumbria ICB for making this project possible. 🌍 🖥️

#ImpactReport #DigitalDivide #SunderlandCommunity #NHS #SocialInclusion #ICOS



We Feel Safe Project:

More information can be found on:

<https://icos.org.uk/we-feel-safe-2/>

INTERNATIONAL COMMUNITY ORGANISATION OF SUNDERLAND

WE FEEL SAFE PROJECT
 YOU DESERVE SAFETY, STABILITY AND SUPPORT.

NOW OPEN FOR REGISTRATION
 EWA.FILIPK@ICOS.ORG.UK
 07729448159

WHAT SUPPORT CAN YOU ACCESS?

- Immigration Advice (IAA Level 1)**
 Help to understand your immigration options and next steps.
- Housing Support**
 Assistance with housing applications and finding safe accommodation.
- Benefits & Entitlements**
 Support with benefit claims and understanding what help you are entitled to.
- Employability Support**
 Tailored help to identify your strengths, access training, and move towards work.
- Counselling & Wellbeing Support**
 Specialist one-to-one counselling and group wellbeing activities to support: trauma recovery, mental health, emotional resilience.

THE WE FEEL SAFE PROJECT OFFERS PRACTICAL AND EMOTIONAL SUPPORT TO PEOPLE AFFECTED BY MODERN SLAVERY AND WORK EXPLOITATION.

WE UNDERSTAND THAT RECOVERY INVOLVES MANY PARTS OF LIFE, NOT JUST ONE ISSUE.

ICOS COMMUNITY FUND

☀️ Changing Lives in Sunderland: The Links for Life Project
 ☀️ :

At ICOS, we are incredibly proud to share the success of our Links for Life project! Over the past year, we've been working hard to support our local migrant, refugee, and asylum-seeker communities, and the results have been truly transformative. Despite a few delays at the start, we exceeded our targets and supported 124 people in our community!

Through over 585 hours of one-to-one support, we've helped our clients navigate complex systems, find stability, and start their new chapters in the UK. Check out these amazing milestones achieved by the 45 adults we tracked:

 15 people successfully opened their first UK bank accounts, a huge step toward financial independence!

 16 people moved into employment, securing roles in catering, care work, and more!

 21 people enrolled in ESOL or vocational training to build their futures.

 91% of those who completed the project saw their initial crises fully resolved! Real Stories, Real Impact:

We helped a single mother secure a home in Newcastle so her daughter could stay in her school and keep her friends. We supported "Esther," an expectant mother from Afghanistan, with maternity items, household essentials, and a new bank account. We helped "Marek" resolve over £1,100 in rent arrears and successfully apply for settled status. Whether it's providing a simple SIM card to keep families connected or advocating for housing rights, Links for Life has been a lifeline. A huge thank you to our partners and the Sunderland City Council who has funded this work through the UKSPF - Links for Life grants scheme

Together, we are building a more inclusive and supportive city for everyone! 
 #Sunderland #CommunitySupport #LinksForLife #ICOS #RefugeeSupport
 #makingadifference #Advice

A case study from the Links for Life project can be read [here](#).



Funded by
UK Government

**Sunderland
City Council**

**Links for Life
Sunderland** 

Volunteer with ICOS:

Make a difference from our front desk at ICOS 

ICOS is looking for friendly, organised Reception Volunteers to be the first point of contact for people visiting our office in Sunderland city centre (14 Foyle Street, SR1 1LE).

You will:

Welcome clients and visitors, helping them feel comfortable and supported.

Answer calls and WhatsApp messages, passing enquiries to the right staff member.

Help with simple admin tasks such as scanning, printing and keeping our reception area tidy.

Share information about ICOS projects, events and activities with visitors.

What you'll gain:

Induction and ongoing training, including access to free online GDPR and safeguarding courses, plus Lamplight training.

The chance to support excluded and disadvantaged communities in a multicultural environment.

Travel/other agreed expenses reimbursed, and support with DBS and references.

What we're looking for:

Over 18, reliable and trustworthy, with good communication and basic IT skills.

Empathy, patience, and a willingness to learn.

Comfortable working with people from different backgrounds and able to respect confidentiality.

When:

Weekdays, mornings and/or afternoons, Monday to Friday (flexible around your availability).

Interested?

Email Agnieszka at agnieszka.cielecka@icos.org.uk or call 07563 357 064 to chat about the role and how to get involved.

#CommunitySpirit

#Volunteering

#SkillsForLife

#skillsdevelopment

“From The Ground Up” Conference:

Yesterday, we attended the "From the Ground Up" conference by Voluntary Organizations Network North East (VONNE) and The Local Trust.

This was an opportunity to press for co-produced funding and community development.

We will always work to make sure that our communities, including migrant people have a say on funding, development and local services.

#communitysupport #local #localcommunity #CommunityEvent #CommunityInvolvement



Volunteer at Backhouse Park:

BACKHOUSE PARK CLEAN-UP

VOLUNTEERS NEEDED!
HELP PROTECT OUR GREEN SPACE!

EVERY MONDAY 10 AM - 12.20PM
EVERY FRIDAY 10 AM - 2.30PM

TASKS INCLUDE

Picking up litter | Keeping trails and paths clear
Clearing fallen leaves | Planting, trimming, pruning and weeding
Removing invasive weeds and vines | Clearing the stream



FOR MORE DETAILS EMAIL
DANIEL@ICOS.ORG.UK OR CALL 07783433674



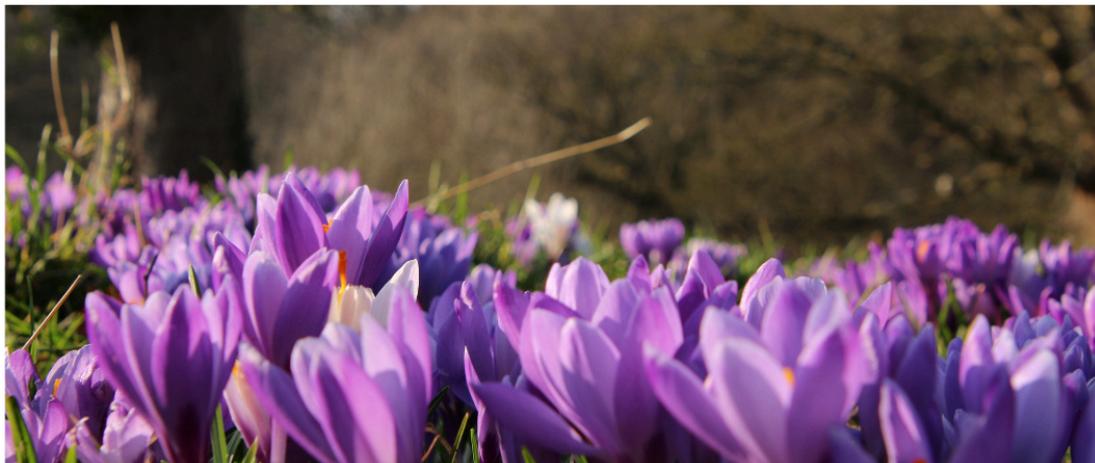


JOIN US! VOLUNTEER WITH EAST RANGERS & ICOS

HELP TAKE CARE OF THE BACKHOUSE PARK
AND MAKE IT A WELCOMING PLACE FOR
EVERYONE

RYHOPE ROAD, SUNDERLAND, SR2 2EF

CONTACT SAM@ICOS.ORG.UK
OR CALL 07856177778



Support ICOS:

Please consider donating to ICOS to support the work we do. Ways to donate can be accessed by the following link:
<https://icos.org.uk/support-us/> or by clicking on the ICOS logo.





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