

UK Friends of Khwendo Kor

FROK

Spring 2008

Raising funds: Why and how?

At recent fund-raising events a number of questions have been asked about how FROK raises money, what it is spent on and how FROK liaises with Khwendo Kor (KK) about this. This made us realise that members may like to be brought up-to-date with how FROK works, so this Newsletter will focus on the work of FROK rather than that of Khwendo Kor, although they are, of course, inextricably linked.

WHY DOES FROK RAISE MONEY FOR KK?

At the time FROK was founded in 2002, KK was a successful organisation. It had persuaded the major international donors to fund its pro-

iects in health and education. Nevertheless its own existence was precarious and all its valuable work therefore at risk. It had no building of its own and was charged exorbitant rents and frequently ejected from its administrative centres because of the controversial nature of its work for women. Its vehicles were unsafe for the dangerous terrain in which they were used. Its experienced staff were frequently poached by wealthy Western charities which could afford to pay higher wages and offer fringe benefits such as insurance. It had no funds on which it could draw in an emergency. Buildings, transport and staff are "core" costs which the major donors do not

fund. However, without them, a charity cannot survive to develop the projects of which the domors approve. FROK was established to ensure the continued existence of Khwendo Kor, to enable it to develop new projects and to ensure continued support of projects for which donor funding had reached its end.

STOP PRESS: MARYAM BIBI COM-ING TO THE UK IN MID APRIL

Maryam Bibi's visits provide opportunities for her to talk to groups and meetings about the situation of women in NW Pakistan. Such educational work has always been one of FROK's main aims. So far her visits have always been in connection with her postgraduate studies and funded by her academic scholarships. Now her studies are ending, FROK regards Maryam's visits as so important, both for fundraising and for publicity and education, that we plan to pay for her to continue to visit the UK at least once a year.

If you want to arrange for Maryam to give a talk or meet with interested parties during her trip, please let us know straightaway (contact details on back page)

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POLITICS AND SECURITY

We know our members are always eager to hear how the security situation is affecting KK's work. Despite the major unrest in Pakistan since our last Newsletter, KK does not seem to have encountered any additional difficulties. The staff were of course saddened by the death of Benazir Bhutto, but the repercussions do not seem to have been as great in NWFP and FATA as in the south of Pakistan. At the time of writing, the elections have just taken place and it is too early to tell what effect the change of government will have in the

NEWSLETTER DISTRIBUTION

The FROK Committee aim to producea Newsletter two to three times a year.

WHEN YOU'VE READ IT, PLEASE FREE TO PASS IT ON TO OTHERS AND SPREAD THE WORD ABOUT THE WORK OF KK AND FROK.

If your contact details have changed, please let the Membership Secretary, Marilyn Crawshaw, know (marilyn. crawshaw@btopenworld.com; or 50 Middlethorpe Grove, Dringhouses, York

What FROK does not pay for

An increasing amount of FROK's activity is not financial. For example, strong links are being built between the Social Work Departments at the Universities of York and Peshawar. This is the third year that social work students will undertake 6-week placements with KK in Pakistan and complete their placement at the Cardigan Centre in Leeds which serves the local Pakistani community. The students' input has been of value to KK, the Cardigan Centre and FROK. These visits are NOT

funded by FROK but arranged by FROK Committee member, Marilyn Crawshaw, who lectures in social work at York. Marilyn is planning to visit Peshawar in March/April.

Other FROK members who have visited KK are Carol Morris, Alison Leaver, Polly Griffiths and Elizabeth Sinclair., all undertaken at their own expense. These have been of great use to FROK in enabling us to understand how we can best help KK's work. They have also helped us build closer relationships with KK staff.





Liz raised more than £1500 running the Stockholm Marathon

SO HOW DOES FROK GO ABOUT RAISING MONEY?

FROK raises money in three main ways:

- Membership subscriptions
- Approaches to Grant-making Trusts
- Fundraising activities of FROK members and supporters

Membership Subscriptions

These provide the assured income which enables FROK to function, to contribute to KK's core funding for items such as offices and transport and to undertake support for ongoing projects such as staff training.

When members take out Standing Orders through which to pay their subscription, this allows FROK to plan ahead more reliably as we know the minimum levels of income from this source that we can expect each year.

Jacqui and Chris said:

'We were
delighted to
raise so much
money for
Khwendo Kor as
we celebrated
our wedding'

FROK Members' individual fundraising efforts

An exciting variety of fund-raising activities by our members and supporters provide a large part of FROK's annual income. These not only contribute to the funding of KK's core needs but enable us to support new KK projects. These initiatives, often by single individuals, have raised amazing amounts of money:

Huma twice cooked a Pakistani meal for

around 100 people, raising around £800 each time.

Jacqui and Chris asked for donations to FROK in place of wedding presents and raised over £1000.

Liz raised over £1500 in sponsorship when she ran the Stockholm Marathon

Eileen persuaded her church to devote their 2008 Lent Appeal to raising several thousand pounds for a health project in the Tribal Areas.

A variety of other activities ranging from tea parties to car boot sales raise sums nearer £50 than £1000 but have "added value" in introducing FROK to new members who then go on to raise further funds.

The contribution of Grant-making Trusts to FROK's fundraising efforts

Grant-making Trusts are approached by FROK to support KK projects. The first trust we contacted in 2002 was the Clark Trust, set up and run by the shoe-making family. Caroline Pym, a member of their Board, went out to Pakistan to see KK's work and as a result the Trust contributed a large sum to FROK to help KK purchase their own administrative and training centre. The Trust's generous support has continued ever since and they are currently

working with KK on a proposal to develop a new form of micro-credit suitable for Muslim women. Their grants now go directly to KK and do not appear in FROK's accounts but the Trust continues to work closely with FROK and Caroline Pym attends FROK Committee meetings as its representative. Smaller trusts have contributed one-off grants.

