

Spring-Summer

2017



# Strategic planning comes alive with KK

Strategic planning workshops can easily become dreary events, sapping energy. Not so that run by Khwendo Kor over five days in late January. Around 30 middle and senior management staff came together, joined by Marilyn Crawshaw & Ian Sinclair from FROK,



Some of the participants in January's strategic planning workshop

to work on the future direction for KK and plan how best to try and

meet the challenges ahead. Staff had gathered an impressive amount of data to inform the process: desk-based and survey data from beneficiaries, donors, government officials, stakeholders and staff themselves. It was sobering to be there during President Trump's inauguration and to be hearing firsthand of the impact of that together with the falling value of the £ and concerns about uncertainties affecting EU funding. Coupled with restrictions on staff's ability to travel to some of their projects because of ongoing security measures, it brought home the tremendous pressures that they work under before one even starts to consider the challenges of the direct work itself. However there are also opportunities to be grasped.

Work is now underway to put the outcomes of the workshop into practice and new structures should be in place shortly.

In the meanwhile, KK has confirmed ongoing commitment to its vision of :

**A compassionate society where women live with dignity and self-reliance.**

And updated mission:

**A learning and value based organization striving for resilient communities and empowered women.**

*more on back page*

**FROK AGM  
SATURDAY 17  
JUNE  
OXFORD  
OPEN TO ALL!  
See back page  
for details**



## Recruitment Drive—We Need YOUR help

Did you know that if every existing FROK member recruited just ONE member then our guaranteed annual income would rise by at least a whopping £1000? Enough to staff 10 health clinics; or pay for two teachers for a year; or train 30 community leaders in women's civil rights; or provide 20 start up loans to help women start their own business.

**PERSUADE JUST ONE PERSON TO JOIN FROK TODAY AND MAKE A DIFFERENCE**

**PLEASE!**



A classroom at the Deen Dunya Centre

Contact us at: [www.frok.org.uk](http://www.frok.org.uk)—Reg Charity No: 1095857

# FROK: UK Friends of Khwendo Kor

## Key role for health centre.....

During the January visit, FROK members visited a KK Health Centre on the outskirts of Peshawar and spoke to women waiting for help. They told us how important this centre was for poor women and their families who would otherwise be left with nowhere to go. The Centre runs on a pittance but even so is constantly under threat of closure if funds dry up.



*Talking to patients & staff about healthcare*

### Technical skills you can share?

FROK member Jadzia is helping KK's Regional Managers write Case Studies for donors. Mary has been analysing KK's reporting formats in order to provide advice. Do you know about the **Quick Books** book-keeping programme? Or marketing?

Have you got these or other skills to share with KK? Let us know!

## MENTAL HEALTH SERVICES CLOSE DOWN

We have been reporting on KK's community mental health services in the last two newsletters. Despite it being so highly regarded by its users and their communities, we are sad (and angry) to report that they have had to close for lack of funds.

This at a time when mental health has at last been receiving high profile coverage here in the UK through being championed by the Royal Princes.

KK continues to look for new funding opportunities, including trying where possible to build them into other funding proposals.

To learn more about KK's Health programmes, check out its newly released health documentary 'Protecting Lives, Fulfilling Promises' via KK's website [www.khwendokor.org.pk](http://www.khwendokor.org.pk) or <http://bit.ly/2q3d8p2>

York members successfully ran a Clothes Swap 'Frock for FROK' event in March, raised £600+ and gained new members. Check out our 'how to' guide on the website or ask us for a copy

Ayesha and Saima ran a membership drive event for friends and colleagues in Coventry (*right*) with talks about the work of KK and FROK and craft goods available to buy. As well as raising much needed funds, they recruited new members and got offers of technical help for KK. Thank you!



## Ms Rubina's grocery shop.....

Ms Rubina is from a village in the Tribal Areas. Her husband was jobless and the family of six lived on zakat and alms from neighbours but struggled for even basic needs of food & health. After eventually getting her husband's permission (with a lot of help from KK) to receive training in poultry, enterprise development, record keeping and village banking from Khwendo Kor, she started a small business at home and is now able to sell chicks and up to two dozen eggs daily at market.

Ms Rubina has also gone on to establish a grocery shop in her village. This means both she and her husband are now earning and able to cover their business, medical and household expenses.

