

FROK

The UK Friends of Khwendo Kor
Registered charity no: 1095857

Annual Report for 1st April 2024 – 31st March 2025

Welcome to the Annual Report of the UK Friends of Khwendo Kor ([FROK](#)). Founded in 2002 to support the work of Khwendo Kor (KK) through fundraising and other activities, we are a volunteer-run registered charity. We incur minimal expenses, retain only £1,000 each year for unexpected emergencies and transfer the rest of monies raised directly to 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, Livelihoods Improvement; Climate Resilience; and Humanitarian Responses. Key to this is the careful building of trust with, and the importance of building the capacities of, communities in order for them to advocate for themselves. Communities are thus at the core of defining what changes are needed and how to achieve them, thereby taking a lead in their own development. You can read more about KK's work on their website www.khwendokor.org.

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. 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, with transparency as well as great creativity and commitment!

It's been a busy and demanding year for KK and below is just a flavour of their work. Their in-country philanthropic contributions continue to fund regular dastarkhwans (providing cooked food) all year round for people on the streets, for families of the children who attend their schools and more recently for some of the

villages in their working areas. During Ramadan, KK provided meals daily. KK are also registered to receive zakat contributions.

With UNHCR funding, KK continues to manage the educational provision across a number of longstanding camps for Afghan refugees, some of which are now more than 40 years old. It also runs its own schools and handicraft skills centres which are largely self-sufficient (with help from FROK).

Work on gender-based violence (GBV) is ever needed. During this reporting year KK won a two year contract from the KP government's World Bank funded road construction project to provide training and sensitisation on GBV, sexual exploitation and harassment to a range of government officers and to transport contractors transporting girls to & from schools. KK is also providing response services to GBV survivors during this period. The project covers 23 districts and is part of the KP Rural Accessibility Project designed to improve safe and climate-resilient rural accessibility to schools, health facilities and markets—

<https://projects.worldbank.org/en/projects-operations/project-detail/P177069>

FROK members have been closely involved with KK's project with the US-based Climate Resilience for All (CRA) (<https://www.climateresilience.org/>) organisation whose strap line is 'When women are climate resilient, we will all be climate resilient'. This is a ground-breaking initiative which focuses on the effect of extreme heat on women and KK is CRA's first partner in Pakistan. Working in 15 villages across Peshawar, Bannu and Karak Districts with only a small amount of funding, KK have achieved some remarkable results. Using their Viable Village approach, they conducted Participatory Rural Appraisals (PRAs) which culminated in the production of Village Council Development Plans that identified impact and need. You can view their PRA work on KK's youtube channel at <https://www.youtube.com/watch?v=QofOUPMBIkw> (put together with help from one of our volunteers). Alongside this, staff have built crucial relationships with local stakeholders such as local government officers, utility companies, elected members and so on. Most recently they have established District Climate Change Networks and will soon establish ones at Provincial level. They have already started enabling local people to lobby for their needs to be addressed as well as working with communities on the ground to develop some local solutions. Crucially CRA have agreed to extend the funding for the next two years and wider funding will also be sought (and much needed).

In addition, KK continues to deliver projects funded by the Pakistan Poverty Alleviation Fund (PPAF) and the Norwegian Church Association (NCA), and ones funded with the support of FROK, individual philanthropists, and return on investment at the Bank that include Zoonash and Farhan (Z&F) health care with a focus on thalassemia and Drinking Water Supply schemes.

FROK's activities during 2024-2025

We held our 2024 AGM in York and were again able to allow members to join online. Rather than having a guest speaker, we instead shared some findings from a survey that KK had done on the effects of climate change in their working areas and had a more general and fruitful discussion.

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.

As of 31st March 2025, we have 88 **members**, up slightly from last year, most of whom pay by standing order. Members' subscriptions, donations and fundraising efforts form a substantial part of our annual donation to KK, so we are always glad to have new members. Do please spread the word!

We produce a twice yearly **Newsletter** for members, supporters, donors and other interested parties in the UK and overseas and welcome feedback on it. Please let us know if you've not been receiving this or if you currently receive it by post and wish to switch to receive it electronically.

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

Financial Support of KK

FROK aims to raise a minimum of £12,000 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 2024 and the funds were sent to KK along with £4,520 donated towards the end of 2023, for institutional support to KK for fundraising and £774 for the UWIC schools. FROK also received the

grant to KK from CRA of \$25,000 and sent the sterling amount of £19,217 to KK. In total £36,511 was transferred to KK in 2024/5.

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 2025. We currently do not have any other significant donations to send.

Technical Support

FROK members continue to periodically 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. I'd like to especially thank Ian Sinclair and Carol Leonard this year for their extensive support to KK on climate related strategy and funding bids.

FROK Website and Facebook page

In order to match our available resources, we run a low maintenance website – www.frok.org.uk – but we seem to attract plenty of visitors, especially to our welcome and trustees pages. Limited resources also mean that we continue not to use social media other than Facebook.

UK FROK's facebook page has nearly 2,000 followers. We hope our facebook posts are read by people living anywhere in the world. We prioritise highlighting Khwendo Kor's achievements and global events such as International Women's Day.

Links with the Pakistani community living in the UK

We continue to have regular contacts with the Pakistani diaspora in the UK, including through our Board of Trustees.

In summary, we hope that you enjoy reading this Annual Report and thank you for your continued and much needed support for KK, both financially and in solidarity with its aims. As Trustees we always welcome your ideas, suggestions and offers of help. If you wish to get more involved with us then don't hesitate to get in touch – you can be assured of a welcome!

Marilyn Crawshaw, Chair June 2025