We should be grateful for any suggestions from our members of other trusts which might offer FROK either long-term or occasional support. Personal contacts are especially helpful for our first approach to potential donors.



More Fundraising Initiatives from individual FROK members

Lesley appealed for second-hand fashion jewellery which she cleaned and provided to other members who were prepared to run stalls at school and church fetes or Christmas events. These stalls have raised several hundred pounds a year—one stall alone recently raised over £250 in a few hours.

Fundraising— Your ideas welcomed!

FROK funds enable KK to try small pilot initiatives at a stage before the large charities can be approached for major funding:

A Community Centre for working and dropout children in the Khyber agency has been funded by a GerCarol arranged a publicity event in a pub which not only raised hundreds of pounds on the night but also interested a Trust which contributed £5000 to the Earthquake Appeal.

If you have any moneyraising ideas or belong to a church, school or other group which might be persuaded to support FROK, we can provide publicity material or ask KK to suggest an appropriate individual project for a group to fund. Please contact the Secretary, Polly Griffith, 22 Whin Rd, York YO24 1JZ polly@chessnuts.org.uk

man supporter of FROK and has been so successful that a second is planned.

A New Form of Micro-credit for Muslim Women is being developed by KK with the help of the Clark Trust.

HOW DOES FROK SPEND THE MONEY RAISED?

Staff Development. At KK's request, over the past couple of years FROK and the Clark Trust have provided funds for scholarships, in-house training and Elearning for both administrative and teaching staff of KK. This programme is expected to continue indefinitely. Linked to it has been the provision of a computerised resource centre at KK headquarters.

Health Insurance will be provided for senior KK staff for the first time with the help of FROK, enabling this to be included in the costing of grant applications for future projects. This should help KK hold on to experienced staff who are often lost to wealthier Western charities which can afford to provide "fringe" benefits.



Running a second had jewellery stall has raised many hundreds of pounds and raised awareness of KK's work

A New Regional Office. Following the 2005 earthquake, FROK funded completely KK's emergency work in the Abbottabad area. This led to the opening of a new KK office for continuing work with the communities affected by the earthquake. This is still supported by the money FROK raised for the victims. For the tented camps in the earthquake zone FROK's money supplied stoves developed by KK which are healthier both for the families using them and for the environment. In 2007, Maryam Bibi's work in this respect was recognised by the International Union for the Conservation of Nature.



New Transport. KK had been dependent on worn-out second-hand vehicles, adding to the danger and discomfort of staff travelling in remote areas. FROK and the Clark Trust have provided a number of sturdy four-wheel-drive vehicles.

More of the ways in which FROK's money is spent

Since it was registered as a charity five years ago, FROK has made possible a number of important developments for **KK's core organisation**.

A New Headquarters. Together with the Clark Trust, FROK contributed half the purchase price of a secure headquarters building which has space for ad-

ministration, training and accommodation for trainees from remote villages. The other half of the purchase price was raised by KK within Pakistan.

A Medically Equipped Van Staffed by a Lady Health Visitor and a Trained Birth Attendant will bring health education and emergency care to the five remote communities in the Tribal Areas, thanks to the Lent Project currently taking place in Pinner (see opposite page)

As well as funding new developments, FROK helps KK to continue work after the major donors have completed their agreed period of funding for a project. This includes the Schools for Working Children which we will feature in our next Newsletter.



FROK Spring 2008

UK FRIENDS OF KHWENDO KOR (FROK)

Registered Charity Number: 1095857

Contact details for UK Friends of Khwendo Kor (FROK)

Chairperson:

Jonathan French 85 East Parade Heworth York YO31 7YD jonathan@jfrench85.fsnet.co.uk

Secretary:

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polly@chessnuts.org.uk

Treasurer and Membership Secretary:

Phil and Marilyn Crawshaw
50 Middlethorpe Grove,
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New Website goes live!

Same address: new look!

www.frok.org.uk

We have recently changed our website provider. Do check out our new-style website and give us feedback:

- Is it easy for you to find your way around it?
- Is there anything extra that you would like to see on
- Do you have ideas about how it could be developed?

Contact Marilyn Crawshaw: (details above)

MEMBERSHIP, DONATION AND GIFT AID FORM

1) Membership: Please enrol me as a member of FROK. I en-
close my subscription of £10 (£5 concessions).
2) One-off Donation:
I enclose a cheque made out to 'FROK' for pounds.
3) Standing Order:
I wish to donate $\ \ \ \ \ \ \ \ \ \ \ \ \ $
Amount in words
To the Manager (name and address of your Bank):
Post Code
Please credit the above amount to 'FROK'; Account No. 65100505; Sort code 089299
The Co-operative Bank, King's Valley, Yew Street, Stockport, Cheshire, SK4 2JU
debiting my account no:
Signed
5-gaod
4) Gift Aid: I am a UK tax payer. I would like 'FROK' [UK Friends of Khwendo Kor] to claim back the tax on all my donations until further notice.
Name
Address
Post Code
Phone Number
Email
Signed
Date
Discount of the Transport EDON CONCLUDE
Please return to: The Treasurer, FROK, 50 Middlethorpe Grove,
Dringhouses, York YO24 1LD

DATES FOR YOUR DIARY:

FROK Committee meeting— Saturday, 26th April FROK AGM Saturday, 12th July (provisional)