

FROK

The UK Friends of Khwendo Kor

Registered charity no: 1095857

Annual Report for 1st April 2025 to 31st March 2026

Welcome to our Annual Report. 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 so retain only £1,000 each year for unexpected emergencies and transfer the rest of monies raised directly to KK.

As always, we want to thank all our members, donors and other supporters for their contributions during the year, financial or in other ways. We also 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 does so with transparency as well as creativity and commitment as the below snapshot of some of their work illustrates. You can also read more about KK's work on their website at www.khwendokor.org.

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 Federally Administered Tribal Areas). FROK promotes KK's core values of commitment, accountability, mutual respect and integrity as well as its wonderful vision of 'A compassionate society where women and girls live and thrive with dignity and self-reliance'. Using its unique 'Viable Village' model within its participatory development approach, KK focuses on the active involvement of communities, especially women and children. Its key areas are Education; Civil and Political Rights; Health (including water and sanitation); Combating Gender Based Violence; Social Cohesion, Livelihoods Improvement; Climate Resilience; and Humanitarian Responses. Central to its work is the careful building of trust with communities and enhancing their capacities to advocate for themselves. Communities are thus at the core of defining what changes are needed and how to achieve them.

The year covered by this report has continued to be busy and demanding for KK accompanied, sadly, by a worsening security situation. Despite this they have worked with more than 300 villages and communities across 27 Districts in a range of ways.

Their in-country philanthropic contributions continue to fund regular dastarkhwans (providing cooked food) all year round for people living on the streets, for the children who attend their schools and their families, and for some of the villages in their working areas. During Ramadan, KK provided meals daily. KK is also registered to receive zakat contributions.

UNHCR funding has continued for educational provision, including teacher training, across the longstanding camps for Afghan refugees. KK also runs its own schools and skills centres for women with a combination of FROK funding and self-generated income. This year has seen two particular developments: (i) strengthening its 'learner-to-livelihood' pathway through integrating work on social mobilisation, production support, exhibitions, market and buyer linkages, and the promotion of successful female role models from the community and (ii) an innovative link between KK schools and US volunteers for zoom-based English lessons on a variety of subjects.

KK's two-year contract from the KP government's World Bank funded 'KP Rural Accessibility Project' is ongoing. KK provides training and sensitisation on Gender Based Violence (GBV), sexual exploitation and harassment to a range of government officers and contractors transporting girls to and from schools across 23 districts. They also provide response services to GBV survivors. <https://projects.worldbank.org/en/projects-operations/project-detail/P177069>

FROK members remain closely involved with KK's project with the US-based HERA organisation (<https://heranow.org/> previously called Climate Resilience for All). HERA's focus is on protecting the health, income, and dignity of women on the frontlines of extreme heat. It is a women-led climate adaptation NGO, delivering tangible, innovative solutions with local community partners in different parts of the world. KK is their only partner in Pakistan. After their one-year pilot in 2024-5, KK were successful in securing a further two years of funding for a 'Heat to Cool' project, working in 15 villages across Peshawar, Bannu and Karak Districts to deliver community-based solutions to mitigate the impact of extreme heat, especially on women. By building on relationships with local stakeholders, KK have also established District and Provincial Climate Change Networks that bring organisations and local communities (including women) together.

KK continues to deliver projects funded by the Pakistan Poverty Alleviation Fund (PPAF) and Norwegian Church Aid (NCA), as well as continuing its humanitarian work in the aftermath of the 2025 floods – and much more!

FROK's activities during 2025-2026

We held our 2025 AGM in person in Coventry with some members also joining online. We were warmly hosted by local FROK supporters and enjoyed a highly stimulating talk by Cllr Shahin Ashraf, MBE, outgoing Lord Mayor of Solihull, about her story as a British Pakistani woman entering the political arena—including at UN level—to champion the role of women. This was followed by a second talk, by Farah Ahmed, who was inspired by the work of KK to set up a residential facility for girls in Lahore.

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 **92 members**, up from last year. Most 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.

We have also ventured into new territory with the production of a children's book called '**Maryam Bibi and the Story of Khwendo Kor**'. The first copies are available in English and an Urdu one is to follow. Huge thanks go to our Trustee, Professor Claire Chambers, for her immense work on making this happen – and in finding a wonderful young artist, Anna Bacon, to do the illustrations. Copies are available for a donation to FROK and our plan is to get some printed in Pakistan for use in schools.

The following summarises some 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 2025 and the funds were sent to KK along with £2,200 donated for education and feminine hygiene projects in KK. FROK continued its work with CRA (now called HERA) and a further grant of \$50,000 (£37, 810) from them was sent to KK to continue the climate resilience project. CRA also made a contribution towards an earthquake appeal to members and donors and a total of £13,065 was sent to support KK's work in that disaster.

The trustees decided to end the separate fund for the UWIC schools as donations were reducing. A final grant of £194 was made.

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 2026. 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.

FROK Website and Facebook page

In order to match our available resources, we run a low maintenance website – www.frok.org.uk – and we seem to attract plenty of visitors. We continue not to use social media other than Facebook.

The UK FROK facebook page has nearly 2,000 followers: this number has remained steady for several years. We 'share' posts from KK's facebook page which gives vivid, up to date news stories. We also feature global issues that our two organisations have in common such as International Women's Day and Earth Day. We are heartened when there are 'likes' and notifications to our page and everyone is encouraged to interact.

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 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 welcome your ideas, suggestions and offers of help. If you wish to get more involved with us, don't hesitate to get in touch – you can be assured of a warm welcome!

Marilyn Crawshaw, Chair June 2026