Thank you to Laura who ran a Yoga session during International Women's Week and donated the proceeds to FROK



# New HQ building is opened

In our last Newsletter, we showed foundations being dug (see below).



Just a few months later we are proud to show you the new HQ and to report that staff have now moved in! With *your* help!



*Ian & Marilyn being shown round the new building*



With great foresight, KK staff included a training suite with car parking and accommodation in their design. This will enable them to rent out these facilities and, hopefully, develop a steady income stream.

Their careful project management of the building work so impressed the builder that he made a donation to KK's work.

Thanks to the Stephen Clark 1965 Trust for their recent generous donation



*It was very moving to see dedication plaques to Elma Sinclair, founder member of FROK (top), and Hazel Bines, ex FROK Trustee (below), at KK's Deen Dunya Centre*



## Asfandyar's dream...

Fozia lives in a camp with her parents, three brothers and one sister since being displaced from North Waziristan. All had to earn money by unstitching old jeans to make bags for a wage of 1 rupee (less than 1p) for 4 jeans; they were expected to unstitch 800 daily! Her mother, Asfandyar, dreamed of her children having education and a better life but her father



feared their ability to survive without the children's earnings. Then came the day that KK called a meeting to announce a free school for child labourers with free books, pencils and school bags. Despite Asfandyar's willingness to do extra housework and sewing, her husband refused. When she sent the children anyway, he divorced her on the spot. Asfandyar works day and night to keep them in school; Fozia is now in Class 5.

## 'Days for Girls' reusable sanitary wear project gets underway



*Women busy making the kits to enable schoolgirls to attend classes during menstruation*



A diagrammatic representation of the key features of the outcomes of the Strategic Planning Exercise.

If you would like to know more, please contact Marilyn Crawshaw, FROK Chair, details below, or come to the AGM.

## FROK AGM

Saturday, 17th June 2017, St. Columba's URC, Alfred Street, Oxford. OX1 4EH. Tea & biscuits available at 1.30pm. AGM business from 1.45 to 2.30pm. Presentation and discussion 2.30-4pm:

**Marilyn Crawshaw and Ian Sinclair:**

**'Bringing us closer together: An account of our visit to Khwendo Kor in January 2017'**

**NON MEMBERS WELCOME**

**Thanks to *all* our donors & fundraisers, big and small. Although we pick out some for the Newsletter, we appreciate everyone's efforts.**

## Strategic planning comes alive with KK *contd from front page*

The workshop looked at potential opportunities ahead in detail as well as threats and challenges. It has been announced that KP and the Tribal Areas are to come together in one province. This should mean a boost in community development work in FATA and work to improve economic, education and health status of those who live there. KK is very well placed to assist with such work. As military activity reduces in North Waziristan and work is underway on building physical infrastructure, some displaced people are returning home. Successful re-integration strategies are needed, again a KK skill.

## Want to Donate to FROK or get a friend to join and not sure how?

### Advice from our Treasurer

Through our website ([www.frok.org.uk](http://www.frok.org.uk)) you can access a form to set up a standing order, download and post a completed membership form and cheque or find details for setting up a bank to bank transfer. Remember to fill in a gift aid form if you're a UK tax payer. For those with Charity Aid Foundation (CAF) accounts you can send me a voucher or set up regular payments.

You can also donate up to £10 by sending a text to 70070 with the following message:

FROK10 £[put here the number of pounds you want to donate - choose from 1,2,3,4,5 or 10].

Another online donation route—either a one-off or regular amount—is through [www.justgiving.com/frok/Donate](http://www.justgiving.com/frok/Donate). If you declare you're a UK tax payer, Justgiving will add gift aid to any donation.

You can also send a donation direct (Jonathan French, FROK Treasurer, 85, East Parade, Heworth, York, YO31 7YD): cheques made out to FROK. If you're a taxpayer, please complete the gift aid form. (If you have already completed one, you don't need to do one on every occasion. I'll come back to you if there's a problem).

For online banking transfers, use the bank Account details on the Website and let me know you're doing this by putting your surname in 'payee reference' or emailing me (*see right*) on the first occasion you go down this route so I can confirm receipt.

Finally, you can also support FROK when you make on-line purchases by using the THEGIVINGMACHINE.

#### CONTACT US AT:

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**Helping women and children in North West Pakistan**  
**[www.frok.org.uk](http://www.frok.org.uk)**