

# FROK: UK Friends of Khwendo Kor

**FROK**

Reg charity no: 1095857

UK Friends of Khwendo Kor

Spring/Summer 2010

## FROK widens its membership

As we approach the 2010 AGM, it is difficult to believe that at last year's AGM, we were still lamenting our failure to recruit Pakistani members. We now have two York-based Pakistani members of the Executive Committee and other Pakistani supporters, including Pashtun speakers, in York, London and Oxford. They have brought to FROK not only new enthusiasm but also new ideas and the possibility of increased liaison between KK and FROK through their visits home.

### UK Pashtun Community Thanks FROK Members

While Maryam Bibi was in the UK in February she spoke at the launch of the Pashtun Society in Westminster University. A group of the young Pashtuns who heard her have become enthusiastic supporters of FROK.

One of them, Suleiman Shah, writes:

Dear FROK members,  
Thank you for all your hard

**Come to the FROK AGM on the afternoon of Saturday 10th July at St Olave's Hall, Marygate, York where you can hear current and past Pakistani students talking of their experiences of education in both countries and hear some Pakistani FROK members talk about their experience of getting involved with KK and FROK**

**Bring & Share Lunch 12.30**

**Business AGM 2pm**

**Talks 2.30—3.30pm**

*work. Your commitment to help improve the well being of women and children in the Khyber Pakhtunkhwa is deeply appreciated by the diaspora Pashtun community here in Britain.*

*However, despite your tremendous efforts abroad, FROK has been somewhat shy about its achievements here in the UK and thus is relatively unknown amongst our community.*

*Having met some of your members at the Pashtun Society event at Westminster University, we were impressed by your sincerity and almost embarrassed that we*



*Maryam shows KK women's crafts to York MP, Hugh Bayley, and FROK members on her February visit*

*the Pashtun community have not been able to match your efforts. As an initial step to remedy this, we would like to work with your group and help increase your support base amongst the British Muslims to further your work. From there we could not only get more volunteers and increase membership, but also collect Zakat money, the poor tax that Muslims pay annually which can help support many of your projects in the Tribal Areas.*

*There's so much we can do! Once again, thank you for all that you have done and I look forward to continuing to work with FROK,*

*Other fundraising ideas being explored by Sul and his friends include a Pashtun Eid dinner and running in next year's London marathon. They are using the Facebook group, UK Friends of Khwendo Kor, to extend awareness of FROK among Pashtuns in the UK.*

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### Special points of interest:

- ♦ KKs work with the IDPs, including Children's Centres
- ♦ Micro-credit goods reach more outlets in the UK
- ♦ Pinner Church project reaps great rewards

**SPREAD THE WORD—PASS THIS NEWSLETTER ON!**



*Women and girls do not have to compete with men when KK distributes supplies*

### NEW FUNDING ON ITS WAY? YOUR HELP IS STILL NEEDED

KK is hoping new funding from a major donor will shortly be confirmed, enabling it to begin a second project similar to the UNICEF one. However, many agencies working in the official camps report that funding from international donors is beginning to dry up as a result of the recession. KK has asked us to keep our Waziristan Appeal open so that it can initiate help for Waziri refugees still without official aid in other areas of Bannu.

**Donations can still be made at**  
[www.justgiving.com/frokwaziristanemergencyappeal](http://www.justgiving.com/frokwaziristanemergencyappeal).

**Cheques should be made payable to UK Friends of Khwendo Kor (Waziristan Emergency Appeal) and sent to The Treasurer, FROK, 85 East Parade, York, YO1 7YD.**

Over the past year, KK has added "relief and rehabilitation" as a core element to its strategic plan. KK had previously concentrated on development, women's issues and human rights, but the presence, virtually on its doorstep, of over a million displaced people has caused it to broaden its scope. In addition to its own work with the Waziri IDPs, other agencies have asked KK to use its expertise to help them distribute supplies and provide education and health services in several of the official IDP camps around Peshawar.

Unlike these official camps, which are served by many national and international agencies, the unofficial Waziri IDP camps on the very edge of the war zone were initially forbidden

## KK INCREASES ITS WORK WITH INTERNALLY DISPLACED PEOPLE (IDPs)

territory for other agencies. Because of their previous work in the Tribal Areas, KK had contacts with both the dispossessed village people and local and military authorities which enabled them to start distribution of food and medicine, supported by FROK money.

