

Khwendo Kor revisits its strategic plan for the future



When Khwendo Kor developed its 10 year strategic plan in 2018, little did they know that major new government changes would be introduced affecting foreign funding, that Covid-19 was around the corner followed by floods in the region and now cost-of living challenges. So it was a wise decision to review the plan this April. FROK's chair and Vice Chair, Marilyn Crawshaw and Naeema Hann, were honoured to be able to attend the workshop (self-funded) You can read more about the trip inside.

FROK held its June AGM in Coventry for the first time Our members there organised what everyone agreed was a very successful meeting. Attendees included not only those from as far afield as Scotland and Wales, but also new and old supporters from the local Pakistan diaspora and some online!

Our guest speaker, Dr Aisha Malik, gave a fascinating talk about gendered decision-making in Health, based on her research in Pakistan and drawing too on her practice experience here in the UK. It prompted a lively discussion. Dr Malik's talk is available on you-tube at <https://youtu.be/QuquHpkkU6k>

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



Some of the KK staff in a breakout group and below at the Strategic Planning workshop April 2023



Please bear in mind when viewing the AGM you-tube that it's an amateur recording so you'll need to skip parts where the speaker showed video clips as these did not record well. Please ask us if you'd like a copy of her powerpoint slides.



Above: some FROK Trustees at the AGM. L to R (standing): Ian Sinclair, Sundus Yahya; Saima Sherazi (front) Jonathan French, Penny Bartlett, Penny Bainbridge, Polly Griffith, Naeema Hann, Marilyn Crawshaw

FROK's Annual Report 2022-2023 is now available in hard copy on request or at <https://ukfrok.wordpress.com/annual-reports/>

It's not only about fundraising—but it helps!

Many York FROK supporters and friends responded splendidly to the Call for Donations to go into the suitcase of FROK Chair Marilyn on her trip to Peshawar in April. Goods for the handicraft centres and schools flooded in—more than 30kgs worth! You can see them being unpacked ready for use in the you-tube film that KK made of her visit — <https://youtu.be/69vraY1yqnA>—also available on FROK & KK websites.

Marilyn writes of her trip: 'The hospitality was, as always, superb. There were many new faces since my last visit in 2018 and a few familiar ones. I was struck by the calibre of the new staff and how well they complemented the experienced staff. They were overwhelmingly in their 20s and 30s, all graduates or with Masters degrees, highly reflective and analytical but in a grounded way. They showed clear commitment to KK values and to their Viable Village approach. The facilitator was also very good and familiar with KK and its reputation.

Together we reviewed the overall situation since 2018 and considered in depth the present day strengths and challenges. Each strand of KK's work was examined as well as seeing where there are gaps.

One area to emerge was the need to consider how to integrate gender-sensitive **climate justice** into KK's work. Another was the need to improve **digitalisation** within KK and awareness of the potential opportunities and downsides of AI.

On the third day, stakeholders joined us (quite an impressive list ranging from government departments to UNHCR to donors and even a utility company) to hear what we'd been doing. A number publicly pledged to support KK. I was honoured to

be asked to thank the stakeholders for coming, on behalf of KK.'

You can watch workshop highlights at <https://youtu.be/8AQ4Bb2zhL8>

The next stage is to pull it all together into a report and recommendations for the senior management team and KK Board to take final decisions. Watch this space!



Clockwise from top: Handing over the donated goods; meeting learners in one of the schools and handicraft centres

Interested in helping FROK a bit more? Like jewellery? Live within easy travelling distance of York?

For many years, we've been lucky to have Lesley looking after our donated jewellery as a way of raising funds for FROK. Lesley would now like to pass this on. It works like this: someone donates second hand jewellery to us; Lesley checks it's intact, cleans it, mounts it on card and prices it. We then sell it to raise funds, through whatever outlets we can find. We can also make up small packs to sell by post and Lesley thinks someone might even try them on ebay! **Get in touch to discuss if you're tempted!**

New you-tube—**Maryam Bibi: Story of Strength** produced by Women Media Centre—<https://www.youtube.com/watch?v=RaQjRQ27jn4>. Not in English but the visuals tell the story well.

More fundraising efforts

York members were in force again during International Women's Week. Laura ran her online Iyengar yoga session with very generous donations from class members. And we ran our popular 'Frock for FROK' clothes-swap afternoon, also showing KK documentaries.

Together we raised over £1500!

Remember that we have step by step guides to running fundraising events. Ask us for copies and have a go!

Reporting from the front line....

For those of you following KK's UN-HCR project providing education support to children and women in the longstanding Afghan refugee camps in the province, you'll be as delighted as we are to hear that KK has now been awarded crucial 'Allowed to Work' status by the Ministry of State and Frontier Region. This is a big step and hopefully secures this project for some time to come. (*Girls in one of the schools below right*).

KK delivers regular dasterkhwan—the distribution of hot cooked food—with the support of philanthropists. Sometimes these are served to street drug users and KK recently established an MOU with a local drug rehabilitation NGO to whom they can now refer people. It also delivers dasterkhwan to women and children from their schools (*see top right*), enabling some women to attend who were not allowed to leave their homes before KK's involvement. A recent report said:

'All students of KK Education system and EHD learners belong to deserving families. Many travel by foot from villages 2-3 Km away. They get not only tired but also feeling very hungry and they cannot arrange lunch for themselves due to poor financial status. So when they heard about the dasterkhwan, they become very happy and enjoyed the lunch with friends.'



KK delivered dasterkhwan every day during Ramadan and again daily during the recent Eid festival

KK opens a new handicrafts centre

KK was delighted to inaugurate its new women's Elma Bibi Handicraft/Skills Development Centre, in Charsadda in January. The ceremony was attended by Mrs Farha Hamid, Chief Commissioner Right to Information; Rukhshanda Naz, Ombudsperson for Sexual Harassment in the Workplace; and Ms. Rubab Mehdi Former Federal Additional Commissioner. Some of the goods donated by FROK supporters in March/April will be shared with the new centre.



One of our FROK members recently contacted us to say: "Keep up the good work! It's the best charity I donate to because it actually feels like you DO something!!!"

Calling possible book authors!

Maryam Bibi has been selected as one of the inspirational women featured in a series aimed at young people. This has involved two of us interviewing Maryam about her childhood, her time as a young mother coping with cultural restrictions alongside her husband's mental illness, how she came to set up Khwendo Kor and through to the present day. The interviews are fascinating and thought provoking. As there is more material that can be included in the book for young people, we're keen to produce a book aimed at adults.

Interested in helping bring this to life? If so, we'd LOVE to hear from you!





Thanks go to one of our FROK members who recently sent £10,000 to support KK's work on health and sanitation. It will make a difference to many lives!

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**.

GDPR (General Data Protection Regulation) 2018

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Helping women and girls live with dignity and selfreliance in northwest Pakistan

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