

February 18.2006

**SCAO**  
**Preparatory Women Group**  
(Meeting minutes)

This group has been delegated by SCAO to discuss various issues that concern Sudanese-Canadian women in Ottawa and their limited participation in SCAO community events and programs.

Group Members & attendance:

- 1- Amira Ali
- 2- Salma Ali
- 3- Nahid Swar-el-dahab
- 4- Nahid Abu Bakr.

Issues discussed:

1. Means to encourage women's participation and involvement in SCAO events and programs:
  - Networking between women through group visits and Breakfast Club
  - Group visits to newcomers.
  - Promoting SCAO women programs through these gathering and obtaining new ideas and programs that women need.
  - Workshops and presentations for women.
  - Promotion of women sports.
  - Cultural events.
  - Better communication strategy to reach all women and inform them about upcoming events.
  - Carpooling.
  - Babysitting.
  
2. ***Suggested programs for women:***
  - Diabetes workshop (for families/ coordination Nahid A.)
  - Health awareness programs i.e. Injury Prevention, Stress, organized by City of Ottawa (for family/coordination Amira)
  - CPR/First Aid (family/coordination Nahid S.)
  - Nutrition (for women/ coordination Salma)
  - Menopause (for women / coordination Amira & Nahid S.)
  - Seminar / children & youth issues.
  - Loblaws cooking sessions (for women)
  - Sports, swimming, aerobics, aqua fitness (women & children).

3. ***Suggested programs for children during March break*** (March 13-19):
- Museum of Nature
  - Imax theatre “Kilimanjaro” (family)
  - Skating

A general work plan was discussed and prioritization of programs was put in place. A list of women of Sudanese origin was developed to facilitate contact and communication. A number of names were assigned to each member of this Group to contact and encourage the women to attend SCAO programs.

***Activities Initiation Plan:***

- 1) The initiation of activities will start with the group visits to two ladies who are injured in home accidents and in need of moral support (Suhair and Ranin). The visits will be arranged this coming Saturday Feb.25th from 4:00 p.m. During these visits, Group members will promote SCAO women programs and encourage participation.
- 2) Following 3 Saturdays will be group visits to newcomers. Sports programs and Breakfast Club will be discussed during these visits.
- 3) For March break, getting names of children who will be participating in the suggested programs (Imax, Museum of Nature & skating) and will inform the parents of the costs involved. Subsidy is required to encourage those who can't pay for the tickets. The latter issue will be discussed with SCAO Executive Committee.
- 4) Breakfast Club will take place Saturdays during Spring/Summer. An early breakfast for women, in a reasonably priced restaurant, will give them an opportunity to be served, relax, socialize and have fun before going back home and start their weekend routine.
- 5) Workshops mentioned above will be perused by the Group members and inform SCAO Executive Committee with the outcome.

Nahid Alawad  
For/ SCAO - Women Preparatory Group