



KK is needed now more than ever....

At a time when some Internally Displaced Persons from Waziristan are returning home to rebuild their communities, KK's skills and experience are needed more than ever. Yet the difficulties facing all NGOs in securing No Objection Certificates (NOCs) to work in the Tribal Areas (and now the 'settled' areas too) continue, as reported previously. Frustratingly, KK has had to return some grants to donors unspent, make staff redundant and temporarily close two regional offices (Bannu and Karak).

Added to this, KK's highly respected and successful HIV/AIDS project, run in partnership with the National Aids Control Program (NACP) in Peshawar, Kohat and parts of FATA, is closing unexpectedly. It currently reaches 1,000 patients and 3,000 family members with voluntary counselling & tests, medication, food

rations, livelihood support, and help with school fees. Yet in October, the NACP announced it was to be run by Local Community Based Organisations from the end of November. The fear is that the beneficiaries will suffer. All the more remarkable that KK staff remain confident, determined and ready to start new programmes once they get the go-ahead. And that is paying off. The good news is that KK will shortly launch a 3 year peace-building project

funded by Norwegian Church Aid/ Church of Sweden; it has already started work on new election observations projects; and has recently held promising meetings with Oxfam and the UK Department for International Development. And there's more. We report in this newsletter on the ways in which KK maintains and promulgates its approach in areas less constrained by NOC

requirements (such as Karachi); collaborates with other NGOs with similar interests (PPAF in Dir Upper); and works through ground-breaking movements such as TQK (Brave Tribal

Sisters) which recently held its first democratic election. Above all KK and its staff are resilient!

WATCH THIS SPACE!

"Community school is a great relief for me. I am now very much satisfied that my daughter will not be disconnected from her study as I was unable to send her too far away for further study after her 5th class...."

Haseenullah, father of Haseena who attends a local community school recently established by KK, Travelling to a school outside her village was not an option for her

Takra Qabailee Khwandy (TQK - Brave Tribal Sisters) welcomes its first democratically elected steering committee.

TQK, a network of tribal women established in 2012 by KK, is an alliance of civil society, academia and enterprising individuals which aims to empower tribal women. Half of its membership is drawn specifically from tribal men and women. In August, its first ever elections to a Steering Committee were conducted. The General Body membership nominated a total of 10 members to contest for the 6 available seats. The polling process was followed in a well-organized and transparent way with independent observers there to observe and to

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Congratulations to Maryam Bibi on her selection as a member of the National Commission on the Status of Women, representing Khyber Pukhtoonkhwa



A KK student giving a talk on the importance of girls' education: part of enrolment campaign in Upper Dir. Top Left—girls on an enrolment walk in Upper Dir

The importance of health and hygiene.....



Top and below right: Talking to patients & staff about healthcare

KK's work has always included the provision of health-care, including through medical camps taken out into remote or poor communities, establishing health centres and training traditional birth attendants. By providing information and awareness sessions to women directly, measurable benefits follow for the whole community. Once a woman realises the benefits for herself and her family, she will encourage others to change their ways or take up services.....

'I am satisfied now, as I know how to save my pregnancy by having regular antenatal checkups and taking care of myself and this has empowered me to take my own decisions. Thankyou..... for saving my life and saving the life of my child'

Ms Nagina, a KK beneficiary who, sadly, had previously lost children. She now works to raise awareness among other women in her community, with KK's support



Health Session

Congratulations to Friends of Khwendo Kor US (FOKUS) for achieving charitable status!

Like FROK, the aim of FOKUS is to support Khwendo Kor's mission of enabling women in marginalized and disaster prone grassroots communities in Pakistan to live with dignity and peace. They too want to contribute to improved mutual understanding, trust and peace building between the citizens of our countries. FOKUS's chairperson, Ms. Najma Siddiqui, recently visited KK's Head office, Peshawar and Mansehra Regional offices, Deen Dunya Centre and the project providing HIV/AIDS care and support. She also met with beneficiaries.

Thanks are due to our new and very active Coventry group. So far, they've raised £450 through putting on events for themselves, friends and family and enjoying each others' company whilst raising awareness of KK's valuable work



Top: Girls back in the classroom at Mardan

Determination pays off!

Sustaining schools is very difficult when donors' money is time-limited. After 10 years, funding finally ran out for a school in Mardan which had been established by KK for poor local children and those working in nearby brick kilns. The community was eager to see it re-open, especially for girls, but despite the continuous efforts of KK, funding could not be found.

Then, 2 years later, came a breakthrough when Mrs. Kalsoom, a local teacher known to KK staff, agreed to allow her home to be the venue for a new school. 39 students enrolled on the very first day.....

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Know about Wordpress?

We are looking for someone to help us with our website. We are currently switching to using wordpress and hence building a new website. Anyone interested in helping, do get in touch.

We're always interested to hear of anyone interested in helping us by sharing their skills!

