



Thank you

*You planted a seed of hope
in Mbella.*

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.

Growing a better future for Malick

Malick, 12, lives with his mum, Seynabou, his dad, Ibou, and 8 brothers and sisters. Poor soil and expensive seeds meant Ibou struggled to grow enough to support his family and provide them with healthy meals.

Worried his children were going to bed hungry, Ibou joined a local community group, set up thanks to you. The group shared farming tips and were given fertilisers to help their crops grow. Soon, Ibou was growing big, red, luscious tomatoes – more than the family needed. “We were able to develop a family garden just behind our house,” says Seynabou.

Seynabou sells their tomatoes at the market. Now she can support her family and buy school supplies so her children can go to school. Malick no longer goes to bed hungry. He looks forward to getting up in the mornings and enjoys going to school with his friends.

Thanks to you, Malick's family can support themselves and have a healthier, more stable future.



TOP RIGHT: Malick, 12, and his family have a bright future, thanks to you. **BOTTOM LEFT:** Thanks to you, Seynabou and her family grow tomatoes to eat and sell. **BOTTOM RIGHT:** Seynabou's family enjoy nutritious meals now they have a successful market garden. © 2016 World Vision



“We get our vegetables from the garden and every week I harvest one to two bowls of tomatoes,” Seynabou says.





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

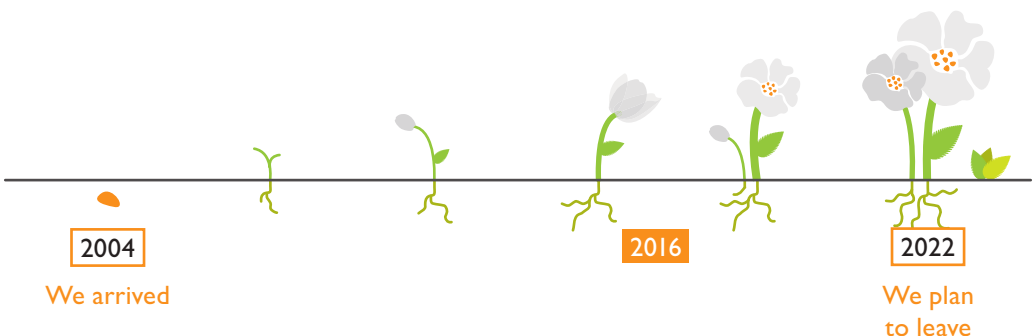
We've been working in the community of Mbella since **2004**. Back then, children faced many problems: low household incomes; lack of food; poor sanitation; fear of illness; and a lack of education.

Since then, things have begun to change for the better. Many children are vaccinated against life-threatening diseases and are less fearful of getting ill; families have been helped to set up small businesses, and have learned new skills to earn more money to provide for their children; and school is a better place for children to learn, thanks to new classrooms.

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. Thank you 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.

- * More children sleep under mosquito nets so they don't catch malaria, a life-threatening disease.
- * Mums have learned to prepare healthy meals for their children at **15** nutrition groups.
- * Mbella's first ambulance saves lives by reaching those in need quickly.
- * Children read and speak at higher levels by going to reading clubs.
- * More families have joined savings groups and can support their children by starting small businesses and rearing cattle.
- * Families grow more vegetables at home and sell what's left to pay school fees.
- * More children are registered at birth so they can enrol in school and get an education.
- * Families can now get essential medicines from **17** fully stocked village clinics.

"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: Children enjoy playing together at their new preschool open day. **BOTTOM LEFT:** Mothers attend a health session to learn how to best care for their babies and give them a safe start in life. **BOTTOM RIGHT:** Local women have boosted their incomes by setting up their own businesses, 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 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

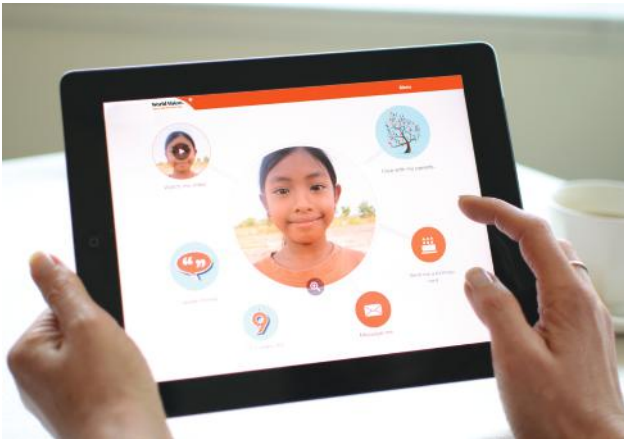
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

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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