

Spring-Summer

2016



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

# FROK: UK Friends of Khwendo Kor

## KK's collaborative models.....

KK's default position is to think collaboratively. Whether that be in education where it sets up village women's and men's committees to run the schools, in its microcredit schemes where it engages groups of village women to oversee its micro-credit work or in its work on health and civil rights. In this Newsletter, we highlight how KK is taking that approach in developing its long-held interest in mental health. Support for women and children coping with mental illness or distress has been limited thus far (as in many parts of the world) even though some estimates put the incidence of anxiety and depression among women in north-west Pakistan as three to four times that among men. Members may recall that Dr Shakil Malik from Sussex was our guest speaker at the 2014 AGM when he spoke on this subject.

KK has now been awarded a grant from Norwegian Church Aid to continue the work of the NGO Friends of the MIND (which has recently come under KK's umbrella) in community-based rehabilitation including where gender-based violence is involved

*Right & below: Meeting with family members, a key part of the mental health services*

As well as direct service provision, it is undertaking work on awareness-raising, psychosocial education and community participation to try and effect attitudinal changes. KK is also co-ordinating a Mental Health



*KK's awareness-raising work with community women*

and Psychosocial Support Task Force to bring together service providers, to improve referral pathways and identify shortfalls in services and training. Read more on page 3.

We are also pleased to report that KK has recently been funded by the J A Clark Charitable Trust to do some collaborative work with Afghanaid, a highly respected Afghanistan NGO. They will be sharing their expertise with each other, thus enabling each organisation to develop as well as exploring areas for future co-operation. Watch this space!

And of course KK's work on education for girls continues apace. Here, their collaboration with Government has led to an exciting initiative in which KK are developing children's parliaments in government schools. Read about it on the back page.

Co-operation works!



**Check out our new publications with tips for fundraising**

We have developed two new brief publications: 'How you can help' which contains a range of very practical ideas for fundraising; and 'Raising funds with a clothes swap event'. Do ask us for a copy or download them from the FROK website.— [www.frok.org.uk](http://www.frok.org.uk). And send us *your* ideas!

## FROK members visit Khwendo Kor

Thanks to the tenacity of the Khwendo Kor staff Del and Maureen Hussain were given Notice of Consent by the authorities in March to visit the Trade Facilitation and Communication Centre, and the Peshawar Regional Office in Peshawar and also a school in the town of Mardan. Maureen writes:

‘You will have heard from the news that this is a very troubled area but we found a very warm welcome and every effort made to ensure our comfort and safety. We really had a great time and packed a lot into our 3 days.

At the trade centre we saw many items which had been made by women in local areas, some very distant. The women are given micro credit to finance their enterprise and helped to market their goods. As well as baskets I now have some beautiful scarves for sale which were made in the troubled area of Swat.

The Peshawar Regional Office now manages two new major projects for KK which are located in this regional office. KK is the implementing partner for the National Aids Control Program in this area since April 2015. They provide appropriate community and home based care. They are proactive in offering target groups (e.g. injecting drug users, sex workers, transgender, migrants) voluntary counselling testing. It was a very moving experience to see this centre working and to meet some of the clients.

In the same building we saw the new Community Mental Health Care Centre which is funded by Norwegian Church Aid in Pakistan and implemented by KK. *Contd p4*

### OBITUARY

**Simon Gillett 24.09.1938 - 04.02.2016**

Simon was FROK's first chair, President and, in many ways, originator. He met Maryam Bibi while working for the UN in NW Pakistan and recognised her outstanding abilities. When Maryam came to study at York, he introduced her to his friend, Ian Sinclair, and relative, Caroline Pym of the Clark family trust. FROK was the brainchild of Maryam, Elma and Ian Sinclair and Simon attended its launch as its official head and his support never wavered.

Simon's long career overseas included public service in the Sudan, Tanzania, Nigeria, Pakistan, Botswana, St Helena, Nairu and Ascension Island. High intelligence and transparent integrity enabled him to grasp the essence of challenges, grounded in conversations with those whom his projects were designed to help. Simon was kind and loyal to the causes and people in whom he believed. His contribution to FROK was immense and he will be greatly missed. A fuller obituary is available on the FROK website.

**If you currently make an Annual Subscription to FROK by cash or cheque, will you consider converting to a Standing Order?**

**Know any small Trust Funds or organisations that might be interested in supporting KK?**

We are always interested in developing partnerships or making specific requests to further the work of KK. For example we reported in our last Newsletter about a donation that enabled KK to buy a microscope for a health centre and LED screens for a school.

**Do send us your ideas!**



### KK's HQ Building Fund—CAN YOU HELP?

Donors are rarely interested in funding bricks and mortar and we can understand why. But Khwendo Kor have known for some time that they had to leave their existing rented HQ building as it was in a residential area. After careful thought they decided that it made financial and security sense for them to build their own place. They have now purchased a plot and work is underway. But more funds are urgently needed—in fact they need around £40,000 to complete the job. **CAN YOU HELP?** Please donate via Just Giving, online or by cheque and mark your donation 'Building'.



