

Spring– Summer  
2019



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# FROK: UK Friends of Khwendo Kor

## News from the FROK AGM

Members and supporters gathered in Oxford in June for FROK's Annual Meeting. We reported in the last Newsletter that the challenges facing Khwendo Kor (KK) and many other NGOs were growing and they have, if anything, increased. In particular KK has had significant cuts to its funding and earlier this year had its Memorandum of Understanding suspended with Economic Affairs Division, Government of Pakistan (hopefully shortly to be restored). Consequently, KK was forced to make some staff redundant, close a number of schools and delay or suspend some of its projects. This is heartbreaking when the need remains all too evident and the trust that it has built with the communities where it works is inevitably stretched. In the face of this KK's achievements are all the more remarkable as is the commitment, dignity and morale of its staff. We hope that the situation soon starts to improve.

**Of recent FROK donations to KK, Maryam Bibi said: 'As you know, these days we are going through a difficult time and in such moments almost all KK team is feeling vulnerable and insecure..... Donation has come as a fresh breeze of hope .... We feel we are not alone'**

We report on page 2 of KK's work in enabling women to take part in the

last General Election. KK dedicated its 2018 Annual Report to the women who cast their vote, especially in the face of threats and intimidation, so we in turn are dedicating the FROK Annual Report to KK staff who worked tirelessly to enable them to do so.



Some FROK members, supporters and Trustees at the June AGM

The meeting also heard of FROK's activities over the year. Our membership remains steady and subscriptions, together with fundraising efforts and donations, meant we were able to send just over £28,500 in our annual donation.

Our Facebook page remains popular. Two thirds of our 1400 'likes' come from people in Pakistan, of whom more than half are aged under 35 and 83% are male.

Members continue to provide technical support to KK from time to time, including proof reading documents and advising on funding bids.

You can read our Annual Report in full here - <https://ukfrok.wordpress.com/annual-reports/> - or ask us to send you a hard copy.

*The meeting ended with a showing of a video that KK staff had made specially for the AGM, introducing themselves and telling us more about their work. Not only was it very moving, it made us all the more determined in our support for this remarkable organisation*

**You can watch the youtube message from KK staff to the FROK AGM here and get to know some of them better:**

<https://www.youtube.com/watch?v=dZNPqkc5X5k>

## KK provides election day observers for women voters

In the last Newsletter we highlighted the role of KK in enabling women to vote in the recent Pakistan General Election who had never done so before. In addition to participating in many activities leading up to the Election, KK provided female observers on election day itself. Here is just one example of their success:

*'In the Government Girls Primary School Haji Abad Dir Lower Women Polling Station No 5 (NA-7), the presence of male security personnel in the polling booth created panic among the women voters and the polling process stopped in the morning. This issue was communicated by KK election observers to the District Election Commissioner who visited the polling station but it was not resolved. Ultimately the district management approached the Army to intervene in the matter. After they visited the polling station the security personnel were removed from the polling booths and the polling process then started at 1pm. The KK team informed the Women and Men Organisations' members to mobilize women when the polling started and women then came to cast their vote.'*



Above: Women enjoying an International Women's Day Event at the KK project In Karachi

## Girls celebrate being first to complete education at their KK school

There were celebrations in one area near Peshawar which saw the first group of girls to complete their education at a KK school and sit government exams. The staff and other students threw them a party. Recognise the game in the photo below? Musical chairs!

Their teachers offered best wishes for the girls' bright future. In turn the girls praised the quality of the education they had received. They pledged to work hard and make their parents and KK proud.

### A birthday present with a difference!

**Two of our Trustees, Saima Sherazi and Ayesha Shahid, decided to use the occasion of Saima's recent birthday to ask family and friends to donate to FROK.**

**Happy Birthday Saima!**

**Thanks to your generous family and friends for donating over £350!**

**Thanks to the FROK Supporter who generously made a donation of well over £3000 in memory of her late step father, Mike Raleigh, an educationalist and great champion of education for girls.**

**KK is honoured to receive the donation and will certainly put it to good use.**

**Thank you!**



## Mobilising women through financial literacy training

A session for women on Financial Literacy was arranged by KK in collaboration with the State Bank of Pakistan at Deen Dunya, Mathra, as part of a national programme to mobilise women concerning financial literacy.

