



# FROK: UK Friends of KHWENDO KOR

## UNIVERSITY OF YORK HONOURS MARYAM BIBI

The University of York is to award Maryam Bibi, founder and Chief Executive of Khwendo Kor, an Honorary Doctorate in recognition of her work for the women in the Tribal Areas and Khyber-Pakhtunwa province of Pakistan. The award will be made at a Degree Ceremony in York next July. We will, of course, inform FROK members when the exact date is known and will be inviting you to join Maryam at an event celebrating this honour.

UK Friends of Khwendo Kor was founded in York

in 2002 when Maryam was studying there. She made many friends and supporters at that time and we know they will welcome a chance to celebrate this recognition of the courage and wisdom with which she has fought for the education, health care and

rights of women in the area where she was born. FROK now has members not just in York, but also spread around the UK and we are sure all will wish to join us in sending our warmest congratulations to Maryam.



KK staff visit women in their makeshift tents

## INVISIBLE WOMEN of the FLOODS



You may have noticed something strange in the media coverage of Pakistan's floods. In the first days, when the floods began in the North West of the country, it was only men who could be seen fighting for the bundles of

supplies, only men who crowded around the relief vehicles with outstretched hands. As the floods swept south and the media followed them, so the women began to appear in the desperate crowds, and by the time the waters had reached southern Pakistan, the women were as numerous as the men.

It was a vivid illustration of the invisibility of

women in the northern areas where KK works. So strong is the tradition of *purdah*, that it is not only in the normal streets of towns or villages that women are rarely seen. Even in times of disaster, the women feel unable to emerge to fight for their share of emergency supplies.

**READ MORE INSIDE**

### Inside this issue:

Reaching the women, children and elderly people	2
KK's use of FROK's Flood Appeal money	2
The need for long term redevelopment work	2
KK's normal activities continue	3
Helping with KK's core costs	3
'WITNESS—MARYAM'S MISSION' - new documentary	4
More fundraising ideas—Volunteers needed	6

### Special points of interest:

- *KK's work in reaching women flood victims in purdah*
- *How KK has used FROK's Flood Appeal money*
- *The next phase: The need for long term redevelopment work*
- *All KK's other work continues despite their flood work*
- *A new documentary on KK's work by award winning documentary maker, Farah Durrani*

# Reaching the women, children and elderly people

This Newsletter attempts to make the “invisible women” visible through the pictures taken by KK staff. They show KK’s female workers talking to women and elderly people about their needs and using FROK money to deliver supplies for which the women did not have to compete with men.



In the past two years, the people of the Tribal Areas and Khyber-Pakhtunkhwa (formerly known as North West Frontier Province) have been displaced first by the international forces fighting the Taliban and then again by the devastation of the floods. Women and children who have always depended on their men for any interaction outside the family have found themselves widowed, orphaned or sepa-

rated from husbands and fathers. Some have found it difficult, if not impossible, to break the taboos of a lifetime and emerge to ask for help.

Khwendo Kor is well aware of this situation. When the war swept over their working areas, they applied successfully to UNICEF for funds to register and

make special provision for families headed by women or children. So when, only 9 months later, the floods came and destroyed everything in their path, KK was well aware of who would be the most helpless and least visible victims.



## KK’s use of FROK’s Flood Appeal Money

The money generated by FROK’s Flood Appeal (over £8000 so far) was used both for emergency supplies to make sure the “hidden” women and their children were not completely overlooked, and also for staff time in preparing proposals to the major charities for further funds. Several of the NGOs who were already funding KK’s work in the area agreed that their funds might be used to respond to the new situation. A proposal to the J. A. Clark Trust for £10,000 to fund a senior member of staff to coordinate KK’s response to the devastation has been successful. Other proposals

are awaiting a response and new ones are being developed as the situation unfolds.

The long-term redevelopment on which KK will be embarking in the disaster areas will follow the pattern of their normal work, as they set up girls’ schools and educate women to play a fuller part in village life through women’s committees.

Training in micro-credit activities will enable the families now headed by women to earn a living. Medical camps and trained health workers will help them to recover from the horrible skin

and other diseases with which the flood waters infected them. If other disasters come upon them – and in this war-torn area it cannot be ruled out – the women will be better prepared to deal with them.

