

## I Would Like To Support the Work of Khwendo Kor

You can make a donation by cheque, bank transfer or online via [justgiving.com](http://justgiving.com)

Here is my gift of £20  £30  £50  £100  other £ \_\_\_\_\_

- Please make your cheque payable to UK Friends of Khwendo Kor.
- To donate online please visit [www.justgiving.com/frok/donate](http://www.justgiving.com/frok/donate).
- To make bank transfers, please contact UK FROK's Treasurer for details (addresses below).

**Gift Aid** – your donation is worth more as UK FROK claims back tax paid. Just fill in your name and address then tick and sign the declaration below.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

I am a UK taxpayer. I would like UK FROK to claim back the tax on all my donations from now until further notice. I understand that I must pay an amount of UK income tax and / or capital gains tax at least equal to the amount of tax that all the charities or community amateur sports clubs that I donate to will reclaim on my gifts for that tax year, currently 25p for every pound given.

Signed \_\_\_\_\_

If you are happy to receive emails from us occasionally please tick here

If you would like details about how to join UK FROK please tick here

Return this form and cheque to:

The Treasurer, UK FROK, 85 East Parade, York, YO31 7YD.

Email UK FROK's Treasurer: [jonathanfrench97@gmail.com](mailto:jonathanfrench97@gmail.com)

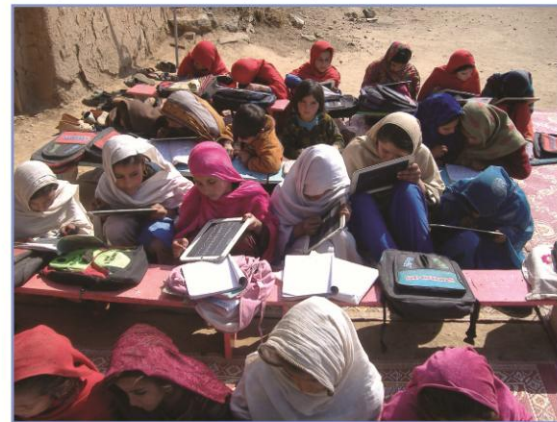
Web: [www.frok.org.uk](http://www.frok.org.uk)

Facebook: UK Friends of Khwendo Kor (FROK)

Data protection: we use your details to administer your donation only.  
Registered Charity number 1095857.



Supporting work with women and children in North-West Pakistan to improve their educational, health, economic and civic situation



**UK FROK supports Khwendo Kor's vision of a compassionate society where women live with dignity and self reliance.**



Khwendo Kor believes that focusing on building women's strengths leads to improved futures for their children and their families. By using inclusive, holistic interventions - whether in community development or humanitarian situations - improvements become long lasting.



Set up in 1993 by a local woman, Maryam Bibi, Khwendo Kor is a not for profit organisation akin to a registered charity. A Board of Directors and national regulation guarantee good governance including financial management.

All funds sent to Khwendo Kor are put to good use. A team of professional staff ensures that ongoing work is effective and of high quality.

For more details please visit the website: [www.khwendokor.org.pk](http://www.khwendokor.org.pk).

**UK FROK is highlighting Viable Villages.**

In the rural environment of Khyber Pakhtunkhwa and the Tribal Areas, Khwendo Kor fosters Viable Villages. A village becomes Viable when it has basic infrastructure and physical security, with the residents themselves able to sustain these services in the long term.

Developing women's abilities and girls' education is key to improving the lives of all villagers. Women gain employment as, for instance, teachers and traditional birth attendants, and set up their own micro-businesses.



**How does UK FROK support Khwendo Kor?**

- Fundraising and donating about £12,000 a year.
- The UK membership promotes the work of Khwendo Kor.
- Linking senior staff of Khwendo Kor to useful agencies, sources of support, and potential donors.



If you too are inspired to help please contact us:  
Email UK FROK's Treasurer: [jonathanfrench97@gmail.com](mailto:jonathanfrench97@gmail.com)

**What difference does UK FROK's support make?**

**• Education**

- More girls can attend primary school.
- Older girls are helped to gain scholarships to fund secondary education.
- Adult women learn to read.

**£20**  
pays two weeks' teacher's salary

**• Women's civil rights**

- Women register as voters and become more active politically.
- Stronger women's groups flourish with skilful leaders and enthusiastic members.
- Women take up formal roles in local democracy.

**£30**  
trains community leaders

**• Employment and economic resilience**

- Women start trading using small loans.
- Women get trained in tailoring, horticulture, poultry-keeping and cooking to become earners.
- All adults have access to local banking services.

**£50**  
sets up a loan fund

**• Health**

- Infants are protected against childhood diseases.
- Access to primary health care is improved via mobile clinics.
- Traditional birth attendants receive training leading to safer childbirth.

**£100**  
staffs a clinic

**Please give today — turn over to find out how to do so.**