

FROK - UK Friends of Khwendo Kor

UK registered charity no: 1095857

Each year FROK raises about £12,000 to support the work of Khwendo Kor in NW Pakistan. Khwendo Kor's aim is to achieve a compassionate society where women live with dignity and self reliance.

How you can help – here are some ideas

Choose something which uses your strengths, interests and contacts. Set yourself a realistic aim for the amount of money you can raise – and have a target. Look what you would be funding -

£20 pays for a teacher for 2 weeks.

£30 trains community leaders.

£50 sets up a loan fund.

£100 staffs a medical clinic.

Simple ideas – can be done by one person

- Use **THEGIVINGMACHINE** when you make on-line purchases, choosing FROK as the recipient.
- Sell unwanted goods on ebay.
- Hold a cake or biscuit sale at work or with a friendship group.
- Celebrate a birthday, festival or event by suggesting donations to FROK to replace personal gifts.
- Paying guests - take in airbnb and donate the charge.
- Be sponsored to do something e.g. marathon, parachute jump, abseil, long swim, coast to coast walk.
- Be sponsored to *not* do something e.g. eating chocolate, using the car.
- Encourage individuals to donate £10 by sending a **text** to 70070 with the message FROK10£10.

A bit more effort needed

- Open day at your garden, include refreshments and a plant sale.
- Car boot sale or table top stall – ask friends to donate saleable items.
- Social event for friends - barbecue, cheese and wine, afternoon tea, coffee morning, champagne and nibbles, dinner party, ploughman's lunch, picnic.
- Jewellery stall (FROK info sheet available*).

A group of people required

- An event open to the public.
 - For an audience – concert, drama, music recital, fashion show.
 - Participation – dance e.g. ceilidh, bridge or whist drive, football or golf tournament, quiz night, treasure hunt.
 - Clothes swap (FROK info sheet available *, nearly new sale, pop up charity shop, craft fair.
 - Garden fete with stalls and amusements e.g. jewellery, plants, produce, cakes, bric a brac, face painting.
 - Run a stall within an event organised by someone else where you pay/ donate part of the takings.
- Organise a group of friends for a sponsored activity e.g. litter picking.
- Car wash.

Mentioning that you are fundraising for a charity adds credibility – FROK's registered number is 1095857. All fundraising efforts are also the chance to publicise FROK. We can supply leaflets and photo displays and our website is www.frok.org.uk. And do let us hear about your success stories and send us your photos for the website or newsletter!*

Please send money raised either by cheque payable to 'FROK' to Hon Treasurer, 85, East Parade, York, YO31 7YD or via our Just Giving page - www.justgiving.com/frok/Donate.

NB. FROK cannot provide insurance cover for anyone's fundraising activity. You also need to consider if there are regulations that relate to your fundraising activity. If in doubt choose another option.

* Contact us on 01904 702060 or marilyn.crawshaw@btopenworld.com for a copy or download from the FROK website