



Thank you

*You planted a seed of hope
in Basa.*

Watch it bloom.

The Seed

Your 2016 sponsorship update
from your sponsored child's community in Senegal.

Thank you for helping to bring hope to your sponsored child's community.

How Basa's babies are getting the best start in life

"In our community, women used to give birth at home. Sometimes the babies died," says Rokia, a local mum. For cultural reasons, many women didn't want to have midwives present, so there was often a risk of life-threatening complications.

Thanks to you, Rokia joined a support group for mums-to-be where they chat about their challenges and experiences. They learn how giving birth in hospital with midwife support contributes to safer births for mums and their babies.

Rokia found the group so helpful that she now volunteers and helps teach other mums. Thanks to you, mums-to-be in Basa have a support group they trust, most women now give birth in a health centre, and very few mums and babies die during childbirth.



TOP RIGHT: Rokia at her community group where she now teaches other mums the importance of giving birth with a midwife. **BOTTOM LEFT:** Thanks to you, women can give birth safely at the health centre. © 2015 Alegnesy Bies/World Vision. **BOTTOM RIGHT:** New mums can now visit a local clinic, with trained health workers, helping to keep their babies healthy and well. © 2016 World Vision



“A midwife taught us how to give birth as safely as possible,” Rokia says.





We've come a long way, and we're still making progress — *all thanks to you.*

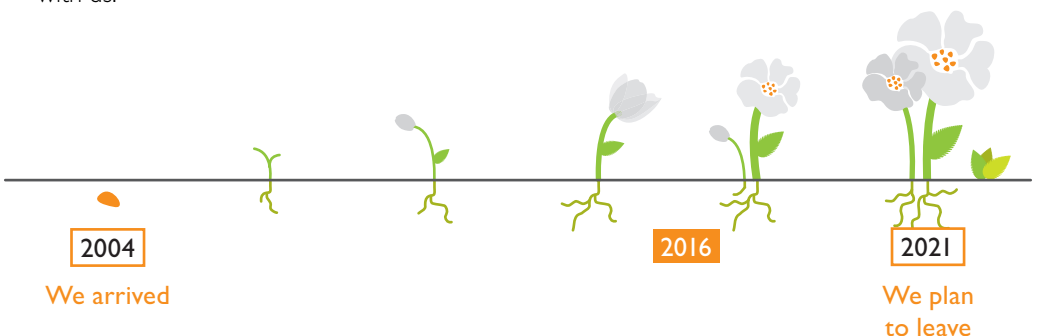
We've been working with the community of Basa since **2004**. Back then, children faced many problems: malnutrition or stunted growth due to a lack of nutritious food; limited prospects due to poor education; and little or no access to healthcare.

Since then, things have begun to change for the better. Signs of malnutrition are picked up quicker now, so children have a better chance of returning to full health; schools are more welcoming places, with more trained teachers and new classrooms; and expectant mothers are learning how to give their children a healthier start in life by going to regular check-ups and getting them vaccinated.

Despite these improvements, life is still hard for your sponsored child, and we really need your continuing support to ensure all the good we have managed to achieve for them isn't lost.

Thanks to your incredibly generous sponsorship of your sponsored child, we can stay in the area for another five to six years. We plan to leave in **2021**, but we will only go once we are confident that the change you have made, and the hope that you have given, will continue after we have left.

Just to say: Most families struggle with reading and writing, and with only dirt tracks for volunteers to travel on, replies to letters and cards can take a long time. Thanks for bearing with us.



How you have helped this year...

We've picked out a small selection of the ways you have helped to bring hope to your sponsored child and their community. The reality is that you've helped us achieve much, much more.

- * **20** midwives are fully trained to deliver even more babies safely.
- * **630** school children have new workbooks, pens and paper so they can learn with their friends.
- * **1,685** children have improved their reading now that teachers are better trained in teaching reading and maths.
- * Expectant mums can go to a clinic nearby, and get advice from a skilled health worker, rather than walking 10km.
- * The families in **10** villages have clean drinking water from **20** new wells built a short walk from their homes.
- * Families in **127** households now have toilets and live in a healthy and clean environment with less risk of disease.
- * **11,272** children received medicine to protect them from malaria – a life-threatening disease.
- * More families have learned how to grow nutritious food.

“Seeing the video is very touching and makes my sponsorship more real to me.” Gillian, Newtownabbey.

Have you seen your video from your sponsored child's community showing just how much your support means to them? Watch it today.

Register now at www.worldvision.org.uk/my-sponsorship.
See back cover for more details.



