



Khwendo Kor confirms groundbreaking agreement on climate resilience

Following on from the US-based organisation Climate Resilience for All (CRA—www.climateresilience.org/) selecting KK as their first partner in Pakistan and launching at COP28, we're delighted to report progress. CRA asked FROK to work with KK to develop and deliver a one year plan for identifying sustainable community-based solutions in 3 districts to help women and their communities deal with the mounting impact of extreme heat in particular.

This initial programme starts on 1st July and will provide important information for securing longer term funding to extend the work to other districts and to widen out to other aspects of climate resilience. CRA's strapline is 'When women are climate resilient, we will all be climate resilient' - a good fit with KK!

The aim is to provide a serious response to what is one of the key problems of our times. If you have expertise in this area or know of others that do; if you know of funding sources; or if you'd simply like to know more we'd love to hear from you! And check out some recent research findings on page 3

KK's staff visit to the UK in April

We were delighted to host Maryam Bibi and Khalid Usman to York, Birmingham and Oxford over 5 days in April. It was a whirlwind!

We were, however, very disappointed that Imran Kazmi was refused a visa and that Nuzhat Amin's positive visa decision did not arrive until AFTER the visit had finished! We have written to MPs and government departments to register our concerns.

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



ABOVE: Maryam Bibi, CEO, recently met with members of the CRA team while on a visit to the USA

BELOW: Maryam Bibi arrives in Oxford, greeted by Professor Ian Sinclair, OBE, Honorary President of FROK : old friends reunited!



KK's visit to the UK

While in York, Maryam and Khalid gave talks at two separate events in the city. FROK ran a well attended joint event with the Centre for Applied Human Rights at the University of York. And Maryam, Khalid and FROK Chair, Marilyn, were the guest presenters at a hybrid event run by the Department for Environment, Food and Rural Affairs and including staff from the Foreign, Commonwealth and Development Office—over 50 in total!

Next on to Birmingham where they were hosted at an Eid celebration lunch by more FROK Trustees (see right) and supporters.

And finally to Oxford, where they had a relaxed, informal meeting with FROK Trustees, Ian Sinclair and Dilawar Hussain and



ABOVE: from left to right—Maryam Bibi, KK, together with FROK Trustees Sundus Yahya, Saima Sherazi and Ayesha Shahid



supporters. (see above).

They then travelled on to an international meeting in Frome Somerset, where they braved the UK spring weather in one of the breaks (see right).

Before she left the UK, Maryam even found time to do an online session with a York secondary school 'girl leaders' group who wanted to hear what had inspired her to become a woman leader. She certainly inspired them with her fascinating story!



FROK's Annual Report is now available on our website—or ask us to send you a printed copy

Update on York FROK fundraising with donated jewellery

Jane, Danila and their team have now sold almost £800 worth of donated jewellery. What an amazing achievement!

Maryam sent these words following her visit:

"I feel indebted and have no words to express my gratitude for the invaluable support and the very hard work you are doing in support of our work in KP Pakistan. Please extend my heartfelt thanks to all for their time, warmth and hospitality. I really acknowledge that this visit will be one of the good memories of my life"

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

KK takes what opportunities it can to promote women's handicraft work. Here they are (right) at the 4th National Women Youth Career conference spanning two days in May. The event aimed to facilitate the exchange of ideas and information about employment opportunities



FROK Trustee Dilawar Hussain and his wife Maureen (pictured left) were able to visit KK projects while on a family visit to the region. They visited Charsadda Skills Centre and a project with female Afghan refugees in Peshawar, making woollen shawls and jewellery.

Exploring climate change impacts and gender dynamics in Khyber Pakhtunkhwa

Research commissioned by KP to provide a baseline for their climate work had some important—and alarming—findings. Here are some highlights: from their interviews:

- ⇒ Over half said it had affected their lives a lot in the last 10 years
- ⇒ Almost all said it especially affected the health of women and children through heat-related illnesses but their access to health services was very poor
- ⇒ 8 in 10 communities had had no local awareness training
- ⇒ Most information to women only came via men; early warning systems, emergency shelters etc were very sparse
- ⇒ Co-ordination between local authorities and communities over climate-related emergencies was poor

The report concluded the urgent need for women climate change leaders and

Sharing a platform for World Thalassaemia Day

KK has long supported children and adults living with Thalassaemia. Indeed they recently became involved in running blood donation sessions. And they were pleased to be represented at an event marking World Thalassaemia Day (see below).



Thanks to the FROK member whose whip round at her birthday event raised £117!

AND to the FROK supporters who ran their usual Frock for FROK clothes swap in York International Women's Week in March and raised well over £600!



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.

GDPR (General Data Protection Regulation) 2018

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*Helping women and girls live and thrive
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 YO3 1 7YD
jonathanfrench97@gmail.com

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