*‘The money generated by FROK was used to make sure ‘hidden’ women and children were not overlooked’*

## The need for long term redevelopment work



KK’s major work in the flood areas

is just beginning. The international charities tend to work only in the areas near their offices in the cities. KK can draw their attention to the remoter areas and the least visible victims and get funding for work that would not otherwise be done. **FROK will keep its Flood Appeal open to**

**help them in this essential long-term work.**

**You can donate through:**

[Justgiving.com/Frok-Flood-Appeal](http://Justgiving.com/Frok-Flood-Appeal)

**Cheque/bank transfer to the Treasurer, Jonathan French, 85 East Parade, York YO31 7YD/  
[jonathan@jfrench85.fsnet.co.uk](mailto:jonathan@jfrench85.fsnet.co.uk)**

## Keeping funds coming in....

### Collecting Boxes

Two of our new Committee Members, Shehzad Ali and Noman Paracha, suggested placing FROK Flood Appeal collecting boxes in local shops in York and Oxford. This proved to be very successful, over £400 being raised in a few weeks. We are now hoping to make this a regular method of fundraising. Do you know a friendly shop-keeper who would be willing to have a collecting tin on his counter and some FROK leaflets available for anyone interested? The only work involved would be emptying the box every few weeks and paying the total collected to FROK. If you think you know of a good location for a box, contact Shehzad Ali (York) at 07738 130094/ drshehzad\_ali@yahoo.com or Noman Paracha (Oxford) at 07747 445530/



noman.paracha@gmail.com.

### Tour de France and Everest Base Camp

Two FROK members have recently undertaken gruelling challenges to raise money for FROK. Kevin Rushby, travel writer and *Guardian* columnist, took part in “the toughest stage of the

toughest bike ride in the world”, the Etape section of the Tour de France, which climbs 2,115 metres in the Pyrenees. Kevin, who has visited KK’s work in Pakistan, chose FROK as one of 3 charities for which he was raising money and we received over £300 as a result. If you Google “Kevin Rushby Guardian Tour de France” you will find pictures, video and a written account of his efforts.

At the time of writing, Alison Leaver is seeking sponsorship for her climb to the Everest Base Camp in November. Alison worked with Khwendo Kor as a VSO volunteer in the 1990s and has visited them regularly ever since. She was a founding member of FROK and served on the Committee for several years. She can be sponsored at [www.justgiving.com/ALISON-LEAVER](http://www.justgiving.com/ALISON-LEAVER). The site will be kept open for some time and we hope to have an account and photos of Alison’s adventures in our next Newsletter.

## KK’S NORMAL ACTIVITIES CONTINUE

The pictures in this Newsletter focus on making the women flood victims visible, but it would be wrong to assume that KK’s activities have recently centred only around the floods. After the first week of the emergency at the beginning of August, the majority of KK’s staff returned to their normal activities, as reports in their August Newsletter make clear. Just a few examples give an idea of their diversity:

At **Jamrud in the Tribal Areas (FATA)**, a group of women had been identified for training in skilled bead work. (FROK already sells bead tissue box covers and camel ornaments from this area.)

In **Upper Dir**, KK held six medical camps which treated 1200 flood victims, mainly for skin and stomach diseases and diarrhoea. At the same time it continued its work replacing and improving school and health facility buildings in an area where the Taliban had caused much damage.

The **Mansehra** office (set up with FROK money in the earthquake area) had arranged discussion groups (one for women, one for men) in each of 20 villages. Overall 298 women and 274 men had been led in discussions about reli-

*‘A mother shows a KK worker her child’s skin disease caught from the flood waters*



gious and legal perspectives on women’s rights to inheritance and consent in marriage, rights and duties in matrimony, and gender-based violence.

A display centre for KK’s mazari products had been set up in the Women’s Business Development Centre in **Islamabad**.

## HELPING WITH KK’S CORE COSTS

In addition to appeals for emergencies and special projects such as the Pinner Ambulance, FROK aims to raise £12,000 each year to help KK cover its core costs. Major charities will fund time-limited projects, but do not contribute to reserves which enable staff to prepare proposals for those projects, cover the time when staff must be kept

on between projects, or keep the projects themselves alive until they become self-sustaining.