FROK Members Celebrate UN International Day of the Girl Child

Three York members (Penny Bainbridge, Penny Bartlett & Polly Griffith), participated in this 11th October event at York Minster attended by students from 5 local secondary schools. Sponsored by the Rotary Club of York Ainsty and organised by Issy Sander-son, local co-ordinator of Days for Girls, students learned how to make reusable feminine hygiene kits for schoolgirls and heard presentations about overseas organisations actually making the products. FROK members described the work of KK, showing maps and photos to explain the challenges arising from the security situation, natural disasters and the conservative local culture and their success in starting schools, training teachers and running health camps. Few in the audience had any knowledge of northwest Pakistan, other than having heard of Malala! It was good to have the opportunity to them know the positive work that is going on.

Working with the Pakistan Programme for Poverty Reduction (PPR)

The Program for Poverty Reduction (PPR) being implemented by KK in Dir Upper is an integrated development programme where communities are organized into COs (Community Organizations) and VO (Village Organisations). Crucially, the COs and VOs include women. One of PPR's major priorities is to facilitate and empower communities to build linkages with local development schemes and generate resources for local development other than those provided by KK.

This has led to the communities being able to tap PKR 26,272,000/- (nearly £190k). Importantly, women were at the heart of decision-making.



Shabeen describes the difference KK's work made through enabling women to become involved in local decision-making: "..... gave a direction how to work, how to address our issues collectively and how to analyze and prioritize our issues. Problems and issues are part of life but when we get the skill to handle all these problems wisely then in my opinion it is success of the community. It is my first experience of being part of a community institution and now it is inspiration for me and all other that collectively we can make change... a real change... in behavior, how we see the problem and how the problem will be solved. Thanks KK for giving me and other women the strength and power to speak for our rights"



Left: School Enterprise Training for Establishment of Community School in Dir Upper



Left: Meeting with female youth members

KK reopens its office in D I Khan

KK in April 2017 reopened its D I Khan office when it acquired a national identity card and voter registration project from the Citizens Voice Project. The project is striving hard to reach out to remote areas of the district where women are still deprived of national identity cards and have never participated in the democratic process of the country.

Congratulations to Laila Shahnawaz on her selection for an "International Visitor Leadership Program" in US from November.

FROK members visit KK Head Office

Since the last newsletter, several FROK members have visited KK's new head office in Peshawar. Diliwar Hussain, Maureen Hussain, Naeema Hann and Professor Shaheen Sardar Ali were given a tour and held discussions with KK staff.

KK opens up in Karachi

Khwendu Kor has been entrusted by one of its long standing funders to replicate its successful model of 'Viable Village' community mobilization in three Pukhtoon-dominated communities of Karachi-Sindh. After a detailed participatory rural appraisal of almost 20 villages, three were selected for a pilot intervention. KK is now working to mobilise these communities to improve girls' education, women's participation in democratic processes, awareness of health and hygiene and capacity within communities to access resources for sustained local development. KK has established an office in Karachi with experienced staff and is working hard to strengthen coordination with local level stakeholders to facilitate its work.

Khwendo Kor conducts advocacy event

Khwendo Kor conducted a consultative workshop to invite viewpoints from different stakeholders on the currently enacted bills of Domestic Violence and Child Marriage Restraint. The purpose was to register any reservations of the civil society about them and convey them to the policy makers.

KK invited parliamentarians, media, representatives from minority groups, NGOs, politicians, government representatives, rights activists, lawyers and students to generate debate on the bills under consideration by the policy makers and convey the viewpoint of those who do not always have their voices heard.

Determination pays off –contd from p2

.... rising to 96 in a short time, at which point a second teacher was hired. KK organised and supported a Parent-Teacher Council, as well as providing free books, stationery and uniforms for the students and training and support for the teachers.

The school, however, was still not financially sustainable. KK lobbied potential donors over many months until at last they caught the attention of the Elementary Education Foundation, an autonomous government organisation supporting quality education in KP. They agreed to take formal ownership of the school in September 2017.

There are now 144 children enrolled, 10 boys and 134 girls. Thanks to the determination of the KK staff, they are able to receive a good education.

Thanks to *all* our donors & fundraisers, big and small. Although we pick out some for the Newsletter, we appreciate everyone's efforts.

TQK elections—contd from front page

..... provide feedback on how it could be improved in the future. The Committee comprises five females and one male, all but one of whom are from FATA. They took an oath from the Chairperson of the Women's Parliamentary Caucus, Government of Khyber Pukhtoonkhwa, and pledged to undertake their role in an unbiased and effective manner for the women of FATA as outlined in the vision and mission of the TQK network.



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

Advice from our Treasurer

Through our website (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 for setting up a bank to bank transfer. Remember to fill in a gift aid form if you're 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 is through www.justgiving.com/frok/Donate—either a one-off or regular amount. If you declare you're a UK tax payer, Justgiving will add gift aid to any donation.

You can also send 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 one, you don't need to do one on every occasion. I'll come back to you if there's a problem).

For online banking transfers, use the bank account details on the website and let me know you're doing this by putting your surname in 'payee reference' or emailing me (*see right*) on the first occasion you go down this route so I can confirm receipt.

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

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