

How Can I Support the Work of Khwendo Kor?

Donate

There are several ways you can donate to FROK:

- Send us a cheque made out to 'UK Friends of Khwendo Kor', with the Gift Aid form overleaf if you are a tax payer.
- Use your debit / credit card on the website:
www.justgiving.com/frok/donate
- Send us the Standing Order form overleaf.
- Donate up to £10 by texting 70070 with the following message: FROK10 £(put the number of £s, 1, 2, 3, 4, 5 or 10, you wish to donate).
- Sign up to FROK at The Giving Machine for on-line shopping.

Volunteer

If you would like to volunteer for FROK please email us through our website: www.frok.org.uk.

Become a Member

Just fill in the form overleaf—we ask for a minimum subscription of £10 a year, please (£5 concessions).

As a Member you will receive:

- Regular updates on FROK's work including our newsletter.
- Invitations to events where you can meet people who share your interests.
- Invitations to meet Maryam Bibi, Khwendo Kor's founder, and other Khwendo Kor staff when they visit the UK.

Contact FROK

FROK, 85 East Parade, York YO31 7YD
Email: jonathanfrench97@gmail.com
Tel: 01904 423522



Attendance at one of the free medical camps organised by Khwendo Kor

How FROK has already helped Khwendo Kor

With FROK's support, Khwendo Kor has gained:

- An administrative and training centre with accommodation for female teachers and health workers from distant rural villages.
- 4 x 4-wheel-drive vehicles for Khwendo Kor's work in inaccessible desert and mountainous areas.
- Two new district offices
- Relief funds for people displaced by natural and man-made disasters
- UK outlets for goods made through Khwendo Kor's micro-credit scheme
- Donations of non ring-fenced funds
- Technical help with proposal writing, proof reading
- Links with University of York

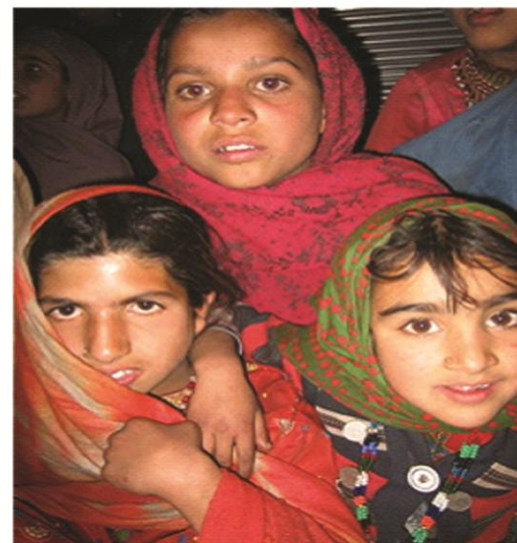
Websites:

www.frok.org.uk and www.khwendokor.org.pk
Facebook: UKFriendsofKhwendoKor(FROK)

FROK

UK Friends of Khwendo Kor

Supporting work with women and children in Pakistan to improve their educational, health & economic situation





Women planning Khwendo Kor's work in their village

Khwendo Kor (Sisters' Home)

Founded in 1993 by Maryam Bibi, who was born in the region, Khwendo Kor is an organisation working in north west Pakistan. This is one of the poorest regions in the world due to natural disasters, armed conflict, economic deprivation and geographical remoteness. Infant and maternal mortality rates are very high and female literacy rates can be as low as 1%.

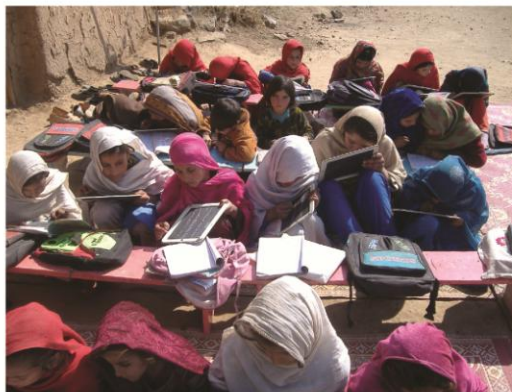
Khwendo Kor's vision is of a compassionate society where women live with dignity and self reliance. Through understanding gained over many years of working in the region and through being local themselves, Maryam Bibi and her staff work on priorities set by villagers themselves with the overall aim of developing viable villages where women and girls can access:

- Good quality education
- Basic health care, including ante-natal and post-natal care
- Financial and training support to start their own businesses

- Planning in the case of natural disasters such as floods
- Training and support in dealing with politicians and government departments

The long term aim is to develop sustainable villages in which women play a full part. This in turn helps change the context within which outside aid is seen, with viable villages spreading across the region as more villages seek Khwendo Kor's support.

Khwendo Kor's work and that of its founder, Maryam Bibi, is recognised both nationally and internationally. The many accolades include the National Civil Award of Pakistan Sitar-i-Imtiaz and the UN Recognition of Services Award. Maryam Bibi was also nominated as one of the "1000 Women" put forward for the 2005 Nobel Peace Prize and won the Human Rights Category of the 100 Unseen Powerful Women of the World in 2011.



Village girls enjoying their learning

Membership:

Please enrol me as a member of FROK. I enclose my subscription of £10 (£5 for concessions)

Donation:

I enclose a cheque to 'UK Friends of Khwendo Kor' for £.....

Standing Order:

I wish to donate £5 £10 £20 £..... per month to UK Friends of Khwendo Kor (amount in words.....)

To the Manager (name & address of your bank).....

.....Postcode.....

Please credit the above amount to 'UK Friends of Khwendo Kor', Account No. 65100505 Sort code 089299 The Co-operative Bank, King's Valley, Yew Street, Stockport, Cheshire, SK4 2JU debiting my account no.....sort code..... starting on (date).....or immediately on receipt of this order, whichever is the later and thereafter on corresponding dates.

Signed.....

Gift Aid:

I am a UK tax payer. I would like 'UK Friends of Khwendo Kor' to claim back the tax on all my donations, subs and standing orders until further notice.

Name:.....

Address:.....

.....Postcode.....

Phone Number:.....

Email:.....

Signed:..... Date.....

Return to: The Treasurer, UK Friends of Khwendo Kor,
85 East Parade, Heworth, York, YO31 7YD