

# Annual Report



2015

## **IMMIGRANT MIGRANT WOMEN'S ASSOCIATION OF HALIFAX (IMWAH)**

**ANNUAL REPORT September 2014 – September 2015**

**November 21, 2015**

The Immigrant /Migrant Women's Association of Halifax (IMWAH) is a non-profit and culturally diverse organization. Its goal and mission is to respond to the unique concerns of Immigrant and Migrant women and girls and celebrate their contributions to the community. Its gender related mandate is to provide support tailored to female focused initiatives.

### **Objectives:**

1. To bring the voice of Immigrant and Migrant women into larger movements aiming to improve their health and wellbeing.
2. To raise awareness about the needs, concerns and issues faced by Immigrant and Migrant women and girls within the broader community and to do advocacy work at decision making tables.
3. To research factors and assess situations affecting Immigrant/Migrant women and girls.
4. To showcase Immigrant / Migrant women and girls projects, initiatives and contributions to the community.

**BOARD OF DIRECTORS**

<b>Co-Chair:</b>	Maria Jose Yax-Fraser
<b>Co- Chair:</b>	Tabinda Sheikh
<b>Secretary:</b>	Sohair Sheta,
<b>Treasurer:</b>	Doaa Salman Al Dahdoo
<b>Public Relations:</b>	Sylvia Calatayud
<b>Social Program:</b>	Adriana Castano-Kutty, and Monica Romero
<b>Outreach:</b>	Jhoanna Miners
<b>Programs:</b>	Zahra Amiri, and Bee Soh

In the past year, from September 2014 to September 2015, IMWAH’s Board of Directors benefitted from the experiences of nine immigrant women and a youth member, who worked hard to carry out two projects and one community event that align with the objectives of the association. For personal reasons, five members of the board step down before they completed a year term. The association would like to thank Adriana, Sohair, Zahra, Bee and Jhoanna for the time they volunteered as members of the Board.

**Strategic Planning Exercise for 2015-2016 AGM**

As the association continues to grow, so is the need to develop a strategic plan with actions that align with our primary objectives. This year, the board members have been working hard with an experienced and skilled organizational development consultant who has volunteered to facilitate the strategic planning exercise. The plan is in its final stages of completion with a revised mission, vision and six strategic directions. Each strategic direction has goals and outcomes with associated actions and milestones. The strategic plan is a living document that will undergo revisions as needed. We plan to focus on the goals for the next year and would like IMWAH members to identify priorities for action during the AGM on November 21, 2015.

### **Funding**

This year the Board submitted three successful funding proposals. We received a grant from Dartmouth Community Health Board for the amount of \$1,500 and a grant from the Southeastern Community Health Board (SECHB) for the amount of \$ 1,000 to cover the cost for the program Mosaic of Im/migrant Women and Girls' Health and Wellbeing.

A third proposal was submitted to the Halifax Regional Municipality to implement the program Mosaic of Identity and Community Connection. We received a grant of \$5,500.00 to cover partial expenses for this program that has grown exponentially.

### **Projects and Programs**

#### **Website Project:**

At our Annual General Meeting, last year, we promised to work on a website project with the intent to promote the association within the larger community and raise awareness of Immigrant and Migrant women and girls concerns. Due logistical issues this work was not completed as promised. We anticipate that the website will be up and running by January 2016.

#### **Open Mic Event:**

This year, we held one Open Mic event on Thursday October 23, 2014 at Humani T café in Spring Garden Rd. In Spite of the weather, it was a successful event. This event was the site where a short segment for the first episode of Your City. Your Stories of Waterfront TV was taped and our association showcased. Three members of the Board were interviewed. You can see the short clip by following this address:

<http://www.waterfronttv.org/wtv-episode-1-october-30-2014/>

**Swimming Lessons Program:**

In partnership with Dalhousie and the Canada Games Centre, a free swimming program for Immigrant Women was organized. The program ran for four Sundays from 7:15 to 8:15pm from September 28th to October 26<sup>th</sup> 2014. We had an excellent turnout with more than 25 women being registered. Some participants contacted Maria Jose during the last class and expressed their interest in more swimming lessons or other programs for women.

