

FROK

The UK Friends of Khwendo Kor

Registered charity no: 1095857

Annual Report for 2023-2024

Welcome to the Annual Report of the UK Friends of Khwendo Kor ([FROK](https://www.frok.org.uk)), covering activities undertaken by our Trustees and members during the year from 1st April 2023 to 31st March 2024. FROK was founded in 2002 to support the work of Khwendo Kor through fundraising and other activities. We are a volunteer-run registered charity so incur minimal expenses. We retain only £1,000 each year for unexpected emergencies transferring the rest of monies raised directly to Khwendo Kor (KK).

Founded in 1993, KK is one of the oldest women-led NGOs in the region. it works with women and their families in Khyber Pakhtunkhwa and the Newly Merged Districts (NMDs) (formerly the North West Frontier Province and the Federally Administered Tribal Areas). FROK promotes KK's core values - commitment, accountability, mutual respect and integrity - as well as its vision of 'A compassionate society where women and girls live and thrive with dignity and self-reliance'. KK's participatory development approach, in particular its 'Viable Village' model, focuses on the active involvement of communities, especially women and children, in its key areas of Education; Civil and Political Rights; Health; Combating Gender Based Violence; Social Cohesion and Livelihoods Improvement; Humanitarian Responses and, following adoption of its new Strategic Plan for 2023-6, Climate Resilience. Key to this is the careful building of trust, always attentive to the importance of building the capacities of communities to advocate for themselves. Communities, with KK's support, are at the core of defining what changes are needed and how to achieve such changes, thereby taking a lead in their own development. You can read more about KK's work on their website (www.khwendokor.org, including their 2022 and 2023 Annual Report at <https://khwendokor.org/iec-material/annual-reports/>) and ours (www.frok.org.uk).

As always in our Annual Report, we want to thank all our members, donors and other supporters for their contributions during the year, financial or in other ways. I'd like to say a massive thank you in particular to FROK member Jane and her 'team' who have taken on our second hand jewellery fundraising endeavour so far raising nearly £800. After the jewellery is donated, the team check and disinfect it so that it is ready to sell. We always welcome suggestions of fundraising activities as well as personal introductions to possible funding sources. Our experience is that KK makes a little go a long way and, of course, always with transparency as well as great creativity and commitment!

We have reported before on the longer term impacts of Covid and the 2022 floods in the areas where KK works and these continue, alongside cost of living pressures. KK's emerging focus on climate change also reflects what so many of us are experiencing in our own lives. The disproportionate impact on women and those experiencing poverty from increasing periods of extreme heat, floods and so on in KK's region is stark and immediate. Given this, it is encouraging that KK has been noticed by the newly formed US group Climate Resilience for All (CRA) (<https://www.climateresilience.org/>) whose strap line is 'When women are climate resilient, we will all be climate resilient'. The resonance with KK is clear. CRA selected them as their first partner in Pakistan and this was announced at COP28 in Dubai, with Maryam Bibi in attendance. It is hoped that a five year programme of work will be developed. To get things underway, CRA will be making a donation to FROK for us to work with KK on a one year pilot project.

KK continues to seek in-country philanthropic contributions and can receive zakat contributions. Their monthly dastarkhwans (providing cooked food) both to people on the streets and to families of the children who attend their schools are all supported by individuals. During Ramadan, KK provided meals daily.

KK also continues, with UNHCR funding, to manage the educational provision across a number of longstanding camps, some now up to 40 years old, for refugees from Afghanistan. This is challenging work and requires a lot of staff time, not least to manage the bureaucracy associated with arranging the necessary work permits. This project will run until at least the end of December 2024. KK

continues to organise its own schools of course. They are largely self-sufficient (with some help from FROK) as are the KK skills handicraft centres.

