



Happy June from ICOS!

International Community Organisation of Sunderland (ICOS) is a local charity dedicated to improving the quality of life for Black and Minoritized and migrant communities across the North East. We work to strengthen community cohesion and promote intercultural understanding.

Since 2011, ICOS has supported over 600 migrant people/year through one-to-one advice, advocacy, and guidance on housing, benefits, and employment. In addition, our community activities, training sessions, and wellbeing events bring people together-reaching more than 2,500 people annually.

Our mission is simple but powerful: to connect migrant people to opportunities, defend their rights, and bring communities together.

Many of those we support face significant challenges, including poverty, isolation, language barriers, domestic abuse, and financial hardship. ICOS provides vital support, helping people access their rights, find practical solutions, and rebuild their lives with confidence.

Our work creates real, measurable change: <https://icos.org.uk/our-impact/>

This is reflected in the voices of those we support:

"ICOS has helped me a lot. I joined English language classes and now I can communicate and understand much more. They also helped me with my CV, translating my certificates, and getting a statement of comparability."

"Because of this support, I am now starting Accounting Level 1 at college and working towards returning to my profession. My English has improved and I feel ready to study further."

"I received help with financial advice, benefits, transport to work, employment support, a CV, a food safety course, and English classes. ICOS supported me every



step of the way.”

HELP US TO HELP MORE PEOPLE: <https://icos.org.uk/get-involved/>



Hello and welcome to the mid June newsletter.

In this newsletter, we will share some exciting events coming up and a project update from our East Rangers project.

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 91 queries, ranging from support housing support (including support with Council Tax, and support surrounding employability (accessing employment and training).
- Our one to one activities have engaged with 1 new client, from countries such as Pakistan.
- 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 11 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:

Wellbeing Walk: Beadnell to Bamburgh

Tuesday 30 June 2026

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

For booking, please contact
daniel@icos.org.uk



WELLBEING WALK

📍 Beadnell
→ Bamburgh
(~5 miles)

📅 Tuesday
30 June 2026

BEACH

Wander along the coast from **Beadnell to Bamburgh**.
Discover charming harbours, lively seabird colonies, and the historic charm of Bamburgh Castle at journey's end.

Meeting & bus pick-up:
9:30 am
ICOS, 14 Foyle Street,
Sunderland

Free transport
Free lunch

BOOK NOW >>>
daniel@icos.org.uk

Logos: ICOS, Community Foundation North East, VONNE HEALTH & WELLBEING, North East Combined Authority, Northumbria Police & Crime Commissioner

Free For All Community Tennis

Saturday 20 June 2026

14:00 - 15:00 @ Barley Mow Park,
65M Ryhope Rd, Hendon,
Sunderland SR2 9RQ

For booking, please contact Daniel
07783433674



FREE FOR ALL

COMMUNITY TENNIS

MEET NEW PEOPLE
HAVE FUN
FEEL GOOD

Join our friendly tennis sessions open to all ages and abilities. No experience needed, just come along and enjoy!

time and date	14.00-15.00 SATURDAY 20TH JUNE
place	BARLEY MOW PARK HENDON
booking	DANIEL 07783433674

equipment provided on site

All sessions are accompanied by a mentor.

Logos: Active ICOS Sunderland, 674 Tennis for All

Free For All Tennis Sessions with Coach Ashleigh

Monday 06, 13 and 20 July 2026

**1:30 - 2:30pm @ Barley Mow Park,
65M Ryhope Rd, Hendon,
Sunderland SR2 9RQ**

For booking, please contact Daniel
07783433674



Tennis Session Update:

A great time was had by all at our tennis session! Everyone enjoyed getting active, having fun, and spending time together.

A special thank you to Luca for organising the session and making it such an enjoyable experience for everyone.

#communitysupport #LTA #ltatennis #tennis



Fundraising:



This summer, four and a half years old Benjamin, our youngest fundraiser, will be taking on the muddy obstacle challenge in Northumberland alongside his mum and dad Daniel, to raise money for ICOS.

They'll be climbing, crawling, slipping, and splashing their way through the course to help support the incredible work ICOS does for families who need it most.

Every donation, no matter how small, will make a huge difference and mean the world to us.