**IMWAH Mosaic for Women/Girls Health and Well-being:**

The Mosaic for Women/Girls' Health and Well-being was designed to create a space for im/migrant women and girls living in the Dartmouth area to come together to participate in activities that promote physical and mental wellbeing and community integration. It was designed for im/migrant women and girls to get acquainted with the culture, programs and services that the Dartmouth community has to offer. The objective of this program was achieved through a series of physical, recreational, creative and educational activities:

❖ **Winter Carnival:**

The Winter Carnival held on January 24, 2015 was the first event of this program. It was successfully organized and was attended by approximately 35-45 women. It included a presentation of the programs to be delivered under the Mosaic of Health and Wellbeing and the Mosaic of Identity and Community Connection; Cultural performance by Latispanica, Maria Osende Flamenco Company; and the Filipina Women's Group; and it provided an opportunity for networking among those present. The success was reflected in evaluation of the program with the desire to make this an annual event.

❖ **Yoga Program:**

Three free yoga classes were organized on Saturdays May 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> 2015 from 6-7pm at Shanti Yoga in Dartmouth. These were well attended by Im/migrant women and girls.

❖ **Museum Visits:**

Two museum visits were organized: 1) Cole Harbour Heritage Farm's Rose and Kettle Tea Room Concert on Thursday May 7, 2015 from 7-9pm. 2) Dartmouth Heritage Museum, Saturday June 6, 2015 from 2:00-4:00pm.

❖ **Dragon Boat Paddling Sessions:**

Three free paddle sessions for women took place at Mic Mac Amateur Aquatic Club on July 27, August 5 & 10 from 6; 30-7:30 PM. Please visit IMWAH Facebook page to see the pictures of the event showing how much fun women had.

❖ **Family Event at the Community Oven:**

This family event took place on Saturday September 5<sup>th</sup>, 2015, from 1-4pm. IMWAH provided pizza dough, sauce and cheese and people brought their toppings of choice. We had perfect weather and it was well attended by women and girls along with family and friends.

### **Community Involvement**

This year the association was represented at two community leadership tables / committees working towards integration of im/migrants and making Halifax a more welcoming place.

1. The Immigrant Health and Wellness Network; and,
2. The Local Immigrant Partnership (LIP). This is an HRM led and Federal Immigration Office funded committee. IMWAH has been involved in two different LIP sub-committees:
  - Diversity and Social Inclusion subcommittee

- Health and Wellness subcommittee

### **Current and Future Projects and Events**

This fall 2015 our Mosaic of Identity and Community Connection art project for Im/migrant women and girls has begun. Participants are exploring the themes of identity and community connection. They are learning to work with clay, copper, glass and fabric. Their work will become part of a traveling exhibit that celebrates identity, sense of place and belonging.

The vision for 2015-2016 is to continue developing projects that promote the health and well-being and support the integration of Immigrant/Migrant women and girls to Canada.

### **Membership**

We encourage IMWAH members to join the following subcommittees to keep the momentum going on the good work we are doing and bring new ideas for future projects.

- Communications
- Fundraising
- IT (website, Facebook, twitter)
- Social Events

Our membership has increased as a result of our programming. The association currently has **70** registered members who receive our e-mail correspondence. In our **Facebook** we have **114** members.

**Financial Statement September 2014 – September 2015**

<b>Project/Event</b>	<b>Cost</b>	<b>Current Status</b>
<b>Mosaic of Im/migrant Women and Girls' Health and Wellbeing</b>		
Winter Carnival	\$700.00	Completed
Yoga Program	\$300.00	Completed
Knowing your neighbourhood		Completed
- Museum visits	\$100	
- Family Event at the Community Oven	\$442	
- Dragon Boat Paddling Sessions	\$115	
<b>Sub total</b>		<b>\$1,657</b>
<b>Website Development</b>		
- Web Developer	\$550	<b>In Progress – 50%</b>
- Web Domain		
<b>Sub total</b>		<b>\$550</b>
<b>Annual General Meeting</b>		
- Rental	\$80	Completed by the date of the AGM
- Refreshments	\$240	
<b>Sub total</b>		<b>\$320</b>

<b>Meetings</b>		
- Strategic Planning	\$130	Completed
- Board Meetings	\$120	
<b>Sub total</b>		<b>\$250</b>
<b>Total Spending 2014 - 2015</b>		<b>\$2,777</b>

**Amendment to Funding Proposals**

IMWAH, is grateful for the financial support of \$500.00 received from the Nova Scotia Status of Women to host our AGM this year.