An encouraging feature of KK which myself and FROK's vice chair, Naeema Hann, saw at first hand last April when we took part in their strategic review workshop is their ability to nurture new staff talent. We met many younger staff members who demonstrated both a strong values base and a grasp of the complexity of implementing plans 'on the ground'. All too often, policies and plans look simpler on paper than in practice and they had understood this. Their intellectual curiosity alongside critical reflection skills were impressive. As we said in last year's report, although KK suffers from relatively high staff turnover, its past staff frequently volunteer with them as well as acting as KK ambassadors in spreading their KK acquired skills and values in new arenas.

KK's Strategic Review Report is now out and its latest Annual Report is imminent. If anyone would like copies please let us know. We will also put links to them on our website.

FROK's activities during 2023-2024

We were delighted to hold our AGM in June 2023 in Coventry for the first time, welcoming old and new faces. We had a great welcome! We were also pleased to have enabled some members to join us online and will be doing the same for our 2024 AGM in York. Our guest speaker in Coventry was Dr Aisha Malik who gave a fascinating talk about her research in Pakistan into Gendered decision-making and medical treatments. We made an amateur recording of her talk and can supply the You-tube link on request.

FROK's **Trustees** have held three meetings this year, supplemented by email and phone contact in between. We also maintain regular **contact with KK staff** by email, zoom, and WhatsApp in order to keep up to date with developments within the organisation itself as well as in the wider region.

Our recent review of FROK's **membership** shows that as of 31st March 2024, we have 86 members, most of whom pay by Standing Order. This is a slight drop in membership since last year. Members'

subscriptions, donations and fundraising efforts form a substantial part of our annual donation to KK, so we are always glad to have new people. Do please spread the word.

We continue to produce a twice yearly **Newsletter** for members, supporters, donors and other interested parties in the UK and overseas. Please let us know if: one, you've not been receiving this; two, if you want to switch to receive it electronically instead of by post (or vice versa); or three, if you have any feedback.

In addition, the following summarises more of FROK's activities:

Financial Support of KK

FROK aims to raise a minimum of £12000 each year as a contribution to Khwendo Kor's core costs that is not tied to any specific project or appeal. This enables them to fund activities not normally covered by other donors, take up new opportunities and/or have some protection against emergencies.

Normally we seek to achieve that £12,000 by around the end of June each year and then an annual grant is sent to KK in July or August including any other monies that have been raised as well.

This target was achieved in 2023 and the funds were sent to KK along with £515 additional funds and a £10,000 grant to KK's health fund, a total of £22,515.

It is expected that FROK will achieve its target of £12,000 for KK's core costs by the time of the AGM in June 2024. A donation of £4,500 to support KK's funding efforts was received in 2023/4 and will be transferred to KK along with funds received to address Climate Resilience that are expected to arrive by June 2024.

Technical Support

From time to time, FROK members provide technical support to KK staff. This includes help with written English where needed and assistance with funding proposals or report writing. If any members have skills they would like to share, please get in touch.

FROK Website and Facebook page

We continue to run our website – www.frok.org.uk - in a low maintenance manner to match our available resources. Limited resources also influence our decision to not (yet) use social media other than Facebook. Our website has a regular flow of website 'views' and 'visitors' and this increased from 2022 to 2023. This reporting year the most popular months were November and March.

Our facebook page - UK Friends of Khwendo Kor (FROK) - reaches all over the world to promote our work. This year we have increased our number of followers by a hundred, as we did in the previous year. The most popular posts are about the work of Khwendo Kor, and we share news provided by their staff. An average of 400 people read these posts. We also highlight global issues such as Earth Day and worldwide campaigns that benefit women and girls.

Links with the Pakistani community living in the UK

We continue to have contacts with UK-based Pakistani individuals and organisations and are especially pleased that this is reflected in our Board of Trustees.

In summary, we hope that you enjoy reading this Annual Report and that it encourages you in your support for KK, both financially and in solidarity with its aims. As Trustees we always welcome your ideas, suggestions and offers of help as we strive to enhance our work. If you wish to get more involved in any way at all then please get in touch – you can be assured of a welcome!

Marilyn Crawshaw, Chair June 2024