



Happy July from ICOS!



Hello and welcome to the late July newsletter.

In this newsletter, we will share an update on our City & Guilds 1-to-1 Employability Support Project and an update from our community garden at St Michael's Community Centre.

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 75 queries, ranging from support housing support (including support with council tax, and support surrounding employability (accessing employment, CV support 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 6 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:

Pieroginie Collective Creative Workshop

🌱 Join the Pieroginie Collective for an Evening of Creativity! 🎨

Looking for a welcoming space to relax, connect and get creative? Come along to our next Pieroginie Collective Creative Workshop!

📅 Friday 14th August 2026

🕒 5:30pm

📍 St Michael's Community Centre, SR2 9JT

Together we'll enjoy an evening focused on creativity, wellbeing and community, including:

🌸 Guided meditation

🎨 Creative activities

🌱 Building our community garden

🍽️ Sharing a delicious community feast at the end (so please bring something with you to share)

The workshop will be led by the wonderful artist Sabina Sallis, creating a warm and inclusive space where everyone is welcome—whether you're joining us for the first time or have been part of the journey from the beginning.

This is a fantastic opportunity to meet new people, learn new skills, spend time in nature and be part of a growing community of women supporting one another.

To register please contact julia.wysocka@icos.org.uk



Wellbeing Trip - Lindisfarne

Thursday 06 August 2026

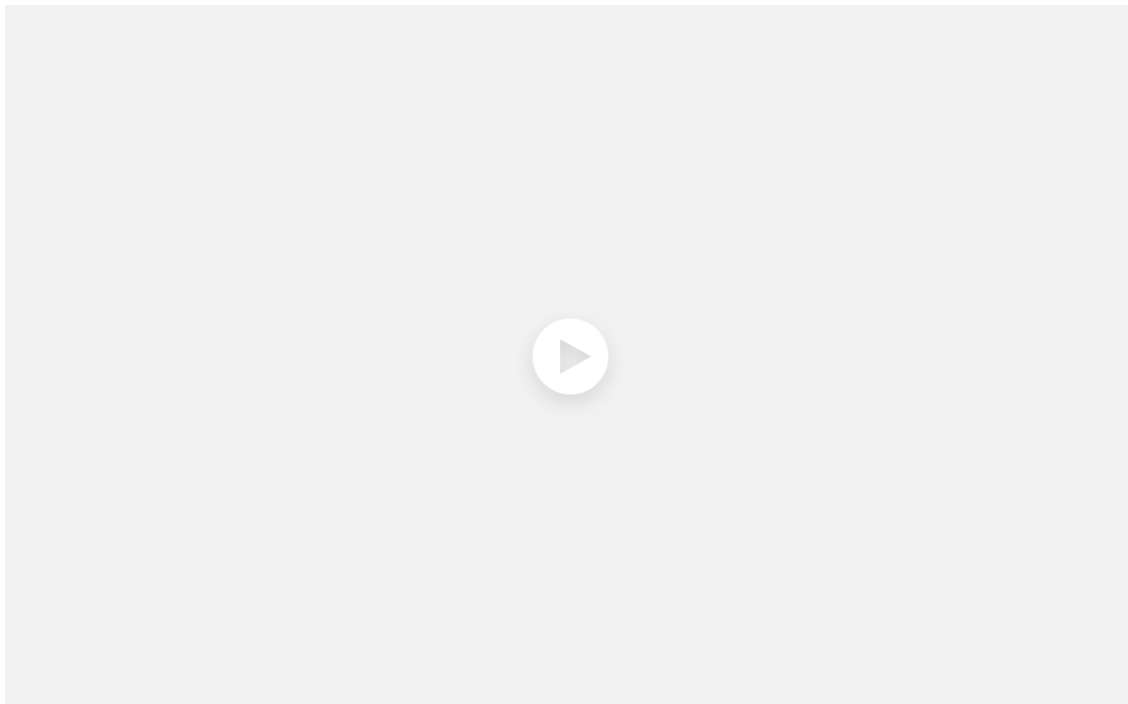
9:30am pick up @ ICOS, 14 Foyle Street, Sunderland, SR1 1LE

