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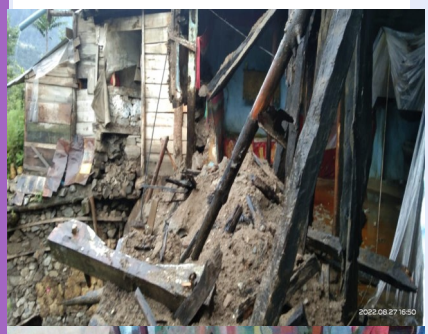
FROK newsletter

Khwendo Kor's response to devastating floods

In our last newsletter, we reported on our June AGM's talk on the effect of climate change on Pakistan. Little did we know that just two months later it would be experiencing its devastating impact through floods. So we're dedicating our whole newsletter to KK's flood relief response.



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

The FROK Flood Relief Appeal has so far raised over £10,000. We've closed the dedicated Just Giving page but you can still donate! See back page for details.

KK's relief response begins.....

From August onwards KK has been working hard to support those affected in its working areas of Nowshera, Charsadda, Dir Lower and Dir Upper. This is alongside its day to day work in areas not directly affected, where the need remains high.

They formed 4 main teams, drawing on volunteers as well as existing staff. They conducted a rapid assessment and immediately provided cooked food, clean drinking water and medicines to around 300 people including women and children. By mid-September they had reached 700 people In Nowshera

and Charsadda and were distributing dry rations and hygiene kits and running medical camps with the help of FROK money and national philanthropists.

As the water gradually started to recede, the mud and extensive damage remained and diseases spread.

One FROK-supported medical camp was run on Sept 22nd in Charsadda district. Its focus was especially on women and children. Medical staff, including three female and three male doctors, volunteered their services and performed comprehensive check-ups. As a result, 94 women, 84 children, and 67 men were treated with free medicine. The majority were suffering from fever, cough, skin infection, anaemia, and gastroenteritis. Antenatal and postnatal mothers also had check ups and 3 were referred to a major hospital for advanced treatment.

KK staff told us on 7th September:

"We met with women and children with sad faces, dirty clothes with mud and water, affected by hunger and thirst. The flood has ruined their homes, and their assets are damaged..... They were in great shock and stress.... Flood water still stands about 1 to 2 feet in their homes. They can't cook anything as their mud-made stoves and food items were damaged. They could not sleep for the last few nights as they have no mattress to sleep on because all were in the very worst condition and not reusable.

As winter approaches, KK is now distributing 'winterisation' kits, including in DI Khan district to the south of the province.

KK continues to work closely with other organisations, networks, government & UN clusters.

KK staff extend their heartfelt thanks for FROK supporters' generosity and good wishes. FROK encourages all to continue to support KK's other work—see the back page for a heart-warming donation story!

Reporting from the front line....

In mid Oct Maryam Bibi (shown here in white) and Imran Kazmi from KK Head Office did a field visit to Dir Upper, journeying through beautiful mountainous areas with winding roads, water falls and shining rivers. Alongside were signs of pre-existing poverty exacerbated by the floods. Maryam picks up the story:

"On my way to go inside a house I had to walk on mud tracks and saw that the crops belonging to local families were totally washed away. I was welcomed by a housewife in her 30s who looked much older. Her house was half demolished. She told me they had also been badly affected by the 2010 floods and till today, no preventive or relief-related measures had been undertaken. Livelihood opportunities were already scarce, youth were jobless and the flood meant families can't afford nutritious food. Diseases are spreading and treatment facilities are hard to access especially for women and children. Luckily people had used indigenous knowledge to vacate houses and avoid deaths. When they noticed early floods signs such as overflow of water in water falls and water streams carrying huge loads of bushes and even trees, extended families and relatives living in upper areas alerted them."

Maryam also reported from a FROK-supported medical camp:

"A huge number of women, children and men had gathered. A young lady doctor was compassionately listening to their issues and prescribing medicines on slips pre-printed with FROK. Diseases included diabetes, scabies, worms, anaemia, weakness, depression, throat and chest problems, urinary track and gynae issues. One woman had breast cancer, which the doctor said was rife in the area."

At a later community gathering, Maryam found herself the only woman among 200-250 people, mostly elders!

Stories from individual women

Women face particular challenges in such times but also display great generosity, and the desire for self reliance:

Ms. Taj Meena (35) said: "My house's boundary walls and latrine system, clothes, utensils, and furniture are destroyed during the flood. ……. But I am ready to voluntarily work with KK to collect and verify the data of deserving women & children to provide effective support to them."

Ms. Amina (40) told KK: "…….all our quilts and mattresses are damaged by flood water & mud, and we cannot reuse them and I am worried about the upcoming cold weather. We have no clothes, no utensils, and no shoes. We request KK to provide us support at our doorstep with the help of women staff…..because many people brought different things to the roadside and street where many men and boys from other areas collect all the relief items and take home and we are still deprived.".

***Ms Razia* (**50), a widow, said: "I was praying to Allah that someone gives me at least one glass of water or a cup of tea to relieve my hunger. When I saw the cooked food and clean water I am very thankful to Allah and KK for this timely support. My request is to give us some cash so we can fulfill our needs whatever and when we want."

Assessing the needs of women especially young, pregnant, elderly, those with special needs and single-headed families require skills, compassion and cultural norms which generally are not part of the training of the aid workers.

Maryam Bibi, October 2022

Heartfelt thanks go to one of our FROK members who recently sent a whopping £20,000 to support KK's education work. You can be sure it will be put to very good use!

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.
- Support **FROK** when you make on-line purchases by using the T**HEGIVINGMACHINE**.

You can also now donate to FROK each time you buy through Amazon by selecting us at Amazon Smile.

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