If you'd like to support our little fundraiser, you can donate here:

<https://gofund.me/689fafceb>

If you would prefer to donate via bank transfer, please send us a message for details.

Please share this post and help us cheer on our amazing little mud runner!

#Fundraiser #ClartyBairns #ChallengeNorthumberland #ICOS #MudChallenge
#FamilyFundraiser

The Giving Lottery:

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

Or scan the QR code!

A promotional graphic for the 'Join Our Weekly Lottery!'. The background is dark blue with falling confetti and stars. At the top, the text 'JOIN OUR WEEKLY LOTTERY!' is in large, bold, white letters. Below it, in smaller white text, is 'Play for a chance to win up to £25,000 and support our fundraising every week'. In the center, there are two lottery tickets (one blue, one orange) with 'X' marks, a green rocket, and a blue banner that says 'HELP & WIN'. To the right of the banner are two circular numbers, '4' and '9'. At the bottom left, there are three bullet points: a ticket icon for 'Tickets cost just £1 a week', a heart icon for 'Every entry helps support our community projects', and a pound sign icon for 'Win up to £25,000 in the weekly draw'. At the bottom right, there is a QR code and a black button with a smartphone icon and the text 'Scan Me'.

INTERNATIONAL
COMMUNITY
ORGANISATION
OF SUNDERLAND



Support ICOS through easyfundraising:

We would like to share a simple way you can support ICOS at no extra cost to you.

ICOS is now on easyfundraising. This means that when you shop online through the easyfundraising website or app, participating retailers will make a donation to ICOS.

All you need to do is sign up, choose ICOS as your cause, and shop as normal.

It is free to use, easy to set up, and a great way to support our work without making a direct donation yourself.

If you shop online, please consider using easyfundraising and sharing it with others.

<https://www.easyfundraising.org.uk/panel/>

Thank you for your continued support.

The infographic is titled "SHOP ONLINE SUPPORT ICOS FOR FREE" in large, bold letters. Below the title, it states "every time you shop, participating retailers donate to ICOS at no extra cost to you". A three-step process is shown with icons: 1. A person icon with a checkmark, labeled "sign up to easy funding". 2. A magnifying glass over a heart icon, labeled "choose ICOS as your cause". 3. A shopping cart icon, labeled "shop as normal at your favorite stores". To the right of the steps are three shopping bags (yellow, teal, and red) and a smartphone displaying a heart icon and the text "easy fundraising for ICOS". At the bottom left are the ICOS logo (a colorful puzzle piece) and a logo with a sunburst design.

**SHOP ONLINE
SUPPORT ICOS
FOR FREE**

every time you shop, participating
retailers donate to ICOS at no
extra cost to you

**sign up to
easy funding**

**choose ICOS
as your cause**

**shop as normal
at your favorite stores**

**easy fundraising
for ICOS**

ICOS

Join Our New ICOS WhatsApp Community Group!

We're excited to be setting up a WhatsApp group for our clients to help keep everyone connected and informed.

By joining the group, you'll receive:

- ✓ Updates on our services and projects
- ✓ Information about upcoming events and activities
- ✓ Community news and opportunities
- ✓ Helpful resources and announcements

If you would like to be part of the group, please complete the form below and we will add you once the group is set up.

We look forward to staying connected with you! 💬 😊

Sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSe2BkjL7SZSouuGOc4f74jGR5MO5pcmDGTMyx8BFx82k0f-yw/viewform?usp=dialog>

East Rangers Project Update:

The last few weeks have been incredibly busy and productive for the East Rangers Project!

We were delighted to work alongside Grangetown Primary School, engaging with around 100 children through a range of activities in the park, including workshops and hands-on environmental tasks. It was fantastic to see so much enthusiasm and energy from the young people as they learned more about their local green spaces and how they can help care for them.

Our dedicated volunteers have continued their regular conservation work, carrying out litter picks, weeding, path maintenance, and grass cutting to help keep the park clean, safe, and welcoming for everyone.

To top it all off, we hosted a fantastic family event last Saturday, bringing the community together for a great day of activities and fun. We'll be sharing more details and photos from the event very soon, so keep an eye on our page!

A huge thank you to everyone who has taken part, volunteered, and supported the project. Your efforts are making a real difference to our local environment and community.



