



Thank you

*You planted a seed of hope
in Loul.*

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.

Filming their way to a healthier future

Pathe, 17, watched helplessly as his friend almost died from malaria recently. With diseases like this – an everyday battle for many families in Loul – he wanted to do something.

He joined a youth club, set up thanks to you, and soon involved his new friends in his vision for a video to promote good health.



ABOVE: Thanks to you, Pathe and his friends made a short video to spread the word on staying healthy.

Some friends wrote the script, while others borrowed cameras to film it. They interviewed Pathe about his life, how he learned to keep himself healthy and well, and why he wanted to share this advice.

This was more than just a great way to spread the word on health. Pathe says, "I have learned to take pictures and videos with professional cameras, which I never had the opportunity to do before." It's a skill he hopes to use again.

Thanks to you, Pathe and his friends got the chance to spread their important message. They are helping to keep their community healthy and can look forward to a brighter future.

"I have learned to take videos ... which I never had the opportunity to do before," Pathe says.





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

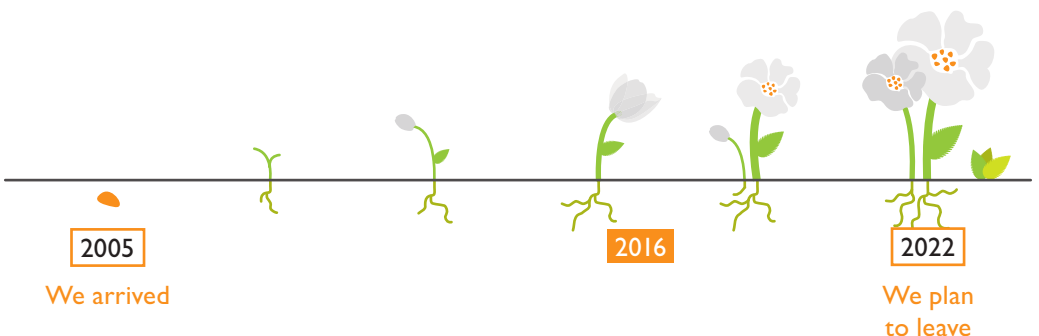
We've been working with the community of Loul since **2005**. Back then, children faced many problems: the grief and loss of being orphaned through AIDS; lack of clean drinking water; and malnutrition and stunted growth.

Since then, things have begun to change for the better. Children in Loul are much healthier and have a more varied diet, meaning far fewer children are malnourished; schools are better equipped and more welcoming; and more children have access to clean, safe drinking water, so they no longer fear that quenching their thirst will make them sick.

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 six to seven years. We plan to leave in **2022**, 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.

- * Children play with friends at new kids clubs, where they learn about their rights and staying safe.
- * Regular health visits to newborn babies save lives and ensure malnutrition is spotted and treated earlier.
- * Children's reading skills and confidence are improving since **25** teachers have had extra training.
- * **165** women have started small soap-making businesses and can support their families better.
- * More babies and mums-to-be get vaccinations, helping them stay healthy and well.
- * **101** women learned to grow crops so they can feed their children healthy meals and sell what's left over at market.
- * Mums and babies get the best possible care now midwives attend more births.
- * Pregnant women now have mosquito nets to sleep under and far fewer families get malaria.

“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: Women learn how to make local produce, including soap, to boost family income. **BOTTOM LEFT:** Thanks to you, babies are weighed regularly to check their health and help prevent malnutrition. **BOTTOM RIGHT:** These children now have a safe place to play with their friends, thanks to your support, and enjoy taking it in turns to go down this new slide.



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

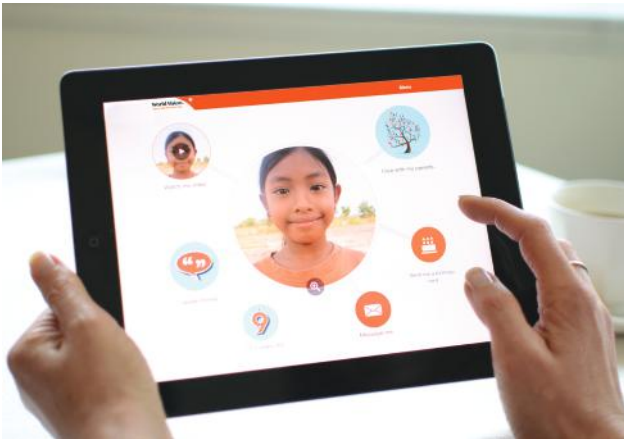
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

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



“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 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 A 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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