



Change a Life.

SHARIFA'S FAMILY

Afghanistan



Jalalabad

Nangarhar

No. of Members

7

No. of Dependants

7

Head of Family

Sharifa

Female

29

Sharifa is a 29-year-old widow living in extreme poverty in Jalalabad. She lost her husband four years ago and has since been solely responsible for raising her children under very difficult circumstances. As the head of the household, she carries the full burden of caring for her family without any form of stable income or support.

Despite her hardships, Sharifa continues to show strength and patience while trying to provide for her children and dependents. She is now also supporting her elderly mother-in-law and her younger sister-in-law, who is also a widow with a young child. With the right support, Sharifa has the potential to rebuild her family's life, provide stability for the children, and work towards a more secure and dignified future.

Family Situation

Sharifa's family is living in severe poverty and hardship, struggling daily to survive. The household consists of multiple vulnerable members, including two widows, several young children, and an elderly woman, all living together without any stable source of income.

They currently live in a small rented mud home that is overcrowded and unsafe. The family is often unable to pay rent and faces constant uncertainty about losing their shelter. Their living conditions are extremely poor, with very limited access to basic necessities. During visits, the children were seen eating dried pieces of bread with crushed garlic in oil, reflecting the level of food insecurity they are facing.

There is no adult male in the household to provide income. As a result, the responsibility of supporting the family has fallen on Wahidullah, a 14-year-old child, who goes out daily to collect scrap metal and plastic to sell. His earnings are minimal and inconsistent, sometimes only enough to buy flour for basic food. On many occasions, the family has to rely on neighbours for food assistance.

The elderly grandmother, Bibi Kow, is in poor health. She recently suffered a fall and broke her arm, which has only been loosely treated without proper medical care. She also has issues with her eyesight that require medical attention. Zahida, a young widow, has also recently joined the household after facing mistreatment from her in-laws, further increasing the burden on the already struggling family.

The children are not attending school or madrassah due to financial hardship, and their future remains uncertain without support. The family is trapped in a cycle of poverty that they cannot escape on their own.

Family Needs

Sharifa's family urgently requires support to rebuild their lives and achieve stability. Their most immediate need is a safe and secure home, as they are currently living in an unsafe rented property and are unable to consistently afford rent. Providing a permanent home would remove this burden and offer security and dignity.

The family also requires consistent access to basic necessities including food, clean water, clothing, and essential household items such as bedding and cooking supplies. At present, these needs are not reliably met, leaving them vulnerable to hunger, poor health, and ongoing hardship.

Medical care is essential for Bibi Kow, who requires proper assessment and treatment for her injured arm, as well as support for her eyesight. Access to medication and healthcare will greatly improve her quality of life.

The children need support to access education, including school and madrassah, along with essential supplies such as books, uniforms, and stationery. They are eager to learn but are currently unable to attend due to financial constraints.

In addition, the family requires a sustainable source of income. Providing livelihood support such as sewing machines, livestock, or other small business opportunities would allow the family to become more self-reliant and reduce their dependence on external aid.

Cost Breakdown

Food supplies - £1,500

Solar water well, clean water - £1,500

Clothing - £1,000

Home construction - £5,000

Household items - £1,000

Education & school supplies - £1,000

Medical treatment & assessment for Bibi Kow - £1,000

Income generating project (shop, sewing machine, cows, goats, chickens etc) - £3,000

TOTAL **£15,000**

Family Breakdown

Sharifa, aged 29, lives in poverty in Jalalabad with her children Wahidullah, aged 14, Muhibullah, aged 10, and Sultan, aged 4. She also lives with her elderly mother-in-law Bibi Kow, aged 65, and her sister-in-law Zahida, aged 19, who is also a widow, along with her young son Ahmad Khan, aged 2.

As the head of the household, Sharifa is responsible for caring for all members of the family. With no adult male support, the family relies on Wahidullah, who earns a small and inconsistent income collecting and selling scrap materials.

The household faces extreme hardship and struggles to meet even basic daily needs. Despite this, they remain patient and hopeful that with the right support, they can rebuild their lives and provide a better future for their children.