Seeing Blue: Making Waves in Sunderland! :

We are absolutely thrilled to share the incredible success of our Seeing Blue project! Over the last year, the International Community Organisation of Sunderland (ICOS) has been working hard to connect local women and children with our beautiful marine and coastal environments—and the results have been purely magical. 🌊 ✨

Part of the Stronger Shores and Environment Agency initiatives, this project set out to blend environmental education with creative expression. Not only did we hit our goals, but we blew them out of the water!

Project at a Glance:

- Community Impact: We engaged 43 women and 51 children from beautifully diverse backgrounds!

- Hands-on Learning: 12 educational workshops, including Hendon beach cleans, rock pooling, seaweed identification, and oyster cleaning at the marina with the Wild Oyster Project.
- Creative Expression: Turning learning into art with sea-glass crafts, sun catchers, and "Sea Memories in a Jar".
- Amazing Results: 85% of participants reported improved marine environmental awareness, and 78% enjoyed improved wellbeing!

Real Stories, Real Impact

From learning how oysters naturally filter our water to exploring the historic Souter Lighthouse, the journey has been unforgettable. But don't just take our word for it—here is what our amazing community had to say:

"Fantastic activities which are good for you mentally and physically. Wonderful experience. Thank you ICOS Women."

— Kelly Alderson, 43

"I meet new people during the trips and activities. It was nice to connect with others and share experiences together... Everything was well organised and enjoyable."

— Barbara Mruk, 40

A Massive Thank You!

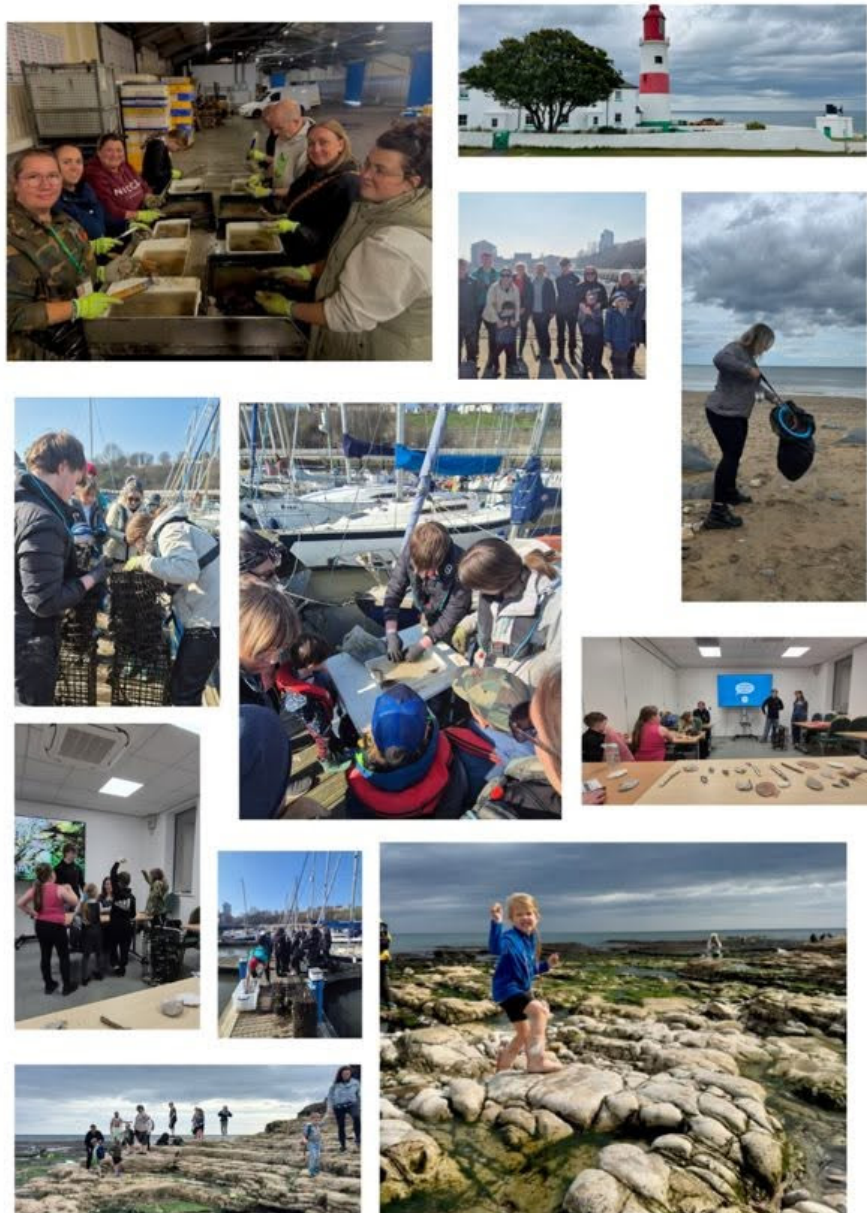
This project wouldn't have been possible without our 10 incredible volunteers (including our amazing ICOS Women Project Steering Group), our dedicated staff, and our brilliant partners like the National Trust, Durham Wildlife Trust, and the Wild Oyster Project.