*Ground breaking at the new HQ*

**Congratulations to York members who raised over £600 at their 'Frock for FROK' clothes swap event in International Women's Week. If you fancy running a similar event, they have now produced a 'how to run a clothes swap' information sheet. Ask you for a copy or get it from the FROK website**

### A wheelchair for Uzair

Uzair, a child in Mirmakhel camp, is paralysed in both legs. His parents could afford neither medication nor a wheelchair for him. KK identified him at a KK Mobile Health camp, provided free medication and also successfully found local donors to provide a wheel chair. Uzair is now both healthier and more independent.



# Mental health matters—KK's work gets underway

Khwendo Kor is bringing its rights-based and community development approach to helping people cope with a range of mental health



*A woman attends a one-to-one session at the Centre*

challenges including psychosis, anxiety, depression and trauma-related issues. As well as providing services through a community mental health centre in Peshawar, it has provided free psychiatric health camps with the help of mental health rehabilitation committees that it has set up. These committees, comprising women and

men, receive training from KK and are already identifying and referring those that might benefit from professional help as well as helping develop local intervention strategies. Support for family members is an integral part of the services.

A series of booklets have been developed using both pictures (aimed at local communities) and written explanations (aimed at local committee members). They cover common mental disorders and symptoms, psychological problems and coping mechanisms, and types of treatment and support available. Messages about 'mental health, gender-based violence and coping mechanisms' have been transmitted through Radio Pakistan.

As always KK is seeking to bring its own values to this work by trying to address the needs of females and poorer people in particular. In doing so it is devel-

oping models that work in their particular environment rather than simply transporting ones from elsewhere.

During an awareness-raising session, one family member said that when their loved one was in 'high spirit' and threatening others or, afterwards, sitting quietly in a corner, the villagers believed it was due to possession by evil spirits. The family had tried a faith healer and doctors but there was no improvement until the community activist suggested KK's camp.

## Khwendo Kor invited to address World Humanitarian Summit 23-4 May, Istanbul

Maryam Bibi was selected by CARE International to represent Pakistan civil society in the World Humanitarian Summit, convened by the UN Secretary General. She spoke at an event on Gender and Humanitarian Action and emphasised

the continuing failure to reach the most needy women and their lack of involvement. The Summit was aimed at the highest level from Member States, humanitarian organizations, affected populations, civil society and the private sector.

[www.worldhumanitariansummit.org](http://www.worldhumanitariansummit.org)



*Group activity during training*

## Gul Lalai, KK's Director Programs, given 'Women Leadership Award'

On International Women's Day in March, Gul Lalai was given a "Women Leadership Award" by End Violence Against Women (EVAW)/G Alliance KP and FATA in recognition of her leadership and remarkable contribution towards women empowerment.

Only four women from KP and FATA were selected to be honoured in this way. **Congratulations Gul Lalai!**



**Maryam Bibi gets Social Activism Award**

In April, Maryam Bibi was given a Social Activism award at the "Hunar-E-Hawwa" festival organised by Tourism Corporation, Government of KP. The award was presented by Deputy Speaker Khyber Pakhtunkhwa, Ms. Mehertaj Roghani. The three day event was arranged exclusively for women.

### Children's Parliaments come to Karak!

KK works in close coordination with the Government Education Department not only at policy level but also at school level. Recently it has formed children's parliaments at 20 government primary schools in district Karak with the aim of improving governance and encouraging a sense of responsibility among children. These parliaments have already arranged several successful events with parents taking a keen interest. The KK team are now expanding the scheme to other areas.

### FROK members visit Khwendo Kor *contd from p2*

KK is trusted at community level and hence is seen as a good vehicle to implement these projects. They have strong teams of highly qualified, gifted and caring staff working with some of the most disadvantaged and needy people.

Our visit to the school in Mardan was a joy. A local young couple have donated 2 rooms in their own house to be used as classrooms for the very young girls of the brick workers in the town. The young mother of the house is one of the two teachers. The children were in uniform, very clean and very eager to show what they had learned in English as well as Pashtun. Clearly the teachers had been well trained and were using modern teaching methods.

On our way back to Islamabad we visited the centre at Mathra which we helped to open three years ago. The craft centre there is dedicated to Elma Sinclair and we were pleased to see it growing in staff and clients. They also have two school rooms for girls and hope to have more soon. They have opened a health centre—the Zonash and Farhan Community Health Centre—with a very dedicated doctor. Mathra is a very conservative area so it is really good news that the new KK staff member responsible for all training is based there and has been able to make very positive contact with the local community and has begun to get them involved in the projects.

Khwendo Kor has an amazing group of women and men who work in very difficult and dangerous situations. They believe that the only way to peace and prosperity is to build a compassionate society where women and men live with dignity and self-reliance'.



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

#### Advice from our Treasurer

On our website at [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 on how to do a **bank to bank transfer**. Remember to fill in a **gift aid** form if you are 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 me 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 a form, it will not be necessary to do it on every occasion. I will come back to you if there is a problem).

For **online banking transfers**, use the bank account details on the website but please also let me know you're doing this By putting your surname in 'payee reference' or emailing me at:

[Jonathanfrench97@gmail.com](mailto:Jonathanfrench97@gmail.com)

on the first occasion you go down this route so I can confirm receipt.

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

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