



Case Study – ICOS Women, Mum’s Club Newcastle Polish School

The name used in this case study has been changed to protect the individual’s privacy and confidentiality.

Zofia regularly attends the Mums Club sessions co-organised by the Polish Saturday School in Longbenton. These workshops, led by Gosia, run alongside children’s classes and are designed to offer mothers a creative, social, and supportive space during school hours.

Due to logistical reasons and distance from the school—especially for parents relying on public transport—returning home during lessons is impractical. The Mum’s Club provides a meaningful and productive way to use this time.

Like many mothers living abroad, Zofia experienced limited opportunities to build new friendships and need for belonging within a Polish-speaking community.

The Mum’s Club sessions provide:

- Guided arts & crafts activities with all materials prepared
- A warm, welcoming environment with refreshments
- A positive, open atmosphere fostered by Gosia
- Opportunities for participants to introduce themselves and build relationships
- Regular meetings that help participants feel comfortable and connected

From the very first session, Zofia noticed the thoughtful organisation, hospitality, and the effort put into creating a friendly, inclusive environment.

Being able to meet regularly with other Polish mothers and speak freely in her native language gave Zofia a strong feeling of belonging. The structured introductions at the start of sessions helped break barriers and encouraged her to build new relationships with other mothers. The informal atmosphere encourages conversations about parenting and everyday life. This exchange of experiences created a network of mutual support among participants.

Participating in creative activities allowed Zofia to relax, recharge, and feel more confident. The sessions became a form of mental rest that helped her “recharge her batteries” for the days ahead.

The arts & crafts activities not only provided enjoyment but also allowed Zofia to develop new skills. Because all materials are provided and guidance is clear, participants can focus fully on the creative process.

As relationships strengthened, participants began suggesting their own ideas to enrich the club. One example is the “swap initiative,” where mothers bring items their children no longer use (such as books or educational games) to exchange with others, recognising that children are of different ages and can benefit from shared resources.

Zofia also proposed short participant presentations during sessions, where each woman could speak about her passions, daily life, or what matters to her. She believes this would help participants know each other more deeply and encourage confidence in speaking about oneself



For parents who travel long distances or use public transport, the Mum's Club solves a very practical issue: how to meaningfully spend the time during children's lessons, which is too short to return home but too long to wait idly at school.

Zofia believes the Mums Club is an extremely valuable initiative that has a positive impact on participants' daily lives, not only on the day of the workshops but beyond. The combination of creativity, hospitality, community spirit, and regular meetings creates an environment where women feel welcomed, supported, and inspired.