Though this chapter of the project has finished, the legacy lives on. Our participants are already asking for more marine conservation, citizen science, and eco-crafts—so stay tuned for what's next!  

#SeeingBlue #StrongerShores #ICOS #Sunderland #MarineConservation
#CommunityPower #EcoArt #SouterLighthouse #EnvironmentAgency

Thank you to Stronger Shores South Tyneside Council for their funding and support!

The full report can be read [here](#).



Need Help Finding A Home:

Need support accessing safe, secure housing? Our project with Leeds Building Society helps migrants and refugees overcome the unique barriers to finding a home, from financial advice to advocacy against discrimination.

Don't wait. Reach out today for help.

Call/Text 📞 : 07482 941 484 Email

✉ : oreoluwa@icos.org.uk

We are grateful to the Leeds Building Society Foundation for their generous funding.

Need Help Finding A Home

WHAT IS THE PROJECT ABOUT

The Leeds building society project supports migrants and refugees to access safe, secure housing by providing advice, advocacy, and help overcoming barriers such as homelessness, financial hardship, and discrimination.

HOW WE CAN HELP YOU

- Support migrants at risk of homelessness
- Improve access to safe and secure housing
- Increase financial stability
- Reduce barriers to housing services
- Improve wellbeing and safety

WANT TO JOIN OR ASK A QUESTION

oreoluwa@icos.org.uk
07482941484



Leeds Building Society

LTA Coach Qualification Funding - deadline Monday July 6th:

GRANTS AVAILABLE

TENNIS & PADEL INSTRUCTOR COURSES (LEVEL 2)

We're committed to creating a more inclusive coaching workforce.

Grants are available to support the next generation of instructors who will inspire and empower more people through tennis and padel.

USE YOUR GRANT
TOWARDS
COURSE FEES
OR
MENTORING

WHO CAN APPLY?



FEMALE



DISABLED*



ETHNICALLY DIVERSE

From an ethnically diverse background

*Disabled funding is for all qualifications.



GAIN A RECOGNISED
LEVEL 2 LTA
QUALIFICATION



ACCESS TO
MENTORING
SUPPORT



MAKE A POSITIVE
IMPACT IN YOUR
COMMUNITY



BUILD A REWARDING
CAREER IN TENNIS
OR PADEL



TO APPLY
PLEASE EMAIL

info@court-craft.co.uk

Grants are subject to eligibility and availability.

Court Craft and the LTA reserve the right to make the final decision on all applications.

AFTER THE RIOTS: WHERE ARE WE NOW?:

Two years ago, Sunderland experienced widespread civil unrest, with race riots erupting in and around the city centre. The impact of these riots was deeply felt, resulting not only in significant physical destruction but also in considerable emotional distress and anxiety among Global Majority communities. In response to the unrest, Sunderland City Council, alongside its partners, implemented a variety of measures aimed at addressing and reversing the damage caused by these events. BUT the question remains: have circumstances truly changed for those affected? To explore this, SBMEN is conducting a survey to collect the perspectives and opinions of residents who were impacted by the riots

in 2024. Could you please encourage any of your staff, volunteers and clients to complete the online survey (will take about 4 minutes)

<https://www.surveymonkey.com/r/SBMEN>

Thank you so much for your time

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

 **EAST RANGERS**
Clean and Green

 **ICOS**

Nature
HUBS

Sunderland
City Council



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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