



Happy July from ICOS!



Hello and welcome to the early July newsletter.

In this newsletter, we will share some exciting events coming up and an update from our Family Fun Day event.

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 39 queries, ranging from support housing support (including support with council tax, pension support and support surrounding employability (accessing employment and training)).
- 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 9 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: Washington Old Hall

Sunday 12 July 2026

10:30am @ South Hylton Metro Station

Free minibus return at 4pm

£5 per person

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



WELLBEING WALK
Washington Old Hall

Sunday 12 July 2026
4 miles guided walk
Meet at: South Hylton
Metro Station 10:30 am
Return minibus at 4:00 pm

Please bring:
Comfortable shoes,
Water
Sunscreen or
Poncho

Book your place today: daniel@icos.org.uk

£5 per person (to cover the minibus) FREE entry to Washington Old Hall

ICOS National Trust

Gibside Trip

Saturday 25 July 2026

10:00am @ ICOS Office, 14 Foyle
Street, Sunderland, SR1 1LE

Return 5:00pm pick up from Gibside

£10 per person

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



DAY TRIP TO GIBSIDE!

Enjoy a beautiful 4.5 mile walk time in nature.
Open to anyone able to comfortably walk 4.5 miles.
Come and explore the stunning Gibside estate with us!

📅 Date: 25/07/2026
🚌 Departure: 10:00 AM from ICOS Office SR11LE
🕒 Return: 5:00 PM pickup from Gibside

💷 Price: £10 per person
Pack your picnic lunch and put on comfortable walking shoes
Spaces are limited — book early to avoid missing out!

BOOK NOW!

📞 daniel@icos.org.uk

ICOS National Trust

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



Family Fun Day June 2026:

It was fantastic to see our community come together for a day full of fun, laughter, and smiles.

More photos can be found on our [ICOS Facebook Page](#).



A huge THANK YOU to all of our amazing sponsors who helped make our Family Fun Day 2026 such a fantastic success! 💙



Educating Rita by Willy Russell at the Royalty Theatre:

It was good watching the "Educating Rita" play at Royalty Theatre on Tuesday!

We appreciate the 10 free tickets for each play we get from the theatre to say thank you to our team!

Not everyone is in the photo, but we certainly enjoyed our time!

#community #arts #communityarts



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



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



GambleAware

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.



📢 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>

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

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

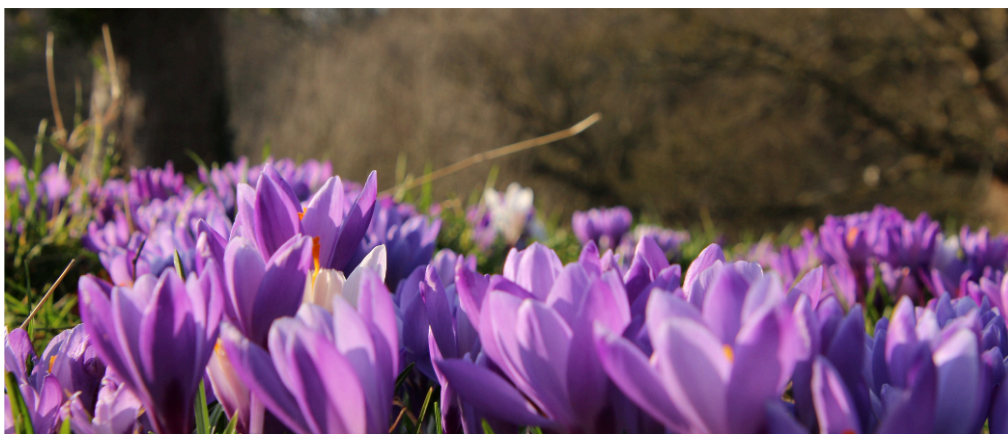


JOIN US! VOLUNTEER WITH EAST RANGERS & ICOS

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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Reg. Number: 1186618

Office Tel: 07596538482

Email address: office@icos.org.uk

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