

# Khwendu Kor develops its vision for 2023-26



We reported in the last newsletter about KK's mid-way strategic planning workshop in April attended by two FROK trustees. This formed part of KK's work in setting its course for the next four years, work that is nearing completion. Indeed KK's Board has already confirmed a [slightly] revised Vision and Mission:

## Vision

*A compassionate society where women and girls live and thrive with dignity and self reliance*

## Mission

*A learning and value-based organisation striving for inclusive and resilient communities and empowered women*

Alongside its existing programmes of Education, Economic Empowerment, Health, Political Awareness & Women Participation, and Humanitarian Responses will be included one on Climate Justice. As we heard from our guest speaker at our 2022 FROK AGM, Pakistan is in the top 10 most affected countries in the world. Women everywhere are disproportionately affected by climate change, including in Pakistan.

As you will see on page 2, the inclusion of a gender-sensitive climate justice programme is already attracting attention, given KK's proven track record of being able to engage women even in remote, patriarchal communities.

## Breaking news—KK staff coming to the UK in 2024

We have other exciting news!. KK senior staff have been selected to attend a Well-Being Retreat in the UK in April 2024. Planning is in its early days but we are hopeful they can extend their stay for a few days and enable members to meet with them.

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



KK greatly values its links with higher education and recently signed a Memorandum of Understanding with the Shaheed Benazir Bhutto Women University in Peshawar.



Some of you may remember that KK ran a Health Centre near their Head Office serving a very Impoverished community. It then had to severely curtail its work for lack of funds. It's now been re-opened and is focussing in particular on much needed thalassemia services.

# KK delivers important training.....

KK plays an important role in delivering training to adults as well as education to children. Here are just two recent examples:

In October, it provided two sets of training. First, a two day course on Psycho-social First Aid Counselling to members of Rapid Action Task Force (see right)



## Yet another prestigious award for KK!

On the occasion of the 75th anniversary of Pakistan, the Ministry of Planning, Development & Special Initiatives initiated a process for recognizing Pakistan's high achievers and emerging leaders who have contributed to the country's social and economic development. As part of this, it announced Development Leadership Awards to celebrate 75 Pakistani individuals (high achievers as well as unsung heroes) and institutions that have played an instrumental role in the socio-economic development of Pakistan. What an honour when it was announced that Khwendo Kor was selected!

**CONGRATULATIONS KK for this well-deserved recognition of your remarkable efforts and commitment to making a positive im-**



## Calling possible book authors!

We're still looking for a volunteer to work with us on putting together a book for adults about Maryam's life. This would be based on two interviews that we've recorded. **Do get in touch if you might be able to help. We'd LOVE to hear from you!**

Next (above) two days of training were delivered to police officers, lawyers and female doctors on "Gender-based Violence guiding principles and Survivor Centered Approach"

Both trainings were part of KK's project "Faith in action for sustainable climate resilience: a pilot initiative to support the Khyber Pakhtunkhwa Ombudsperson's office'. They were funded by Norwegian Church Aid.

## Thanks to York FROK members and supporters who've taken on our donated jewellery work

Following the call in our last newsletter, we're delighted that Jane, Mick and Danila have taken over our second-hand jewellery project.

They've done an amazing job in sorting through the backlog. They also came up with the great idea of approaching local auctioneers to check its value and this has resulted in some lots going to auction and raising much needed funds for KK. **THANK YOU!**

**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

It's been a while since we reported on KK's medical camps. They remain an important service and one with no shortage of women coming forward. At this featured two day camp run in collaboration with the Family Planning Association of Pakistan, 350 women & children attended.



They received free comprehensive checkups, medicines, guidance on managing chronic conditions and/or referrals for further treatment. Health information and education sessions were also provided on such areas as gender-based violence, menstrual hygiene, antenatal care, HIV/AIDS, family planning, and breastfeeding. An important ingredient of empowerment!

Delivery kits were given to 20 expectant mothers; sanitary pads to 200 girls; and 120 lunch boxes to families.

## Not forgetting the school children.....

And children too are encouraged to learn about health education measures that they can take.



Students at Alternate Learning Pathways centres for girls & young women who had previously dropped out of education and pupils in schools run by KK, including refugee villages' Schools in Haripur Region as seen here, got to learn about World Hand Washing Day!



**Celebrating  
World Handwashing Day  
in Style!**



Thanks go to one of our FROK members who recently donated £4,500 to support KK's work on its infrastructure.

*School girls taking delivery of some new school equipment!*

## 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](http://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](http://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**.

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

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