



KK are starting the bounce back...

In our last newsletter we reported the challenges in transferring our annual donation to KK (£28,528 incl one large individual donation). We are delighted and relieved to report that this was finally achieved in May, almost 10 months later than usual. It arrived in the nick of time with staff having to take pay cuts or offer their time voluntarily. KK has now applied for an official Memorandum of Understanding that will allow them to receive future funds from FROK without hiccups. **BUT the amount we raised during 2020-2021 has dropped massively to only £12,000,**

not least because of not being able to hold in-person fundraising.

'During the pandemic, FROK's fundraising fell away massively, like so many charities.

KK's need for our support has not diminished. Please help us to turn the tide NOW in our fundraising

Needless to say KK's need for our support has not dropped. At our AGM in June, we reported on the year to 31st March 2021 and gave a verbal update of KK's work since then. Alongside its humanitarian pandemic effort, it has been working with communities in Bannu to open a new school and a women's skills centre and has received further funding for its ground-breaking work in bringing together people from different faiths.

Do consider if you can help rebuild our fundraising capacity. Maybe increase your Standing Order, make a donation, recruit a member, run a fundraiser? SEE BACKPAGE FOR DETAILS. Every little helps.....



Serving cooked food is part of KK's pandemic humanitarian effort in Bannu (above), a market in Peshawar (below right) and to a woman who called herself 'among the discarded ones' (below left)



The 2020-2021 FROK Annual Report is now available at www.frok.org.uk/publications

Another accolade for Maryam Bibi of Khwendo Kor in June

Maryam Bibi was selected to deliver a statement on behalf of Pakistan Civil Society at the launch of the Pakistan Humanitarian Response Plan. The event, held at the Foreign Office in Islamabad, was attended by the Foreign Minister His Excellency Shah Mahmood Qureshii, Minister of State & Frontier Region, Chairman National Disaster Management Authority, UN Resident Coordinator and reps from UN Office for Co-ordination of Humanitarian Affairs

'Sharing women's experiences of the pandemic in York and NW Pakistan' - a film for International Women's Day

For nearly 10 years, the fund-raising "Frock for FROK" clothes swap and awareness-raising event has been a popular feature in York International Women's Week (YIWW). Until Covid struck!

The search for an alternative, led to the idea for a joint FROK-KK film, to share women's experiences in York and in NW Pakistan. The 30 minute film had its on-line premiere on 6th March. Maryam Bibi and KK staff were in the audience at their homes in Peshawar.

After an introduction by Rachael Maskell, York's female MP, FROK supporters Mary (pictured below), Lu, Sarah, Penny and Marilyn were shown volunteering for a meals delivery system. Other women described their challenges such as Ali, mother of an adult disabled son, Danila, a disabled woman, Jane, a volunteer in a food bank and Julia, a single parent home-



schooling her young children alongside her paid work.

Moving to Pakistan, the film showed KK distributing cooked food and warm clothing to those on the streets. In rural areas, they distributed support packages, including sewing machines, animal feed and chickens. Zafra (pictured above right) and Shakia in Dir told of the impact, including men losing their jobs in Saudi Arabia. Zafia and Noreen described families being helped

by KK to set up shops to sell vegetables, eggs or clothes they had made. In Peshawar, women val-



ued the chance for training in sewing, knitting, embroidery and making masks at KK's Elma Bibi Handicraft Centre, the creation of which was partly funded by FROK. Akhtara and Zainab spoke of the importance of finding economic independence and urged women to stay strong, to speak for themselves and to keep hope that better times are ahead.

The film ends with a 'wordmap' of words supplied by women in KK and York of what 'woman' means to them.

After the film, Maryam Bibi told the audience that at first, the virus had seemed less virulent than in western countries,. Since then, Maryam herself was very ill with the virus (thankfully now recovered), deaths have risen as has the economic impact and

children have lost time at school, particularly in the villages where on-line learning is not an option. More positively, there is the beginning of a vaccine rollout.

Maryam closed the event by reminding us that there are friends everywhere, we are not alone. Even though the world is full of challenges, we need to find opportunities to move forward even if progress seems slow.

The film is now publicly available on youtube at - https://youtu.be/wGWw_8Y9mBw. If you

YOGA BENEFIT BREAKS ALL RECORDS!

Laura, a long time FROK supporter and Iyengar Yoga teacher ran an on-line yoga benefit session in March and raised almost £1,0000! She—and we—were flabbergasted. What a wonderful effort! And it was a great yoga session too! Thanks Laura.

haven't already watched it, we urge you to do so as it conveys both the commonality facing women everywhere – albeit in very different financial situations - but also the high regard with which KK is held among its communities.

We are deeply grateful to the involvement of the volunteers in York and in Peshawar for putting it together.

