



Launch of 'Maryam Bibi and the Story of Khwendo Kor' children's book and the AGM.....

Welcome to the Spring/Summer newsletter. We were delighted to see some of you at our June AGM in York. Our Annual Report is now on our website, with printed copies on request.

KK continues its services despite the deteriorating security situation in some of its working areas. We reported on its ongoing provision of dastarkhwans; humanitarian work; education in camps for Afghan refugees; support for women's micro-credit schemes; work on gender-based violence, sexual exploitation and harassment; on social harmony & much more.

KK's schools and skills centres include 'learner-to-livelihood' pathways, promotion of successful female role models from the community and innovative links with US volunteers for zoom-based English lessons.

Its 'Heat to Cool' climate project is well underway, delivering community-based solutions to mitigate the impact of extreme heat, especially on women. With KK's commitment to influencing from grassroots to macro levels, it has now set up District and Provincial Climate Change Networks bringing organisations and local communities together.

Helping women and girls live and thrive with dignity and self reliance

We were excited at the AGM to launch our children's book 'Maryam Bibi and the Story of Khwendo Kor' and a short documentary of 'Women in KK'. Read about them on the next page.



Above: Women gathering for a meeting

Our Annual Report is now on our website at <https://frok.org.uk/annual-reports/> OR ask us to send you a printed copy.

Welcome to our two new trustees: Dr Aisha Malik and Professor Shaheen Sardar Ali. Read about them at <https://frok.org.uk/the-frok-board-of-trustees/>

Our grateful thanks to retiring Trustee, Professor Claire Chambers, not least for her amazing work on our children's book.

FROK launches its children's book 'Maryam Bibi and the Story of Khwendo Kor'

FROK was very excited to launch its children's book 'Maryam Bibi and the Story of Khwendo Kor' at its June AGM. It's long been a dream of ours and now it's a reality!

The book's text was drawn from transcripts of interviews with Maryam Bibi by Naeema Hann (FROK's vice chair) and Marilyn Crawshaw (FROK's chair). The text was developed by Claire Chambers, FROK Member and Professor of Global Literature. Maryam Bibi and KK staff were involved at every step through to final approval.

A feature of the book is the beautiful illustrations by Anna Bacon, a wonderful young artist.

How to get a copy:

As a charity, FROK is not allowed to sell the book, but we can accept donations (we suggest £10 per copy (incl p&p). or as much as can be afforded, PDFs are also available. Here's how to order:

Email us on

frok.events@gmail.com or

Phone us on 01904 702060 .

If you know groups or libraries that you think would benefit then we can supply them with free copies.



Breaking News!

We've just received a very generous donation that will enable KK to open a health centre in Mathra providing help with physical and psychosocial care primarily to women and adolescent girls.

'Women of Khwendo Kor' documentary at FROK AGM

Earlier in the year, the FROK Trustees were discussing what to do for the 2026 AGM. There emerged the idea of asking KK to come up with a short video featuring some of their female staff. Unless we are lucky enough to visit, we so rarely see the range of women involved.

'Women of KK' is a delightful short film in which a range of female staff introduce themselves. It really brings alive just a few of the many the 'Women of Khwendo Kor'. Our AGM participants loved it and we thought all could enjoy it at <https://youtu.be/d6ET0thEWbl>



Many thanks to FROK members and supporters in the York area who ran their popular 'Frock for FROK' clothes swap during York International Women's Week. They raised nearly £700!

If you fancy having a go, we have a sheet of tips on how to run one.

SEE KK'S IWW CELEBRATION ON P4!

Reporting from the front line.....



We reported last time on US volunteer supporters delivering on-line English classes to some of KK's schools. Above you can see this in action. Their aim is not only to improve English skills in a friendly and supportive atmosphere but also to build knowledge and a love of nature in young minds. This term the focus has been on the 3 Rs—Reduce, Reuse and Recycle—and on how to stay safe in extreme heat. There's lots of interactive work, presentations by the pupils, written exercises, story telling and songs related to the Earth, nature and the environment. Making learning fun and engaging!

Below, you can see some of the mothers coming back to the classroom too. In their case, these are the successful applicants for receiving solar panels. They come to learn how to use and maintain them. The scheme is proving very popular and there's already a waiting list but simply not enough money to go round. Let us know if you come across any sources of funding or wish to donate!



Above and below: There's always lots of interest in craft products when KK takes goods made in their skills centres and micro-enterprises to exhibitions. This is a crucial part of its focus on 'learners to livelihoods' pathways, teaching crucial skills in marketing.

And it's not just female customers that get attracted!



Congratulations to Imran Kazmi at KK who has been selected for a workshop in Italy on well-being, with a view to supporting other staff members with his learning on his return



Above: KK held an event to mark International Women's Day at their Head office

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

We are sending you this Newsletter because you have previously consented to receive it. If you no longer wish to receive it, please let us know. For our full Privacy Notice, please see our website - www.frok.org.uk - or ask us for a printed copy.

*Helping women and girls live and thrive
with dignity and selfreliance in northwest
Pakistan*

www.ukfrok.wordpress.com

CONTACT US AT:

Chair: Marilyn Crawshaw
50 Middlethorpe Grove
York YO24 1LD
marilyn.crawshaw@york.ac.uk

Treasurer:
Jonathan French
85 East Parade,
York YO31 7YD
jonathanfrench97@gmail.com

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