

HOW AFFORDABLE HOMES REDUCE SOCIAL ISOLATION AND IMPROVE MENTAL HEALTH

REALL HAS BEEN WORKING IN PAKISTAN TO BUILD A COMMERCIALLY VIABLE AFFORDABLE HOMES MOVEMENT SINCE 1992, AND HAS PARTNERED WITH HOUSING DEVELOPER, ANSAAR MANAGEMENT COMPANY (AMC) SINCE 2014.



Bushra with her young son.

BEFORE THE MOVE

Bushra and her family previously lived in rented accommodation within Faisalabad city. Her husband was employed as a metal worker, and their house was located next to a busy highway. Bushra had difficulty sleeping due to the noise outside. Living in an area without a community meant that Bushra struggled to get to know any of her neighbours. She feared for her safety and felt unable to leave the house without her husband. As a result, she spent most of her time on her own in the house and suffered from severe loneliness.

Bushra also worried for her children, particularly when they were not in the house or at school. The family were forced to travel long distances to reach any park that the children could safely play in.

THE OPPORTUNITY

In 2016, AMC came to the area where Bushra lived to market their new housing development, Safiya Homes.

Bushra and her husband had never even considered the possibility that they might one day be able to own their own house. They decided to visit the site to view it for themselves, and after further discussion with AMC, made the decision to purchase.

"I CAN MOVE OUTSIDE DURING THE DAY AND HAVE MADE MANY FRIENDS."

PURCHASING A HOME

The family are currently repaying their mortgage loan at a manageable \$135 USD per month over a period of three years. Although it was a more expensive option, Bushra and her husband chose the shortest repayment plan possible to free themselves quickly of the mental pressure of paying back the loan. For Bushra, this is far better than indefinitely paying \$25 USD in rent each month. They now have just one and a half years before they will own their home outright.

BUSHRA FROM FAISALABAD IN PAKISTAN WAS ABLE TO ESCAPE ISOLATION AND PROVIDE A BETTER LIFE FOR HER FAMILY AFTER PURCHASING AN AFFORDABLE HOME.

A NEW LIFE

The new house has transformed Bushra's life. The estate where the family now live is safe with a friendly community, and she is able to sit outside with her children. She is now comfortable leaving the house on her own and has made many friends.

The move also benefitted Bushra's children. Safiya Homes is close to their school, with a free bus service provided. This has meant that Bushra's children have much more free time to spend on their studies and completing their homework, time which they would have previously spent travelling.

The houses on the Safiya Homes site surround communal parks shared between around 20 families. Bushra's children can play there without her worrying for their safety. The extra space has allowed Bushra and her husband to spend more free time together and they are able to discuss private matters away from their children. As Bushra describes, "The biggest change that Safiya Homes has made is in my children and me. We are all much happier living here."