

Spring/Summer
2014



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FROK: UK Friends of Khwendo Kor

Khwendo Kor's approach to community planning

FROK members may currently be involved in helping to construct their local Community Development Plans here in the UK. So how does Khwendo Kor go about helping villages in KP or FATA identify their needs and a way forward? How is it that KK achieves all that it does? And particularly so in a part of the world where others find it so difficult to work and where to educate girls seems to some the route to Western decadence? This newsletter, like the others, tries to supply clues. There is the unique 'holistic' approach, rooted in a genuine partnership with local villages and embodied in the 'viable villages' concept featured in our last Newsletter. There is the courage both of KK staff (see the article below on Yasmin Gull) and of dedicated local activists like America featured on p3. There is the harnessing and training of local people (read about the traditional birth attendants on

p3). And we hope there is a contribution from whatever we in FROK are able to give. In truth this is very little compared with the enormity of the task that KK takes on. But theirs is isolated and dangerous work: for example in April, the Taliban attacked KK staff and villagers in Khyber Agency, leaving several injured while they were running training

sessions.

KK's gratitude for outside backing is shown by their generosity in naming two parts of their new centre after FROK members (see p3). FROK remains determined to maintain its commitment to supporting their struggles.



Village women joining in enthusiastically on village development planning

Village Development Plans, KK-style

Once villagers enlist the help of KK staff (often only after months of careful discussions) the process starts with a Participatory Rural Appraisal (PRA). The aim is for everyone at grass roots level, men and women alike, to get involved in assessing and understanding the status of their village, collating facts and figures, understanding how internal and external resources are allocated and so on. This then informs the identification and prioritisation of specific projects, including through the involvement ...contd on back page

Yasmin Gull, one of 10 'bravest women's stories in the world'

Yasmin Gull, Regional Manager at KK Bannu, was selected by Amnesty International Australia as one of only 10 women whose work was celebrated for International Women's Day for being brave women who put their lives at risk to improve the lives of the women in their communities. They wrote: 'In her daily work, Pakistani woman Yasmin Gull defies the Taliban, who have banned women in her region from working on



social issues. Women and girls are prevented from leaving their homes, so Ms Gull risks her safety by going to visit them, taking with her a message of education and empowerment. Her organisation is Khwendo Kor - translating to 'Sisters' Home' -

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which teaches girls and women they have rights to an education, to vote and to health care. "My strong determination, solid commitment and above all unshakable faith in Heaven could not make me bow in front of all these threats and challenges," says Gull.

<http://www.dailylife.com.au/news-and-views/news-features/the-bravest-women-in-the-world-20140305-346mj.html>

The Open University selects Maryam Bibi as one of their ‘Unlikely Leaders’ in a new documentary

The Open University has chosen Maryam Bibi as an example of an “Unlikely Leader”. KK, with Maryam at its head, is indeed leading and not just in its own sphere. The kind of leadership recognized in this OU course is how Maryam has enabled KK from its beginning. Richard Blundel (the OU Senior Lecturer who chose her) calls her a ‘social entrepreneur’, a leader as all entrepreneurs are, but more importantly, a leader of change for others arising from the deeply felt experience and suffering in the community where KK works from the ground up. Maryam is also acknowledged in a documentary about several remarkable Pakistani women, “Looking for Flowers in Islamabad” [Simona Seravesi, author, Nicola Lucini, video, supported by Intermed Onlus]. Maryam’s approach to enabling the change so desperately needed in KP and FATA has always been based on her awareness of context and culture, integrity of vision, ethical values and recognition of others’ capabilities, beliefs and skills. Any notion of leadership that is about heroes, or one individual, or about the transaction from ‘leader’ to ‘followers’ is not here. Instead her leadership is an adaptable and flexible vehicle for social progress in action. What is here,

Lent Lunch brings welcome sustenance for KK



FROK member Barbara Bream and friends ran a hugely successful Lent Lunch to support the work of KK. Barbara was inspired on hearing about KK through her contact with Rukhshanda Naz, KK Board Member, during her stay in Coventry last year. They raised a total of £833. Well done to them: KK will make good use of the money!

Helpers and supporters with some of the KK mazri goods on sale. Barbara is in the striped top in the centre

International Women’s Day celebrations—in York and Mohammand Agency

During **International Women’s Week**, York members ran their highly successful ‘Frock for FROK’ event again. Women donate clothing, have a cup of tea and cake, browse the clothes and get a whole new wardrobe! We showed the new OU documentary (see top of page) generating much discussion and offers to hold other awareness-raising events. And we raised £500+!