As we reported in our previous Newsletter, UNICEF were so impressed by this that they offered KK a large grant to register households headed by women and children and to set up Children's Centres for them in villages in the Districts of Dera Ismail Khan and Tank. The UNICEF grant was initially for only 3 months, but has now been extended to

fund this work for another year. KK has set up a Regional Office in Dera Ismail Khan, headed by an experienced member of the KK staff who originally came from this area and was able to recruit local staff with knowledge of the Waziri culture and dialect.



*The boys receive their footwear at a separate distribution*

## The Children's Centres for the IDPs

The Children's Centres, now serving many hundreds of women and children, provide education, health care, counselling for traumatised women and children (many of whom have suffered bereavement or sexual harassment), recreation for the children, and opportunities for socialising and mutual support for the women. At a talk in the UK in February, Maryam Bibi described her recent visit to one of the Centres. She had been very moved to see women gath-

ering, hugging each other and weeping, as they shared experiences and comforted each other in a place where it was safe to lower their defences. The children, in front of whom they must usually try to remain strong, were meanwhile enjoying themselves elsewhere, drawing pictures and playing games.

The Centres also provide a setting where women and children are at the forefront when supplies are distributed. Families

separated from their menfolk are at a disadvantage in a culture where purdah is strictly adhered to and women are unaccustomed to claiming their share of the scarce resources. Our pictures show a distribution by KK of footwear donated by the shoe firm, Bata. The female teachers are distributing the gifts to the women and girls. The boys receive theirs from male staff at a separate gathering.



## RECOGNITION FOR KK'S MICRO-CREDIT WORK

### Oxford praise for Karak baskets

Goods made by women in Karak and the Tribal Areas are now available at Oxford's Fair Trade shop in the basement of St. Michael at the North Gate. Anne, one of the volunteers who help staff the shop, is herself a basketmaker and belongs to the Oxfordshire Basketmakers group. She was so impressed by KK's products that she has written an article for their monthly magazine praising the "subtle, satisfying shapes whose minimal decoration is an integral part of the coiling".

The article, headed

"Baskets with a conscience", explains that these "interesting baskets..... haven't come from exploited labour. The shop now has baskets from Waziristan on the Pakistan-Afghan border, the stronghold of the Taliban. Few women here have any education and many are only allowed out of the house to fetch water from the well. The charity Khwendo Kor ([www.khwendokor.org.pk](http://www.khwendokor.org.pk)) has helped them to attend classes which teach them how to improve and market their crafts. As a result they meet other women, and the money they earn not only helps feed and educate their children but also gives them more respect and more self-

confidence."

FROK is grateful to Fair-trade at St. Michael's not only for this publicity, but also for the time and thought its manager, Gilli, has put into both informative displays for the baskets and discussions with Elma and Maryam about adapting the KK designs and developing new products for the Oxford market. Gilli's ideas were passed on to Nishat in Peshawar, who handles marketing and distribution of the micro-credit goods, and makes the dangerous journeys to the remote villages where the women producers live. There she gives them new orders from FROK and trains them in the variations suggested. The picture above is one Anne took to illustrate her article. It shows the plainer version of the baskets.



*"Subtle, satisfying shapes whose minimal decoration is an integral part of the coiling"*

### Can you help?

Sarah and Elma (the FROK Committee members who focus on KK's micro-credit activities) would be grateful if members could suggest other Fair Trade outlets. Summer fetes at churches and schools are approaching and if members could run a stall at any with which they are involved, Sarah (Bristol), Elma (Oxford) or Marilyn (York) would be delighted to supply goods and publicity materials.

**Contact details:** Sarah, tel:07968 485007, email: [sary\\_lou@yahoo.co.uk](mailto:sary_lou@yahoo.co.uk); Elma, tel:01865 723104 or 01271 865086, email: [elmasinclair@yahoo.co.uk](mailto:elmasinclair@yahoo.co.uk); Marilyn, tel:01904 702060, email: [mac7@ork.ac.uk](mailto:mac7@ork.ac.uk)

### KK Micro-credit in Open University Textbook

Dr Richard Blundell, a Senior Lecturer at the Open University, has used KK's micro-credit work as one of the case studies in his forthcoming OUP textbook *Exploring Entrepreneurship* to be published in December. He encountered KK's work at a FROK Christmas stall and discussed it with Maryam in more detail during her visit this spring. The case study not only shows the importance to the local women of the additional income and self confidence arising from the micro-credit scheme but also describes KK's work in general and refers students to KK's website for their assignments.

