



Thank you

*You planted a seed of hope
in Maya.*

Watch it bloom.

The Seed

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

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

A full tummy and a roof over Helmer's head

Helmer is 11 and is a sponsored child. His sisters are Deysi, 10, Deyni, 12, Claudia, 19, and Sandra, 19. His brother, Alexis, is 20.

Helmer's dad, Raul, is a farmer. On his small patch of land he used to grow just corn and beans. But with a family to feed and the worry that Helmer and his brothers and sisters were going to bed hungry at night, he joined a local community group set up thanks to sponsors like you.

The group helped Raul understand what foods were the most nutritious for his children, so they can grow up strong and healthy. And he learned how to grow other crops on his land too.

After a lot of hard work and dedication, his backyard turned into a lush garden filled with fruits, vegetables and leafy greens. Now Helmer enjoys nutritious meals, making sure he is happy and well, and goes to bed with a full tummy. All thanks to you.

Raul is the community group secretary, helping others like him start up their own small businesses so they too can support their families.



TOP RIGHT: Helmer and his father proudly show off the plot of land they grow their vegetables on.

BOTTOM: Helmer and his family with their goats. Thanks to you, Helmer's father Raul can now provide for his family. © 2016 World Vision



Raul says, “I can now give my wife and children the house I always dreamt of.”





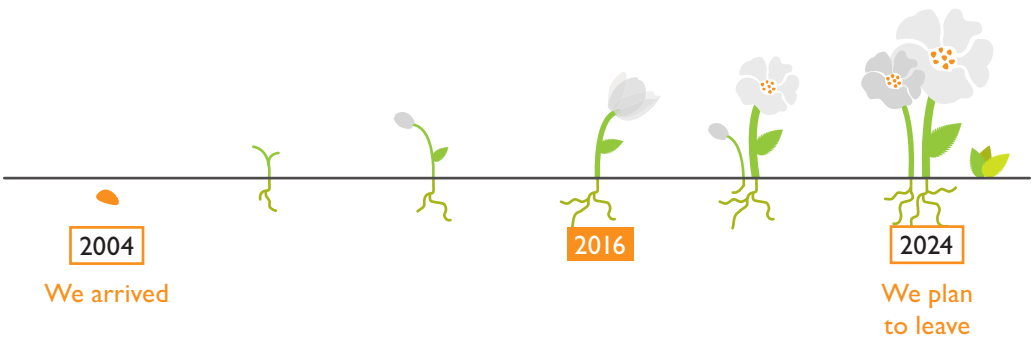
We've come a long way, and we're still making progress — *all thanks to you.*

We've been working with the community of Maya since **2004**. Back then, children faced many problems: poverty; malnourishment; lack of sanitation; and poor education.

Since then, things have begun to change for the better. Parents have learnt how to grow more food; access to clean water protects children from diseases; and with more classrooms, trained teachers and parent involvement, children are staying and succeeding at school – giving them the tools they need to thrive later in life. Despite these improvements, life is still hard for children like your sponsored child.

Families are being hit hard by El Nino. With weather changing abruptly from drought to floods, they are finding it hard to grow crops and plan for their futures. But thanks to you, we're able to work alongside families, to help them cope. We really need your continuing support to ensure all the good we have managed to achieve 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.

- * **11** savings groups were set up to help families start up their own businesses, to better provide for their children's futures.
- * Over **1,100** more children are going to school.
- * **15** new youth groups across the community are teaching children about their rights.
- * Farmers have been given tools and training so they can grow more crops on their land.
- * **199** children with learning difficulties have been given extra help at school, giving them hope for a better future.
- * **486** families have been taught to grow nutritious crops so they can enjoy healthy meals.
- * **509** families have been visited by doctors, who gave vaccinations and ensured children were healthy and well.
- * Youth groups are now sharing skills and teaching each other about their rights and values.

“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: With your help, the community here has grown stronger and healthier and has more awareness of children's rights. **BOTTOM LEFT:** Fresh milk and porridge mean children get the nutrition they need to grow up strong and healthy. **BOTTOM RIGHT:** Thanks to your help, parents earn enough money to be able to send their children to school. © 2016 World Vision



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 Margarita, from Bolivia. © 2015 Eugene Lee / World Vision.

"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

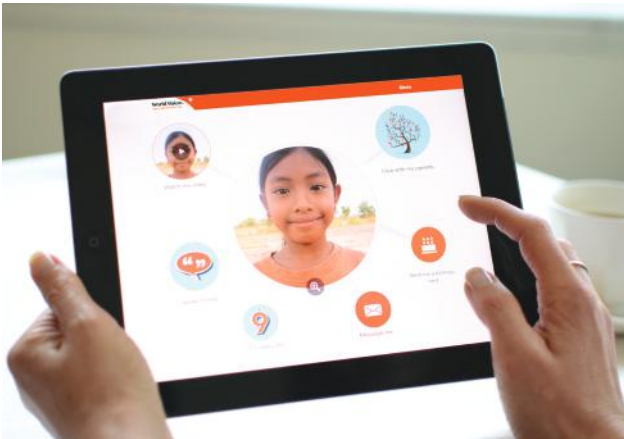
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

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: Sevin, 12, and his brother Lester from Honduras. © 2013 Laura Reinhardt / World Vision

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