In Mohammand Agency, KK Staff met with TQK members and ran a programme attended by more than 230 school girls, teachers and community members along with agency education officers. Students arranged different activities regarding women and girls’ rights and issues facing women in their day to day life.



Women attending IWW celebrations



is a vision of a compassionate society women live with dignity and self-reliance. This vision, and the ethical and spiritual integrity that goes with it, brings the focus of attention for intervention to each and every individual, their personalities, their beliefs, their culture and context. When KK began, Maryam knew some of this from her own experience, but she also knew and still knows, that others, her team, all of KK’s workers, bring their experience too, as do the people with whom they work. All come to understand, as she does, that it is by learning together that they will find a way forward. This collaborative work on the ground, from the ground, includes those who do not share the KK vision, and even those who oppose it.

This dialogic distributed collaborative leadership is beginning to be seen as a way of working that could be applied anywhere, everywhere, worldwide. This is evident in both the OU course, and the Seravesi documentary. Descriptions of similar processes are emerging in studies of micro-finance and political/ industrial revolution or evolution. Given different names, this kind of leadership honours the humanity in all the people affected, stands for their rights, and creates obligations in all of us to promote lasting social change towards a compassionate society. Maryam and KK have shown how it achieves its aim, and how much we all can learn.

We are grateful to FROK member Richard Blundel and to Simone Seravesi for their recognition of the importance of Maryam and KK, and for sharing their work. [See <https://itunes.apple.com/gb/itunes-u/unlikely-leaders-for-ipad/id770878649?mt=10> and <http://vimeo.com/88142107> password 1234]

Could you run a ‘Frock for FROK’ event, sell craft goods made through KK projects or run a second hand jewellery stall in your workplace? Contact us for start-up packs.

Malala’s father’s TED Talk

FROK members who attended last year’s AGM will know how engaging a speaker is Zia ud Din Yousafzai, Malala’s father. Check this out for yourself by watching his recent TED talk in Canada—well worth a look:

www.ted.com/talks/ziuddin_yousafzai_my_daughter_malala

PROJECT 'DEEN-DUNYA' GETS UNDERWAY

In March, KK proudly unveiled project Deen-Dunya in Peshawar which has particular resonance for FROK. The project includes both primary and life-long learning sections, a community health centre, a handicraft development



Maureen Hussain looks at the commemoration photo of Elma Sinclair at the opening ceremony

centre and a training and resource centre for teachers. FROK was honoured to learn that KK had decided to name the Handicraft Centre after Elma Sinclair, founder member of FROK, who died last year. And to name the teacher training centre after Hazel Bines, FROK member who died in 2008. In March, Maryam Bibi wrote to FROK to say "... Under Deen-Dunya, twelve girls got admission for primary education... none of them has ever been to

school... all of them come from very poor families... Today the giggling girls came to me and said the guard wouldn't open the gate for us. I asked at what time did they come to school; they said between 7 and 8 am. I said "but you are supposed to come around 8am. Why did you come so early?" One girl said "We wait for 8 o'clock, please ask him not to stop us from coming to school". At school closing time they cleaned their class room and washed the toilet. FROK members, Del and Maureen Hussain who were visiting family in Pakistan formally opened the centres on their visit in March. We wish the initiative great success.

KK wins 'I am the Change 2013' award

Khwendo Kor was recently selected as the winner of the 'I am the Change' 2013 award for Education. The Engro 'I am the change' campaign seeks to recognize the inspiring efforts of passionate Pakistanis who have joined forces in a relentless pursuit of shaping a better tomorrow through long term investments in education, livelihoods and health in low income communities. (www.iamthechange.com.pk).

KK's work on HIV/AIDS

As in many parts of the world, HIV/AIDS carries a stigma that adversely affects those living with the condition and can lead to them being isolated within their communities and thrown out of work. KK is doing pioneering work in providing support to HIV affected individuals and families and in helping communities to understand it better. In the first 3 months of this year alone, they registered 27 new families with at least one HIV member and the total now runs into hundreds. The families registered with KK are provided with care and support services (which includes medication) with the help of the global fund.

Training for Traditional Birth Attendants

KK provides training to Traditional Birth Attendants (TBAs) which has proved



Trained birth attendants providing routine ante-natal care

successful in bringing down rates of maternal and infant mortality. In one recent follow up session in a part of Khyber Agency, the trained TBAs reported their active and regular involvement in providing services to the community women, especially in delivery cases, through Health Facilitation Points and home visits. In one of the villages, two of the TBAs are now also government Lady Health Workers who arrange awareness sessions not only on delivery and antenatal care but also on diarrhoea, mother and baby nutrition, aids, hygiene, sanitation, malaria, family planning and tetanus.

