

Autumn-Winter

2016

KK's work in one of the toughest parts of the region



Khwendo Kor has always concentrated its efforts in the most challenging parts of the region. It does so knowing that the risks to its staff are greater but that the need is very high. KK also knows that it has the potential to be accepted among the local population because it is an indigenous organisation. All the more

frustrating that our attempts to bring KK's upcoming female leaders to the UK have again been thwarted by visa refusals as you will see in this Newsletter. However you will also hear of KK's successes and the importance of our ongoing support for them. Read on.

Khwendo Kor is implementing a project "Program for Poverty Reduction (PPR)" with the support of the Pakistan Poverty Alleviation Fund in one of the most conservative and difficult-to-work areas i.e. Dir Upper which borders Afghanistan. As usual, it is employing an integrated community-based approach with 5 components: education, health, livelihood, institutional development and physical infrastructure. Such developments do not always follow a tidy pattern of course but instead reflect the diverse needs of the communities themselves. Here are some exam-



School girls taking part in competitions in Dir Upper

ples. Eighty five members of the UC Barawal Bandai community, both male and female, have been trained as Community Resource Persons (CRPs), or 'change agents', tasked with mobilising their communities into participation. As a result, there have already been important changes. Eight community members have been trained to open and run schools. KK's model of establishing 'children's parliaments' at Government schools has been replicated in 10 government schools throughout Dir Upper. KK has rehabilitated and refurbished some of the missing or dysfunctional facilities at a Category D hospital in Dir and the labour room in the hospital is now providing a 24 hour service to local women.

KK has also established two Community Health Centres in Dir Upper, UC Barawal as there was previously no health care facility available that catered for the needs of women and children. For the first time, eight women got permission to attend a 24 month midwifery training course at provincial level in Peshawar. One hundred and twenty five women in the area were given livestock to enable them to start up businesses. Women from the area have also, again for the first time, opened their own bank accounts and learned about the concept of saving. As part of paying attention to physical infrastructure, 40 small scale schemes have been undertaken including drainage and water supply schemes, irrigation, flood protection, mini check dams, renewable energy and roads and bridges.

Congratulations to Huma Gul, Aqeel Ahmad and Khalid Usman on recent US trips. See page 2



A health session with women in Dir Upper

'At a time when the world is full of fear, hatred and despair, words of hope and inspiration are desperately needed. Your visit was a reminder of our interconnectedness ...'

words from a member of the audience at a talk given by Maryam Bibi in the USA, November 2016

Contact us at: www.frok.org.uk—Reg Charity No: 1095857

FROK: UK Friends of Khwendo Kor

FOKUS: A sister organisation for FROK in the USA

In mid-2016 the idea of setting up a US support group for KK really started to get off the ground. During October and November, several meetings were held with diverse groups working mostly in the field of international development and peace issues. On receiving encouraging feedback from all, the decision was taken to register a US chapter of KK. A group of senior professionals with experience and skills across KK's focus areas then came together and expressed their willingness to get actively involved.

The proposed Friends of Khwendo Kor US (FOKUS) now has seven Board members and is in the process of registering as a non-profit US organisation. It has developed a draft strategic framework and activity plan which is currently being consulted on. Its key aims are to focus on people to people contact, learning exchanges, awareness raising, capacity development and fundraising. It hopes to establish volunteer groups, engage local communities and reach out the diaspora.

We look forward to working with them!

Joint project with Afghanistanid is already reaping rewards—see back page

Successful Visas and successful trips!

We were delighted to hear that Khalid Usman, Director HID, Huma Gul, Programme Manager, and Aqeel Ahmad, Training Manager, were each selected to go to the USA. Khalid attended the IUCN World Conservation Congress in Hawaii. Huma was part of a delegation 'Women Rights Leaders from Pakistan'. Aqeel was selected for an International Visitors Leadership Programme.

Read on opposite page that not all KK staff have been so successful in being able to visit other countries—but we will keep trying to get them to the UK!



Sana gets to go to school, KK style!

Sana is a student of KK Akhun Banda school. She is the oldest among her brothers and sisters. Her father is working overseas and her mother is a housewife. Sana is disabled. She walks with the aid of a stick and other schools in the area were reluctant to admit her. Sana and her parents are very keen on education and asked KK if she could attend their school. Of course they said 'Yes'.

Sana is a very intelligent and active member of the school. She helps other students with their homework, attends regularly and enjoys her education. Her ambition is to become a doctor because in her village there is not one and she wants to help her people.

Currently pay your FROK Annual Subscription by cash or cheque,? Willing to convert to Standing Order? Please let us know.

Do you get 'cold weather' payments?

Many of us are very grateful for the additional financial help towards fuel bills that comes from 'cold weather' payments. But for some of us, we are fortunate enough to already be able to keep on top of our bills. If so, spare a thought for some of the families with whom KK works, facing another bleak winter and plunging temperatures. Consider donating your 'cold weather' payment to FROK.

MENTAL HEALTH UPDATE—BAD NEWS

In our last Newsletter, we featured KK's community mental health services and the exciting way in which KK was using their experience of community development to tackle this highly stigmatised area of work. Within weeks, FROK got the news that its future looked grim. The donors had informed KK that they would not be funding the service after the grant ran out at the end of December. Not because they were unhappy with what KK was doing. But because they had as an organisation altered their funding priorities and community mental health provision no longer fitted.

FROK has been desperately trying alongside KK to find a replacement donor for this vital service. So far, we have been unsuccessful and time is running out. Just as here in the UK, mental health is a Cinderella service.