Carol Morris MBE (1941-2021)

With great sadness we announce the death of **Carol Morris MBE** in April. Carol was a founder member of FROK, reflecting her lifelong passion for female education. Carol's support for Maryam Bibi and KK right from its early years while she was with the British Council in NW Pakistan was unwavering. She and Maryam became firm friends. FROK was honoured to receive donations in Carol's memory. She will be greatly missed.

From learner to earner.....



Akhtara (26) came from a very poor family and had limited schooling. She suffered hormonal disturbance, was prone to sickness and regularly visited KK's health centre.

Gradually Akhtara became motivated by KK staff to learn skills at their Elma Bibi Handicraft Centre (EHD) and to join their adult literacy classes. Initially she felt embarrassed at sitting among young girls. And feared they would laugh at her. With gentle encouragement she took the plunge in 2019.

Akhtara learned quickly and grew

in confidence. When KK advertised for a vocational teacher, she decided to apply despite fearing she stood little chance. When appointed she said: "I couldn't believe that I was chosen as a teacher." Akhtara soon proved that she was not only a good learner but also a good teacher. Today she is running EHD center successfully, providing training to the learners but also producing innovative items.

Akhtara is an active, confident teacher, happy to help support her family, and excited and hopeful for a brighter future.

Gul Rukh, the best student in the class

No one in Gul Rukh's family had ever been to school. Following repeated failed requests to her father, she concluded: "I am a girl and education is not important for girls." When the family moved to Mathra, where KK has a school. Gul tried again.

Eventually her mother came to see it for herself. She was so reassured by its safe female environment that she also enrolled Gul's older (uneducated) sisters into the EHD Centre and adult literacy classes!

Today Gul Rukh (13) is an intelligent, confident student and top of her class: "Now I am studying Grade 5 and can read, write and perform on stage during co-



curricular activities in school. I feel really proud of all the things I have learned in the school and I am really happy. My family and the others in the community are very grateful to KK, especially for helping uneducated girls".

What makes KK's work different? What's the secret ingredient?

KK was recently asked, by an overseas team conducting a review of projects their organisation was funding, to explain why KK was able to establish sustainable projects while so many others failed. It is clear that the answer lies in the core involvement of communities and especially women, the careful building of trust, and attention to building the capacities of communities to advocate for themselves.

Can you support KK to help more females like Akhtara, Gul Rukh and Rachna?

PLEASE DONATE NOW

Promoting inter-faith harmony

Rachna (22) is from a Hindu community and joined KK's Youth Fellowship Programme as part of its project to promote an inclusive society that celebrates all cultural values and traditions. She told KK: "Earlier I was lacking confidence in interacting with other faith groups, but now I have learned that every individual from any faith can have its own perspective and culture is only the binding force not the breaking one among all faiths". She went on to say: "This learning not only changed my understanding towards other faiths but enabled me to change others' perspectives towards my faith and culture". Rachna also found the programme enhanced her communication and leadership skills which helped her get a government job. Her own family were initially reluctant to support her in the programme but that has changed as they have seen her positive role in influencing society and bringing harmony among different faith groups.

Did you know that KK is the sole shareholder in BEE (Business for Equality & Empowerment) a start up company run by former KK employee Imran Kazmi? Read on...

Imran is actively looking at ways of building BEE's services in order to improve KK's financial stability. As well as business consultancy, training and investment in small scale businesses, BEE markets handicrafts produced by rural women artisans from KK's skills centres through e-commerce platform marketplaces. These include wall hanging baskets, hand embroidery, crochet work, leather purses and wallets.

Imran is keen to hear from anyone interested in talking about possible outlets.—www.beeservices.com.pk; beeservices18@gmail.com; Whatsapp +92-333-9196522



Promoting products made by women with KK's support

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

Advice from our Treasurer

There are many ways through which you can support KK financially:

- ◆ Set up a membership, standing order, or make a donation by cheque (made payable to FROK please) or bank to bank through our **website** (www.frok.org.uk) or by **writing to me**.
- ◆ Use an **on-line banking transfer** (bank account details on the website or on request) 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.
- ◆ 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.
- ◆ Donate either a one-off or regular amount through **Just Giving** (www.justgiving.com/frok/Donate). If you declare you're a UK tax payer, Just Giving will add gift aid to any donation.
- ◆ Support **FROK** when you make on-line purchases by using the **THEGIVINGMACHINE**.

You can also now donate to FROK each time you buy through Amazon by selecting us at Amazon Smile.

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

CONTACT US AT:

Chair: Marilyn Crawshaw
50 Middlethorpe Grove
York YO24 1LD
marilyn.crawshaw@york.ac.uk

Treasurer:
Jonathan French
85 East Parade,
York YO31 7YD
jonathanfrench97@gmail.com

Membership:
Penny Bartlett
76 Scarcroft Rd
York YO24 1DD
pennybartlett@hotmail.co.uk