Linkages have also been facilitated by KK for some of the villages with the government's Malaria Department for the purpose of providing mosquito nets and spray provision.

A DIFFERENT SORT OF AMERICA IN PAKISTAN

We have reported in previous newsletters about KK's role in setting up TQK (Brave Tribal Women) in FATA to encourage women to come together. America was born in Jamrud in 1948 and named by her father because of his love for the US. As a member of TQK, America is now a social activist, working for women's rights and for basic needs such as electricity and running water for her Afridi tribe. Struggling with low vi-



America works with KK in FATA for basic rights for the women of her tribe

sion these days, America passes on her tailoring and handicraft skills to other women and KK helps them to sell their work in the markets. Local writer Qais Afridi says that as well as empowering women through passing on her skills: 'America mobilizes women of the community if there is any event of the NGO (KK) or any issue in the community'. A different sort of America in Pakistan indeed.

Leading NHS Consultant Psychiatrist to address FROK Annual Meeting on his work with Khwendo Kor

We are delighted to announce that this year's speaker at the FROK Annual Meeting will be Dr Shakil Malik, Consultant Psychiatrist with Sussex NHS Mental Health Trust. His topic will be '**Working with traumatised staff, communities in conflict zones and displaced persons through a UK-Pakistan partnership**'.

Shakil first came across the work of Maryam Bibi and KK at the December 2013 conference in London where Maryam was a guest speaker (see last FROK Newsletter). In late December, he saw their work at first hand during a trip to Pakistan to develop proposals for work to be delivered through Sussex NHS Trust and the Pakistan Poverty Alleviation Fund. That work is now underway and KK has been selected as one of the organisations to be centrally involved. The first trip by Shakil and a team of professionals was in April and the groundbreaking work will concentrate on helping staff and communities to cope with the psycho-social trauma that forms part of their daily lives.

Shakil is a fascinating speaker working on a fascinating partnership. Shakil first came to the UK from Pakistan many years ago as part of a WHO initiative and has long been involved in medical education and health delivery in both countries. Joining forces with KK carries great potential.

Village Development Plans, KK-style contd from front page

... of self help initiatives and stronger links with district and provincial level government agencies through improved negotiating skills. In a fascinating recent report, KK staff described some of the tools they show villagers how to use in the PRAs, including *Transact Walk; Social Mapping; Time Line; Venn Diagram; Matrix Scoring; Triangulation; Focus Group Discussions; Seasonal Calendar; Pie Diagram; Semi Structured Interviews; Wealth Ranking; Seasonal Diseases; Stake Holders Analysis; Linkage Diagrams; Pet Analysis; Rights and Resources Analysis; Village Well Being Analysis; Disputes and Settlement Institution Analysis.*

KK staff report that it is not unusual for villagers, men and women alike, to say that this is the first time that anyone has asked them what their problems are. KK's experience is that they participate very actively and enthusiastically and readily grasp use of the tools.

For those of you engaged in your own Development Plans in the UK, some of the tools may be familiar. The main problems that arise may contain some less familiar

features, such as these from a recent PRA: *Lack of clean drinking water; non availability of health centre, mosquito nets, and medical camps; lack of education, especially female; unemployment; no market facility; no women's skill centre; no scholarships for older and vulnerable women/men; lack of agriculture; improper drainage system; [electricity] load shedding and non-availability of solar panels; lack of peace; no incentives for war affected people; non-availability of Sui Gas.* The resulting action plans illustrate well the need for KK's holistic 'viable village' approach.

Want to Donate to FROK ?

Advice from our Treasurer

On our website at www.frok.org.uk, you can access a form for a **standing order** or fill in a **gift aid** form if you are sending a **cheque**. For those with Charity Aid Foundation (**CAF**) accounts you can send me a voucher or set up regular payments

You can now also donate up to £10 by sending a **text** to 7070 with the following message:

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

The other online method of donating is to google "FROK **Justgiving**" or log on to www.justgiving.com/frok/Donate. If you declare you are a UK tax payer, Justgiving will add gift aid to any donation. It is also possible to set up a regular payment through the Justgiving site.

You can send me a donation direct (Jonathan French, FROK Treasurer, 85, East Parade, Heworth, York, YO31 7YD), but it is best to use the form so we can claim gift aid. (Cheques made out to FROK). 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.

Those with **online banking** can do a direct transfer, using the bank account details on the form, but in this case it is helpful if you indicate who is sending it. You can do this by putting your surname in 'payee reference' or email me at Jonathanfrench97@gmail.com. An email to me would be a good idea 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**.

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