### Other outlets for micro- credit goods

The Fairer World shop in York is also stocking KK's goods and Moira, who runs it, has also advised on design. She likes the plainer goods but is stocking some of the decorated ones as well.

**Our own experience on stalls showed that there is a market for both plain and decorated items. FROK is therefore holding stock of both, which will be on display at the AGM.**





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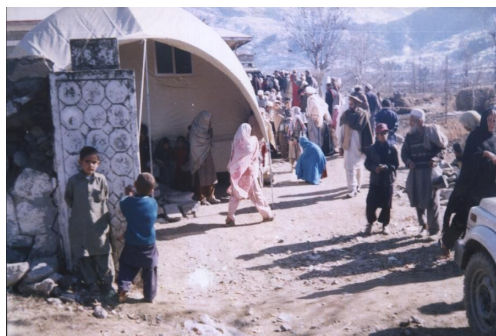
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*Left: A KK medical camp*



*Right: A doctor examines a baby at a medical camp*

**DOES ANY FROK MEMBER KNOW OF A CHURCH, SCHOOL, COMMUNITY OR CHARITABLE ORGANISATION WHICH MIGHT BE INTERESTED IN HELPING FROK TO CONTINUE FUNDING THE AMBULANCE AND MATERNITY CARE FOR WHICH PINNER PAID THE SET UP AND SECOND YEAR RUNNING COSTS?**

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#### **CORE COSTS**

The need to find money to continue successful projects such as the Pinner ambulance and maternity care is one reason FROK is

now trying to raise £12000 a year of "unallocated funds". Unlike emergency aid, development projects need to be continued until they can become self-financing (e.g. micro-credit) or be handed over to the community or government (e.g. schools, health care). Unfortunately, major donors normally make grants for limited set-up periods and do not allow for the variable KK time and effort which may be required before a community is ready to take on sole responsibility. Nor do they acknowledge the unwillingness or inability of government departments to take on extra responsibilities in war-torn areas.

Donors also expect to cover only direct costs of their project, not "core costs" of the HQ administration which makes it possible. They do not cover periods between projects when good staff must continue to be paid if they are not to be lost, or the cost of training staff who understand the local culture and terrain but have had little access to formal education. FROK has been working with KK on strategies to include more of such core funding in their project proposals, but also to establish a fund to ensure sustainability of projects and provide a safeguard for emergencies.

## **UPDATE; PINNER CHURCH PROJECT IN KARAK**

The latest report on the work in Karak which Pinner Parish Church funds through FROK describes 2 medical camps held in the villages of Faquir Abad and Terkha Koi.

About 590 patients were seen, of whom 330 were women, 206 men and 54 children. They were given treatment against seasonal, viral and gynaecological diseases. The women expressed gratitude to KK for organising medical services on their doorstep, saving them the difficult and dangerous journey to the nearest medical help without transport.

KK's report on the first year of the project also details the Health Facilitator's visits to target villages where ante-natal care was provided to 46 women. Most had health problems and weakness due to lack of proper nutrition. Medicines were provided to overcome the nutritional deficiency and complicated cases were referred to hospital. Women were also provided with post-natal care and newborn babies were examined. Mothers were advised on breast-feeding and care of babies.

The ambulance purchased with Pinner funds is now fully equipped and functioning. Pinner funds are also paying for medicines and the salaries of the driver and a newly appointed trained Lady Health Visitor.

In its 2008 Lent Appeal, Pinner Church raised double the total expected, so will be able to cover the running costs of the Project for a further year. After that, new funding will be needed. The capital cost of the ambulance will of course not recur, but its maintenance, the salaries of staff, the cost of medicines and the core costs of KK's administration will need to be found if this pioneering work is to continue.

*For details on how you can join FROK or make a donation, please visit our website—[www.frok.org.uk](http://www.frok.org.uk)—or contact the Membership Secretary, 50 Middlethorpe Grove, York YO24 1LD [marilyn.crawshaw@btopenworld.com](mailto:marilyn.crawshaw@btopenworld.com)*