The State Bank of Pakistan launched Pakistan's first ever Nationwide Financial Literacy Program (NFLP) in January 2012. The aim is that by providing financial education across the country, it will promote inclusive economic growth and stability.

The Program is intended to target low-income and middle-income households and youth through building partnerships with education institutions in a phased manner. It is envisaged that around half a million low-income households will be reached. KK was delighted to be selected to take part.



Above: First Women Bank trainers financial literacy training to 23 Community Women

**Khalid Usman, Director Operations at KK recently wrote:**

**FROK are doing tremendous contribution,...especially in a challenging situation, we always got healing/encouraging contribution and response from all of you. We are proud that friends like you are on our part and stand beside us always..**

## Leadership management training.....

As part of LACIP (Livelihood and Community Infrastructure Program) KK recently organised a two day "Leadership Management Skills Training". Its purpose was to enhance the knowledge, skill and capabilities of members of Village Organisations (VOs) in planning and managing developmental activities and utilising available local resources to best effect.

Trainings were provided separately to male and female members. A total of 71 male members of 11 VOs and 35 female members of 9 VOs were trained.

**Thanks to UK-based Breslaff Centre who recently awarded KK a grant of over £2000 to purchase much needed equipment for their schools and handicraft centre and to provide educational scholarships for girls.**

**THANKS, it means a lot!**



## KK Volunteer receives prestigious annual Amtul Raqeeb award 2019.

KK's Dir Upper Projects' volunteer, Mrs. Shabana Gul (left, in black), received the prestigious Amtul Raqeeb award given by the Pakistan Poverty Alleviation Fund for her tireless efforts and support provided to KK Dir Upper team in various projects as a volunteer. Her citation included: "...she had risked her life to join KK as a volunteer and worked day and night to mobilise other women to also join. She was active in Social Mobilisation, Health and Education, helped form Women Community Organisations (WCOs), facilitated trainings to the community on health issues, struggled to pass a community resolution for the establishment of KK's girls' community middle grade school helped many girls to enroll".

**CONGRATULATIONS FROM FROK!**

Right:

Women in Upper Dir working hard with KK staff on developing Village Development Plans that include *their* priorities as well as those of men. This was one of 11 exercises that KK ran with both women and men.



### Some more of KK's achievements in the last year:

- ◆ worked with 98+ villages;
- ◆ organised 200+ women's and men's groups.
- ◆ supported the education of 2,500 children (80% girls)
- ◆ run live talk shows and public service radio messages about domestic violence
- ◆ helped 1,000+ women with free legal advice, mediation, & counselling
- ◆ run health centres in remote areas, reaching 1,600 individuals.
- ◆ successfully lobbied for improvements to refuse collection and drinking water

**Thanks to all our donors & fundraisers, big and small. Although we pick out some for the Newsletter, we appreciate everyone's efforts.**

### GDPR (General Data Protection Regulation) 2018

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***Helping women live with dignity and self reliance in northwest Pakistan***

**[www.frok.org.uk](http://www.frok.org.uk)**

## Want to Donate to FROK or get a friend to join and not sure how?

### Advice from our Treasurer

Through our website ([www.frok.org.uk](http://www.frok.org.uk)) or by writing to us you can access a form to set up a membership, standing order, or make a donation. You can do so by cheque or bank to bank transfer. You can also send a cheque (made payable to FROK please) direct to me (details below). For online banking transfers, use the bank account details on the website and let me know you're doing this by putting your surname in 'payee reference' or emailing me on the first occasion you go down this route so I can confirm receipt.

Remember to fill in a gift aid form if you're a UK tax payer (If you have already completed one for us in the past, you don't need to do one on every occasion. I'll come back to you if there's a problem).

For those with Charity Aid Foundation (CAF) accounts you can send me a voucher or set up regular payments.

Another online donation route is through [www.justgiving.com/frok/Donate](http://www.justgiving.com/frok/Donate)—either a one-off or regular amount. If you declare you're a UK tax payer, Justgiving will add gift aid to any donation.

Finally, you can also support FROK when you make on-line purchases by using the THEGIVING-MACHINE.

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