



FROK AGM hears from the Mayor of Solihull.....

Members and supporters gathered in Coventry and online for our 2025 AGM in June. We were honoured to have as our Guest Speaker Councillor Shahin Ashraf, MBE, the outgoing Mayor of Solihull.

It was inspiring to hear Clls Ashraf recount her story as a British Pakistani woman entering the political arena—including at UN level—to champion the



Watch KK staff at work conducting Participatory Rural Appraisals in Bannu, Karak and Peshawar in this fascinating you-tube clip—
<https://www.youtube.com/watch?v=QofOUPMBIkW>

Left: Members, supporters and Trustees join Cllr Shahin Ashraf at our AGM

role of women. She raised a rueful smile around the room when she told of arriving at a venue to chair a high level meeting and being greeted by men who assumed she was the speaker from the refugee community! We're proud to welcome her as a FROK member.

This was followed by a second talk, by Farah Ahmed who, inspired by the work of KK, has set up a residential facility for girls in Lahore which is achieving some amazing work in expanding the life chances of so many. Check it out at Durre-e-Rehmat Foundation.

Our grateful thanks too to the Ghafur family for sponsoring the meeting with some wonderful food!

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

www.ukfrok.wordpress.com

FROK Annual Report is now out. Let us know if you've not got your copy or check on our website:
<https://ukfrok.wordpress.com>



Above: As reported in our last newsletter, KK won a major grant to deliver GBV training & support in 23 districts. Some of its Community Mobilizers and GBV Survivors Support Facilitators recently attended a two-day **Orientation & Training Workshop** designed to enhance local capacity to provide timely, sensitive, and coordinated support for GBV survivors.

'A Frock for FROK' event reaps rewards again!



FROK York members and supporters have been running a clothes swap during York International Women's Week for several years now. People come along to refresh their wardrobe and jewellery, enjoy home made cake but also to learn more about the amazing work of KK. This year was no exception. And we raised over £900 in the process! If anyone fancies 'having a go' in their locality, ask us for our comprehensive tips!

Above: The second hand jewellery stall and that selling KK's crafts were popular as was **(right)** bagging a bargain!



Many thanks to FROK members who recently donated items for us to take to an auction house in York . A lovely old clock raised £45, an equally lovely ring raised £155 and some gold earrings £20! (and thanks to another member for organising it all).

DO YOU HAVE ANY ANTIQUE OR COLLECTABLE OLD ITEMS YOU COULD DONATE FOR US TO AUCTION?—see <https://www.dugglebystephenson.com/>

Congratulations to KK on a number of recent achievements. They have been awarded three major grants: (i) their work through UNHCR in educating Afghan children in Afghan refugee camps in KP is to continue for at least 3 more years (ii) they will train youth in climate mitigation funded by the British Council and (iii) they will work on GBV, funded by Norwegian Church Aid. After a gap of almost 10 years, they have been able to reopen their Karak office. They have also trained 165 teachers and they have started providing online English classes in some of their schools with the support of FOKUS* volunteers.

*FOKUS is Friends of Khwendo Kor US

Reporting from the front line—focussing on the impact of extreme heat on women

In each Newsletter we report on only a part of KK's work and hope it demonstrates the range of what they do. As the UK moves into what is an unusually hot summer, we thought it appropriate to give space to hearing women's accounts of coping with increasing levels of extreme heat in KK's working areas, funded by Climate Resilience for All; support that has now been extended for a further two years.

Sabira (42) from a small village in District Karak works tirelessly, caring for her home, cooking, cleaning, and also working in other people's houses to make ends meet. She has four children - two sons and two daughters. Her husband is a mason and works long hours to support their family. Sabira's hands are always soaked in soap water, scrubbing dishes and washing clothes. She sweeps floors, cleans animal dung, dusts furniture, and carries heavy loads. Her body grows weary with each passing day. Her life is simple but full of struggles. She also faces the problem of unavailability of clean water resulting in health complications. The villagers often speak about the dangers of unclean water. Some have fallen ill, and she has heard that kidney stones are common among those who drank it.

"At this time, my children often suffer from skin diseases, but due to our poor financial condition, we cannot afford to visit a doctor. Additionally, there's no availability of gas and electricity and installing solar panels is beyond our means".

Shakeela (30) a mother of two, from District Peshawar has faced significant challenges since her divorce five years ago. To support her children, she works as a domestic servant, travelling from house to house. The increasing intensity of the heat due to climate change has made her daily commute exhausting. The lack of shade along her route, once provided by trees, is now a glaring issue, as the fields have been replaced by housing developments and markets.

This change, combined with the persistent scarcity of water and unreliable electricity, has made everyday life even more difficult. Despite this, she continues to find strength in supporting her family, showing remarkable resilience in the face of both personal and environmental hardships.



Women coming together to share their experiences with KK staff and express their needs.

Nosheen runs a small embroidery business at home, producing traditional clothing. Due to high temperatures, her work environment has become difficult, affecting her health and productivity.

- Heat and sweat damage fabrics and embroidery threads, lowering product quality.
- Long power outages prevent her from using fans or cooling systems.
- Customers hesitate to visit her home workshop during heat waves, reducing sales.

Nazia, a 38-year-old mother of four from District Bannu has struggled since her husband's death four years ago. Living with her in-laws, she works tirelessly - managing household duties, working agricultural land for wages and food, and selling milk from her cow to support her children. With her eldest son (13) and her father-in-law unwell, financial strain weighs heavily on her. She endures extreme heat while working, worsened by the strict purdah she follows. Frequent power outages make nights unbearable, with mosquitoes causing illness she cannot afford to treat. The lack of a nearby market or health care further complicates daily life during extreme heat as it further discourages women from going outside. Despite these hardships, Nazia remains resilient, driven by her love for her children and her unwavering determination to provide for them.

Do you have experience in the field of climate change and can share your expertise? Do you know of funding sources that FROK or KK can approach? Get in touch!



Women from a village in the Mathra area come together to share food provided by KK and take the opportunity to discuss issues together

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:

- ◆ Complete the online membership form at <https://tinyurl.com/UKFROK>
- ◆ 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've already completed one for us in the past, you don't need to do one each time. 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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Pakistan*

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