



*Thank you*

*You planted a seed of hope  
in Ghoraghat.*

*Watch it bloom.*

The logo for 'The Seed' features the words 'The Seed' in a serif font. A green leaf is positioned behind the letter 'e' in 'The', and a large, light gray heart shape is behind the word 'Seed'.  
**The Seed**

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

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

## Bringing new hope to children like Milita

Milita is 12 and lives in a small rural village with her mum, dad and four brothers and sisters. Life for Milita has been hard. Not long ago, wheat was the only crop her family could grow, but as it doesn't grow all year round, Milita's mum, Buli, had to depend on her husband's small income during the off-season. They did have two cows, but they had to sell them to pay for medical treatments.

Thanks to you, Milita's mum joined a newly formed community group and became inspired to change her family's way of life. Milita's family was given training and three sheep to kick-start their farm. Over a year, three sheep were bred into 20 sheep.

*"Now I have peace of mind as my children can study in school and have three quality meals a day. I am relieved from the ghost of poverty,"* says Buli.



**TOP RIGHT:** Milita's mother Buli was able to become part of the community group thanks to you.  
**BOTTOM:** Milita, 12, with her mother and father and their growing number of livestock.  
This page and opposite: © 2016 / World Vision



*“My family is able to pay my school fees and buy my school books because we can sell sheep. I am very grateful to World Vision for the support they have given me,” says Milita.*





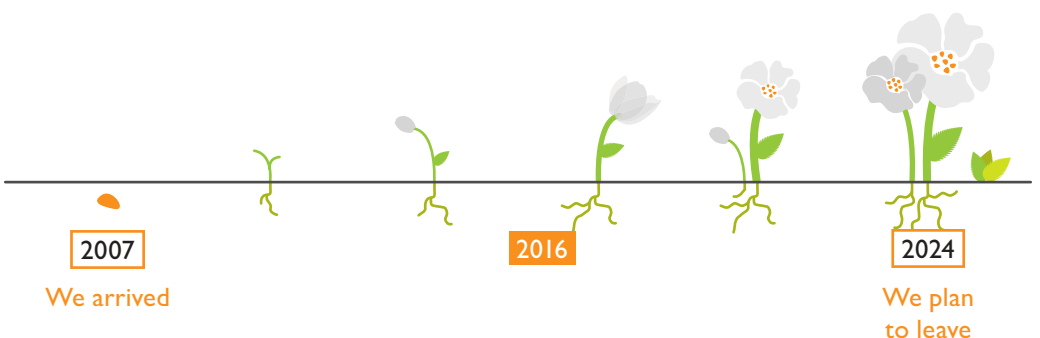
# We've come a long way, and we're still making progress — *all thanks to you.*

We've been working with the community of Ghoraghat since **2007**. Back then, children faced many problems: poverty; malnourishment; lack of education and basic sanitation; fear of illness; and – for girls – early marriage.

Since then, things have begun to change for the better. More children have been vaccinated and live their lives free of the fear of falling ill; families are boosting their incomes by raising more livestock – money they can use to provide their children with essentials; and with coaching and support, children are passing their exams and are working towards reaching their full potential.

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 eight to nine years. We plan to leave in **2024**, 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.



# 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.

- \* Under-fives have put on weight. They are now healthier and better able to enjoy their childhoods.
- \* **85%** of children now go to school regularly and get a good education.
- \* Mothers and their children get better healthcare at **12** clinics, and more families can afford to pay for healthcare when their children get sick.
- \* **704** children have recovered from malnutrition at **12** health centres.
- \* More children get a birth certificate, an important foundation for child protection that keeps them safe and gives future opportunities.
- \* The community came together in an 'anti-child-marriage' event and stopped **10** child marriages.
- \* Children with special needs get the extra support they need.
- \* Farming incomes have improved, so parents can afford the essentials for their children.

*"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](http://www.worldvision.org.uk/my-sponsorship).  
See back cover for more details.



**TOP LEFT:** Sanoyara and her little sister like to read and draw together. Thanks to you they have full bellies and their father earns enough to send them to school. **BOTTOM LEFT:** These girls can go to school since their parents learned to grow and sell taro vine and bottle gourd, thanks to your help. **BOTTOM RIGHT:** Now that families can earn a decent livelihood growing more sustainable crops, their children are happy, healthy and going to school. All thanks to you.



## 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 Promise, 12, from Bangladesh.

*"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

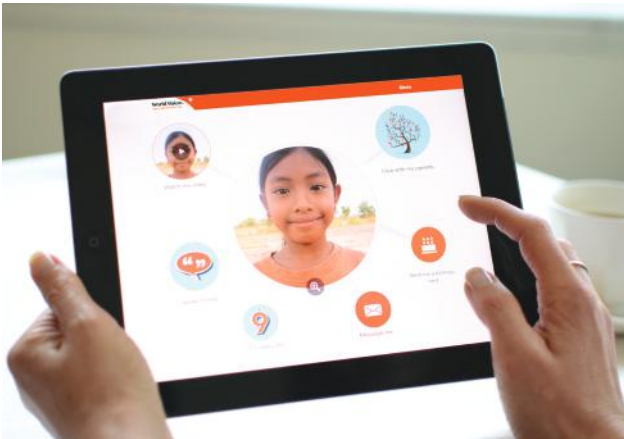
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

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](mailto:legacies@worldvision.org.uk)



# Feel closer than ever before



*“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.

Go to My Sponsorship today

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](http://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](http://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:** Rubi, 10, and her friends from Bangladesh. © 2016 World Vision

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