



Happy July from ICOS!



Hello and welcome to the mid July newsletter.

In this newsletter, we will share some exciting events coming up and a video from our previous wellbeing walk - Beadnell to Bamburgh.

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 81 queries, ranging from support housing support (including support with council tax, pension support and support surrounding employability (accessing employment and training)).
- Our one to one activities have engaged with 1 new client, from Chad.
- 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 4 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:

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 SR1 1LE

 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



Free For All Tennis Sessions with Coach Ashleigh

Monday 20 July 2026

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

For booking, please contact Daniel
07783433674

FREE FOR ALL

TENNIS SESSIONS WITH COACH ASHLEIGH

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

Mondays | 1.30 - 2.30pm
July, 13th and 20th

Barley Mow Park
65M Ryhope Rd, Hendon, Sunderland SR2 9RQ
For booking: Daniel 07783433674



EQUIPMENT PROVIDED ON SITE

**Active
ICOS Sunderland**

LTA Tennis
Foundation

ICOS Tennis World Cup

Saturday 18 July 2026

16:00 @ Barley Mow Park, Hendon,
Sunderland, SR2 9RQ

To register, please contact Luca on
07385132052



Padel Tennis

Wednesday 29 July 2026

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

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



Wellbeing Trip - Lindisfarne

Thursday 06 August 2026

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

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



Previous Events:

Beadnell to Bamburgh Wellbeing Walk



St. Michael's Community Centre - Garden Survey:

We would like to find out if you are interested in taking part in garden activities based at the centre and, if so, which activities would you be interested in. The link to the survey is [here](#).

Embracing New Opportunities Through Partnership



It's wonderful to be working in partnership with Back on the Map Sunderland, making the most of this beautiful weather while the growing season lasts.

Together, we're connecting with nature, building stronger communities, and celebrating the joy of growing international vegetables and herbs. This season we're sowing and planting Pointed Gourd (Potol), Red Chillies, Red Amaranth (Daata), Coriander, Mustard, and much more.

Every seed planted represents hope, learning, wellbeing, and a brighter future. 🌱 ❤️

Let's continue to grow together, nurture our environment, and inspire one another.

Happy growing with hope! #CityOfNature #DurhamWildlifeTrust #CommunityFund
#ReachingCommunities #CityOfNatureSunderland @DurhamWildlifeTrust
@NationalLotteryCommunityFund @NLCF - #BackOnTheMap #Sunderland



Make A Difference Awards:

We are honored to announce that ICOS is a finalist for the Make A Difference Awards!

We are proud to be recognised for the work we do in our community.

We'd like to thank everyone who has supported and believed in our mission

#BBC #BBCRadio #BBCRadioNewcastle

B B C

RADIO NEWCASTLE

**WE'RE A
FINALIST!**

**MAKE A
DIFFERENCE
AWARDS**

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.

**SHOP ONLINE
SUPPORT ICOS
FOR FREE**

every time you shop, participating
retailors 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>

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:

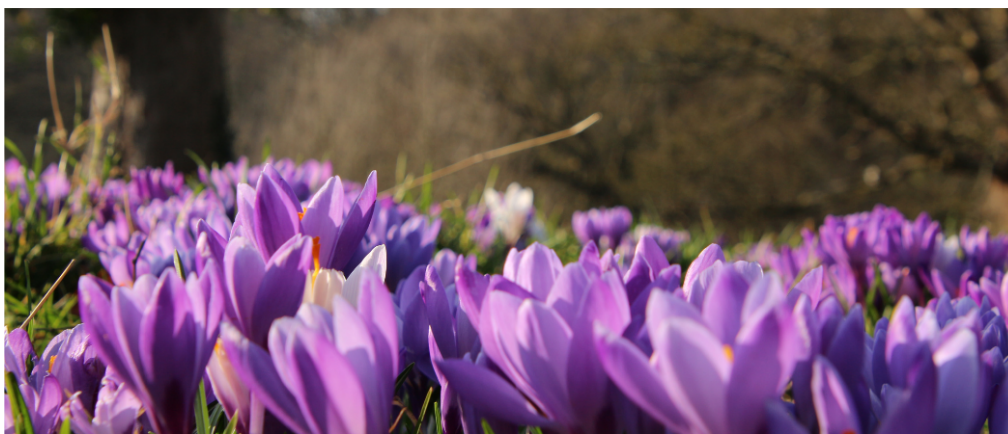


JOIN US! VOLUNTEER WITH EAST RANGERS & ICOS

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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