TOP LEFT: This tree nursery helps families boost their incomes so they can better provide for their children. **BOTTOM LEFT:** Thanks to you, more children are reading better. **BOTTOM RIGHT:** The community is learning together about children's rights and how to keep them safe.



How do children like your sponsored child feel when they hear from their sponsor?

We asked sponsored children to share their thoughts with us...

"I keep them in my secret box, so that no one can get them." Elina, 5, Armenia.

"I want to spend Christmas Day at church singing songs for my sponsor so that God can bless her." Bibian, 15, Zambia.

"I am happy to receive a Christmas card from my sponsor in the UK. I've shown it to my friends and I keep it in my bag. I want my sponsor to visit me, and I would love to say hello to them." Sokly, 15, Cambodia.

However you choose to stay in touch with your sponsored child – whether by writing, emailing them on My Sponsorship, sharing photos or just taking a few moments in a busy day to think about or pray for them – thank you for bringing hope to your sponsored child.

Keep an eye out in the post as we'll send a Christmas card for you to send to your sponsored child in a few weeks' time.

ABOVE: Christmas cards add a spark of excitement to a normal day for Letson, 5, from Zambia.

"I am very happy to see that I am in your thoughts. You are so special to me. I am thankful for all you have done for me."

Gentiana, 12, Albania.

For the long-term, for lasting change, **for ever.**

Thanks to you, and other sponsors who are equally generous, we can work alongside a community for 15 years. That gives us time to help them bring about lasting change themselves, so they can continue to care for children long after we've left. When we do leave, it's because they're strong enough to stand on their own two feet.

Amanda (pictured below) has sponsored six children over 31 years, including Wasim, who she met in person on a trip to Bangladesh. She knows how it feels to say goodbye after so many years...

"It was a wrench... [but it was] so lovely to have that connection with Wasim and to see him grow and progress, and now we're sponsoring Joya. So we have every hope that she will progress as well as Wasim did."

Mary has been a sponsor for 34 years. In this time she's sponsored eight children. She tells us what this was like for her...

"As I never married and haven't had children of my own it's been a blessing knowing that I have helped in some way to improve the lives of children a long way away and let them know that I care about them and love them. I will always be a sponsor and support World Vision even when I'm gone."

How you can improve the lives of children for ever

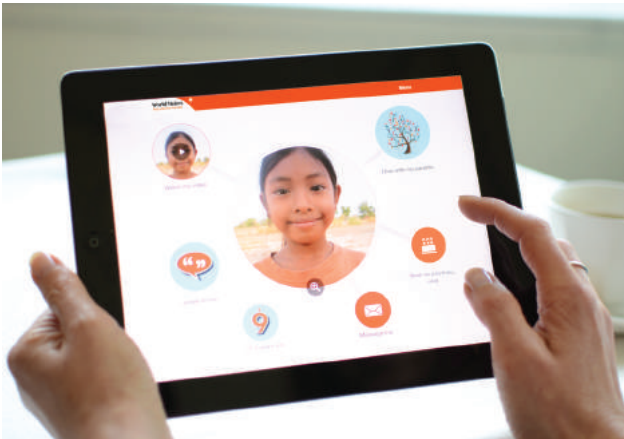
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

To find out more about this way of giving, please call our Legacy team on

01908 84 10 60 or email legacies@worldvision.org.uk



Feel closer than ever before



Go to My Sponsorship today

“I love being able to send a message. It’s so easy to do and brings them closer as part of the family.”

Ruth, Billingham.

My Sponsorship is the place on our website where you can find out more about your sponsored child, send messages, see photos and watch videos.

Here’s what sponsors like about it...

“The video is amazing! Brought a tear to my eye.” Joanna, Newtownards.

“It’s great to see more photos of the community where my sponsored child lives (I went through every photo looking out for her).” Hannah, London.

“I love the part where I can send pictures and tell them about a day in my life. Seeing the videos of what’s happening in the communities just makes it so real.” Kathryn, Kings Lynn.

How to register?

Go to www.worldvision.org.uk/my-sponsorship to register today.

All you’ll need is your Supporter ID.



This Halloween, join in with other sponsors and carve a **heart** in your pumpkin as a symbol of hope for children living in fear.

For more ideas and to find out how you can get involved visit www.worldvision.org.uk/carveaheart

#carveaheart



CARVE  HEART

World Vision is the world’s largest international children’s charity. Every day we bring real hope to millions of children in the world’s hardest places as a sign of God’s unconditional love.

#WorldVisionUK



FRONT COVER: These children from Senegal have hope for the future. © 2016 World Vision

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