

How Can I Support the Work of Khwendo Kor?

Donate:

- Send 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.

Volunteer

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

Become a Member

As a Member you will receive:

- 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 members of the KK staff when they visit the UK.

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

FROK contact details:

85 East Parade, York YO31 7YD:
jonathan@jfrench85.fsnet.co.uk 423522
Oxford Contact: elmasinclair@yahoo.co.uk



An energy efficient stove provided by FROK enables women in camps to cook without filling their shelters with fumes

How FROK has already helped KK

Through FROK's support, Khwendo Kor has been able to acquire:

- An administrative and training centre with accommodation for female teachers and health workers from distant rural villages.
- 4 x 4-wheel-drive vehicles for KK's work in inaccessible areas.
- A new district office in the earthquake area and a new office in Peshawar.
- Outlets in the UK for goods made by women in KK's micro-credit scheme.
- Links with University of York.

FROK has also helped KK provide immediate relief to the victims of the October 2005 earthquake, the 2009 refugee crisis and the 2010 floods.

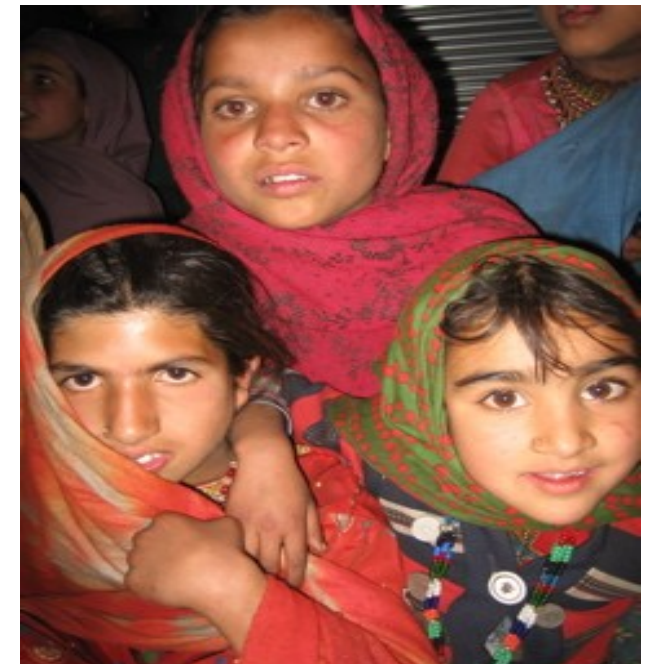
Websites:

www.frok.org.uk
www.khwendokor.org.pk

FROK

UK Friends of Khwendo Kor

Supporting work with women and children in Pakistan





Khwendu Kor (Sisters' Home)

KK is an organisation working in rural Pakistan to improve the well-being of villagers. Their approach is to bring people together in order to achieve sustainable development.

Since it was founded in 1993, KK has focused on 2 areas in the northwest, where life is particularly difficult; it is geographically remote and prone to floods and earthquakes, as well as being a centre of longstanding armed conflicts, made worse in recent times by war in Afghanistan.

KK's founder, Maryam Bibi, was born and raised in the region. Knowing it firsthand, she is able to train her staff to be sensitive to and familiar with local culture, religion and traditions. Because women's lives are

particularly hard, KK often starts with programmes addressing their educational, health and economic needs. Once KK's presence is accepted, they move on to issues affecting the whole village and help everyone, both men

and women, work through problems and think about sustainable long term solutions.

The work of KK and its founder, Maryam Bibi, is recognised both internationally and within Pakistan. The many accolades include the National Civil Award of Pakistan Sitar-i-Imtiaz and the UN Recognition of Services Award for 2000.

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.

The photo above left shows women at a meeting called by KK to discuss setting up a school for their children. The girls above right, in another village, are attending a class in a building constructed by their parents, inspired by KK, being taught by a teacher trained by KK.



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 Khwendu Kor' for pounds.

Standing Order:

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

To the Manager (name & address of your bank)

.....Postcode.....

Please credit the above amount to 'UK Friends of Khwendu 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 Khwendu 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 Khwendu Kor, 85 East Parade, Heworth, York, YO31 7YD