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THE AROMAS OF HOME Sudanese Experience

Wellsprings for Women is celebrating Sudanese culture on 27 June 2018 from 12.30 till 3pm.

"The Wellsprings for Women Cooking group will be presenting a Sudanese experience that will involve over 40 women sharing a Sudanese lunch, learning about the cultures of Sudan (north and South), the troubled history, the resilience of the Sudanese people and the on-going impact of dislocation by diasporic Sudanese community in Australia." said Dalal Smiley, Wellsprings for Women CEO

Hakima Mandeat, leading the Sudanese cooking event fled her country of birth in 2004 with her children escaping the civil conflict that engulfed the region. Her first stop was in Egypt where she stayed for over 3 years until she migrated to Australia in 2007. As a result of the war, she lost contact with her husband for 14 years, not knowing his whereabouts until he managed to finally reach out to his family in Melbourne, but unfortunately he passed away late last year before he could reunite with his family.

"We found freedom, peace, security and a good life in Australia. I started attending Wellsprings for Women in 2010 to learn English and computers, and now my English is very good and I am able to rely on myself without needing any language support" Said Hakima Mandeat.

Apart from her participation in the cooking program at Wellsprings, Hakima works as Kitchen Hand in a number of venues and is passionate about cooking. Her favorite dish is a Sudanese dish Kisra which is made with Okra and reminds of her 75 years old mother who still lives in Juba.

"Kisra will be one of the dishes that will be served on the 27th of June along with many other Sudanese favourites" commented Hakima.

This program is proudly funded by the Scanlon Foundation.

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