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

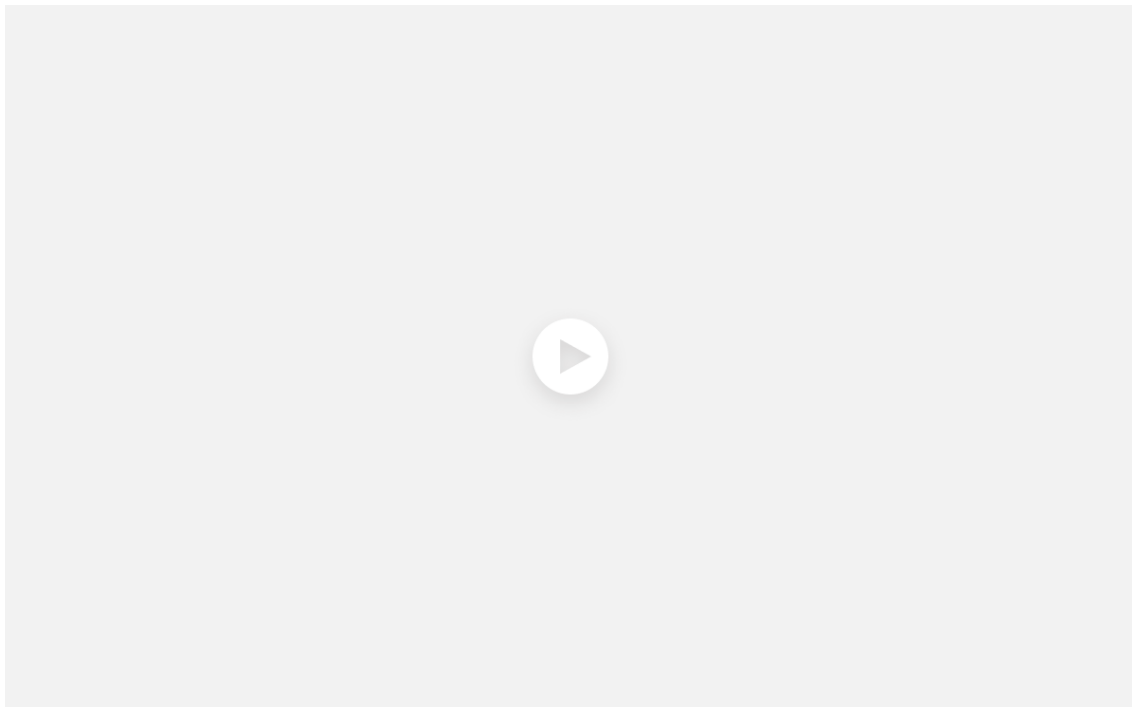


Previous Events:

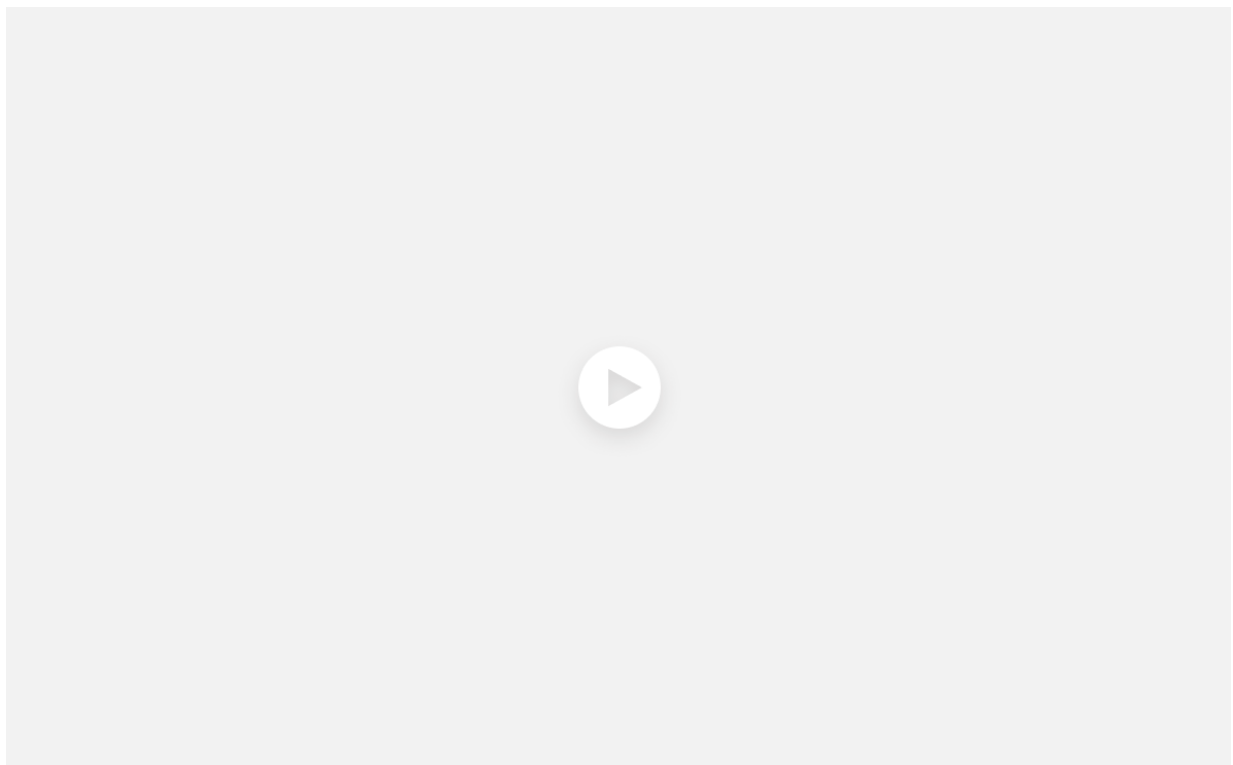
Wellbeing Walk - Washington Old Hall



Gibside Trip



Padel



St. Michael's Community Centre - Community Garden:

🌳🍌 Our Community Garden is Growing! 🌱🍏

Our ICOS Women's Group, led by the wonderful artist Sabina Sallis, took the first exciting steps in creating our new community garden at St Michael's Community Centre.