IF YOU KNOW OF POTENTIAL SOURCES OF HELP, LET US KNOW STRAIGHTAWAY

Three Women Complaints' Centres established at government police stations in Mansehra

KK initiated its Gender Justice Programme with the support of Norwegian Church Aid (NCA) in 2010 in District Mansehra. Since then KK has been striving to combat gender injustices wherever it can. A component of the programme is to strengthen public sector institutions so that their response to gender-based violence is enhanced. Therefore one aim was to establish or improve the functioning of Women Complaints Cells (WCCs) in three police stations of District Mansehra. This has now been achieved, in agreement with the police department and the KP Government.

Women Complaint Cells provide a dedicated space within the premises of a police station to cater to the female population's griev-

ances, issues and complaints., in particular when they have experienced violence. They offer a secure and comfortable space for women to come to, offering as they do confidentiality and privacy. The cells have well qualified, trained female



KK staff who in turn are supported by the male staff of the police station.

Khwendo Kor gets underway with its 7th strategic planning exercise

KK has commenced its seventh strategic planning exercise; to cover 2017-21. KK's future course of action, organisational structure, geographic and thematic outreach plans, vision, mission and objectives will all be considered. Two renowned professionals are providing support voluntarily throughout the process—Shahnaz Kapadia, CEO Mera Maan & Fellow at Harvard University and Dr Andrea Fleschenberg, DAAD Long Term Guest Professor, Qaid-e-Azam University, Islamabad. FROK Trustees, Marilyn Crawshaw and Ian Sinclair, have been commenting on the formative stages and are hoping to attend the final five day event which will culminate in a

written report. Watch this space!

KK ranked in the top 500 NGOs in the world in 2016

Khwendo Kor was recently ranked in the top 500 NGOs in the world by NGO Advisor—

<https://www.ngoadviser.net> /- a Geneva-based independent media organisation.

KK was selected out of thousands for its outstanding impact, innovation and governance.

Congratulations KK!

Technical skills you can share?

FROK member Elspeth is good with written English. KK staff sometimes value help with their written English documents. It's a great combination. Read from her blog on the back page.....

Know any small Trust Funds or organisations that might be interested in supporting KK? Or who would like a speaker at an event?

LET US KNOW

More problems with visas

FROK members and supporters will remember our huge frustration and disappointment last autumn when Laila Shanawaz—one of KK's younger female leaders—was turned down for a visa to accompany Maryam Bibi on her UK trip. We had a similar disappointment this autumn. Nuzhat Amin had been invited to attend a two day international workshop for Human Rights Defenders at the University of York. FROK therefore arranged a programme for the rest of the week in order for us all to make the most of the opportunity. What happened? You've guessed. Nuzhat's visa application was turned down despite official invitation letters from both the university and FROK agreeing to meet all costs.

And now we have learnt that Laila, who was recently given the honour of being selected for UNHCR's Training of Trainers on Protection in Practice has had her visa refused to attend an associated workshop in Hungary.

We have, of course, made representation about it but it is a major concern that KK staff's opportunities to engage on the world stage—an essential two way process for us and them—are being restricted in this way.

Technical skills you can share?

Elsbeth wrote on her blog about the work she's been doing for KK (edited for this Newsletter): 'In the midst of western downheartedness last week, I got a request to do some more editing work for Khwendo Kor who are creating a booklet of case studies to show some of their work for women in the tribal areas of North West Pakistan. This particular set of studies is about the Gender Based Violence [GBV] that is widespread in that area. Or is it? No - *it is about the absolutely tremendous work that this dedicated NGO do every day, and the people who help and are helped and the gratitude, and the hope, and the sense that change for the better is possible*, but no false notions that it will be either quick or easy. *Just keep caring. Keep learning. Keep working. Deal with it, whatever it is, as best one can.*

DO YOU HAVE SKILLS YOU CAN OFFER?

Joint project with Afghanaid— An update

FROK is pleased to report that the joint project between KK and Afghanaid, funded by the J A Clark Charitable Trust and previously reported in this Newsletter, is going well. Further exchange visits have been undertaken and AA are especially interested in KK's 'viable village' approach. In turn, AA are assisting KK with some staff capacity building. We'll keep you posted!



Work gets underway on new HQ building in Peshawar, thanks to FROK members who donated to the Building Fund



School Enrolment walk in Dir Upper

Want to Donate to FROK or get a friend to join and not sure how?

Advice from our Treasurer

On our website at www.frok.org.uk, you can access a form to set up a **standing order**, download and **post a completed membership form and cheque** or find details on how to do a **bank to bank transfer**. Remember to fill in a **gift aid** form if you are a UK tax payer. For those with **Charity Aid Foundation (CAF)** accounts you can send me a voucher or set up regular payments

You can also donate up to £10 by sending a **text** to 70070 with the following message:

FROK10 £[put here the number of pounds you want to donate - choose from 1,2,3,4,5 or 10].

Another online donation route—either a one-off or regular amount—is through **www.justgiving.com/frok/Donate**. If you declare you're a UK tax payer, Justgiving will add gift aid to any donation.

You can also send me a **donation direct** (Jonathan French, FROK Treasurer, 85, East Parade, Heworth, York, YO31 7YD): cheques made out to FROK. If you're a taxpayer, please complete the gift aid form. (If you have already completed a form, it will not be necessary to do it on every occasion. I will come back to you if there is a problem).

For **online banking transfers**, use the bank account details on the website but please also let me know you're doing this By putting your surname in 'payee reference' or emailing me at:

Jonathanfrench97@gmail.com

on the first occasion you go down this route so I can confirm receipt.

Finally, you can now support FROK when you make **on-line purchases** by using the **THEGIVINGMACHINE**.

CONTACT US AT:

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Donations to:
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