FROK’s current financial year is half over but, no doubt because of the generous response to the Flood Appeal, we have so far reached only a third of our target for the core costs. If anyone feels

able to give a donation earmarked for core costs, or to recruit new members (whose membership fees and standing orders go towards core costs), FROK and KK will be very grateful.





**CONTACT US AT:**

Chair: Ian Sinclair  
6 Goring Lodge, Pegasus Grange  
White House Rd  
Oxford OX1 4QE  
acs5@york.ac.uk

Donations to:  
Jonathan French  
85 East Parade,  
York YO31 7YD  
jonathan@french85.fsnet.co.uk

Membership/Fundraising enquiries:  
Marilyn Crawshaw  
50 Middlethorpe Grove  
York YO24 1LD  
Tel: 01904 702060  
marilyn.crawshaw@btopenworld.com

**Helping women and children in  
North West Pakistan**

**‘WITNESS – MARYAM’S MISSION’ - watch the  
work of KK as filmed by the award winning docu-  
mentary maker, Farah Durrani**

Last winter Farah Durrani, an award winning documentary maker and previous head of BBC TV’s factual programmes, followed Maryam’s activities as she and the KK staff re-opened schools destroyed by the Taliban in Upper Dir. The resulting programme, “Witness – Maryam’s Mission”, was shown on TV in July and can now be viewed on Youtube. Just put “Maryam Bibi” and “youtube” into Google. The film gives a moving account of KK’s work for peace and education amidst the dangers of an international war zone. We urge our supporters to watch it and recommend it to their friends. With attention diverted to the flood emergency, it is easy to forget that the security situation within which KK staff work has grown worse rather than better in recent months. Their courage is amazing as they continue to travel through regions from which most other NGOs have withdrawn their staff.

*Coming next time— We are delighted to announce that a KK staff member, Kalsoom Khan, has been awarded a Human Rights Defenders scholarship at the Centre for Applied Human Rights, University of York. She will be taking it up in 2011 and we will be working with her, KK and the University to support her in this exciting and important development for KK and Kalsoom. We will write more about this in the next newsletter.*

**Check out our new website:**

**[www.frok.org.uk](http://www.frok.org.uk)**

## More fundraising ideas—volunteers needed

### Could You Run a Stall for FROK?

**Running stalls at local events** can raise a lot of money in a short time. In September, in just over an hour at lunchtime in the university Jacqui Chainey raised over £200 selling jewellery and home-made produce. Soon after, Adi French raised over £300 in an evening, selling jewellery and KK micro-credit goods at her home.

Lesley Dellagana has been crucial to the success of such stalls since the first days of FROK. She collects **second-hand jewellery**, cleans and sterilises it and keeps it ready to supply to anyone who is willing to run a stall for us. Each year, FROK raises several hundred pounds through Lesley’s efforts. If any member has jewellery they no longer wear, Lesley would be delighted to receive and ‘recycle’ it. *Please either send it to Marilyn or ask her to collect (details at top of page) or direct to Lesley at 59*

*Holgate Road, York YO24 4AA*

**OR MAYBE YOU COULD SET UP SOMETHING SIMILAR IN YOUR AREA?** For tips, ask Lesley on [LesleyDellagana@live.co.uk](mailto:LesleyDellagana@live.co.uk)

The **basketware** produced in FATA and Karak by women trained by KK also finds an outlet on stalls. This not only raises money for FROK but also pro-

duces an income and raises self-esteem for the women. Stocks of basketware are held in York, Oxford and Bristol and can be supplied to any member who has an opportunity to sell them.

**We would love to have some new volunteers and locations for such stalls and fund-raising evenings. Please think whether you could run one at a church or school fair, after Sunday service at church or during the lunch hour at your place of work. An hour of your time could pay for many hours of education or training for a girl or woman in the Tribal Areas.**

**Contact Marilyn Crawshaw (York) on 01904 321254, email: [mac7@york.ac.uk](mailto:mac7@york.ac.uk); Elma Sinclair (Oxford) on 01865 723104, email: [elmasinclair@yahoo.co.uk](mailto:elmasinclair@yahoo.co.uk); Sarah Luther (Bristol) on [sary\\_lou@yahoo.co.uk](mailto:sary_lou@yahoo.co.uk)**