Together, we planted a beautiful selection of fruit trees and bushes, including pear, apple and plum trees, along with currant bushes that will provide fresh fruit for years to come. 🌱



This garden is about so much more than planting trees. It's about bringing women together, connecting them to creativity, learning new skills, caring for nature, and creating a welcoming space that our whole community can enjoy and be proud of.

We are incredibly proud of everyone who took part in the session. Your enthusiasm, teamwork and hard work have transformed an empty space into the beginning of something truly special. ❤️

A huge thank you to Sabina Sallis for leading such an inspiring session and to all the amazing women who rolled up their sleeves and made it happen. We can't wait to watch our garden grow over the coming months! 🌸 🌿

#ICOSWomen #CommunityGarden #GrowingTogether #StMichaelsCommunityCentre
#CommunitySpirit #Nature #WomenSupportingWomen #Sunderland #creativecommunities

🌱 Fancy getting involved in our new community garden? 🌱

We're busy planning a brand-new community garden right here at St Michael's Community Centre - and we want YOU to help shape it!

Whether you love growing your own veg, arranging flowers, or just fancy getting your hands dirty and meeting new people outdoors, we'd love to hear what kind of gardening activities you'd enjoy taking part in. 🌻 🥕

It only takes 1-2 minutes to fill in our short survey - your ideas will directly shape what we plant and plan! ❤️

👉 <https://docs.google.com/forms/d/e/1FAIpQLSdF0pe86cGssnKQlznPJPyAzT3fPxf1UOKrfPJB4q0auhqNA/viewform?pli=1>

Every voice counts, so don't be shy - let us know what you'd love to see grow at SMCC!

#environment #community #volunteering 🌍 🧡 🌿



City & Guilds 1-to-1 Employability Support Project:

Over the past 12 months, our City & Guilds 1-to-1 Employability Support Project at ICOS supported 68 incredible migrant community members on their journey toward building a brighter future in the UK!

Despite facing complex challenges—from navigating new systems to language barriers—our participants achieved remarkable milestones:

-  50% of participants found employment in key sectors like healthcare, warehousing, cleaning, security, and customer service!
-  59.5% progressed into education & training, gaining accredited qualifications in CSCS Construction, Food Safety, SIA Licensing, Teaching Assistant roles, and ESOL English classes!
-  54.5% improved their financial situation, helping to ease cost-of-living pressures.
-  53.1% improved their housing situation, building greater security for their families.
-  62.1% boosted their overall mental well-being & confidence, feeling more optimistic about their future!

In Their Own Words

"I have received immense support from ICOS from employability to material support. I am now independent in job search and applications which I could not do before I came to ICOS."

"Career counselling received from ICOS helped me be calm and adjust to life and work in the UK. CV prepared by ICOS helped me land an interview and induction with a healthcare agency."

A massive thank you to the City & Guilds Foundation for making this funding possible, and to our dedicated staff, volunteers, and participants whose hard work and resilience inspire us every day!



Full report: <https://icos.org.uk/wp-content/uploads/2026/07/City-and-Guilds-project-final-report-July-2026-.pdf>



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:

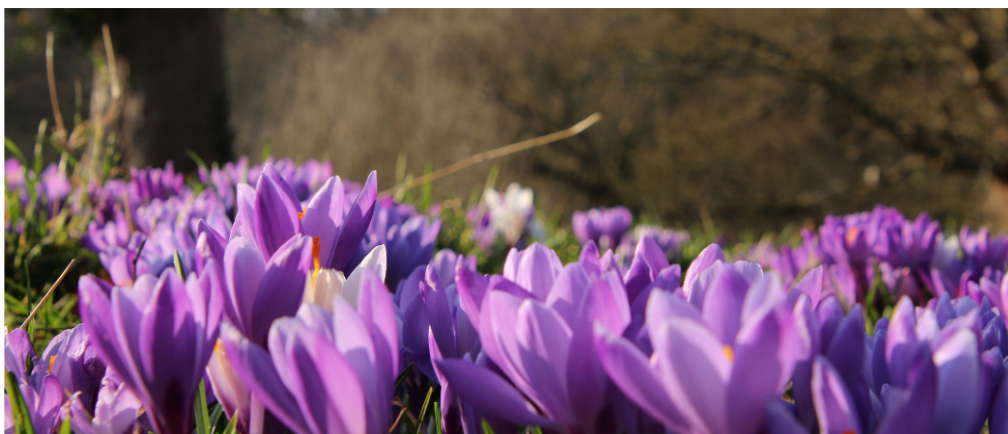


JOIN US! VOLUNTEER WITH EAST RANGERS & ICOS

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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