



Thank you

*You planted a seed of hope
in Mosoj P'unchay.*

Watch it bloom.

The Seed

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

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

Growing a happier, healthier future for Delia

Delia, 11, lives in a remote village in the hills of Mosoj P'unchay with her mum, brother and sister. "Before, we did not eat many vegetables," says Delia's mum, Teodocia. The ground is steep and therefore hard for many families to grow enough food to feed their children. They used to just eat potatoes because they couldn't afford to buy other vegetables and the market was far away.

Thanks to you, Delia is no longer scared of going to bed with an empty tummy, because her mum was taught how to build a greenhouse to grow vegetables. "I grow cucumber, spinach, chard and tomatoes," Teodocia says. Now, she can give her three children nutritious meals and not worry about them getting ill. "My children like these vegetables very much," she says.

Delia and her family can enjoy fresh vegetables, giving them the nutrition they need. Any food left over is sold, and the extra money is used to buy clothes and repair their home.

Thank you for giving Delia and her family meals for today, and hope for a healthy future ahead.



TOP RIGHT: Thanks to you, Delia and her family can enjoy nutritious meals and a healthy future.

BOTTOM: Delia, 11, Wilder, 5, and Maria, 3, help their mother pick lettuces which they are now growing in their greenhouse, thanks to sponsors like you. © 2016 World Vision



“I am thankful my children can have healthy vegetables and hope for their futures,” says Teodocia.





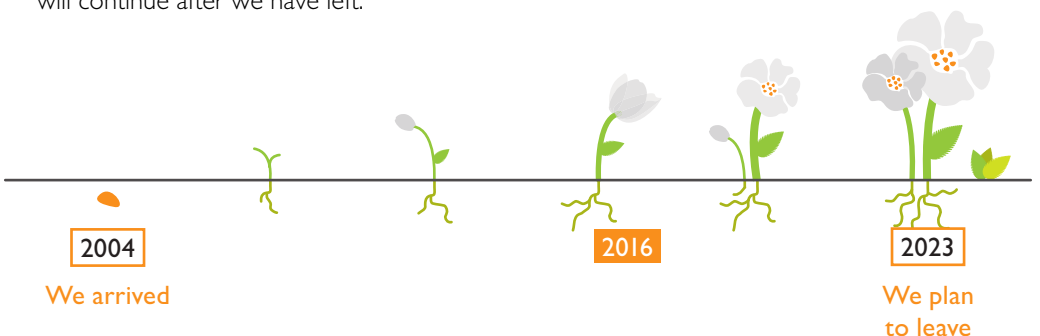
We've come a long way, and we're still making progress — *all thanks to you.*

We've been working with the community of Mosoj P'unchay since **2004**. Back then, children faced many problems: not having enough to eat; poor-quality education; fear of violence; and the threat of disease.

Since then, things have begun to change for the better. Using improved farming methods, families have been able to grow more crops; mothers are more aware of the importance of feeding their children a balanced diet; and there is better access to healthcare before, during and after pregnancy for mothers.

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 seven to eight years. We plan to leave in **2023**, 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.

- * Children have been given books, uniforms and pens so they can go to school and enjoy learning.
- * Families have learned how to grow nutritious food, giving their children healthy meals so they don't go to school on an empty stomach.
- * **56** teachers have had extra training, giving children the best possible education and hope for a better future.
- * Local health centres have been set up to support parents with sick children, helping them get the care they need closer to home.
- * Over **100** mums have attended antenatal classes and learned the importance of breastfeeding and getting their babies vaccinated against diseases.
- * Families have been given greenhouses and training in how to grow crops. They can now enjoy eating fresh vegetables with their meals.
- * Youth workshops are helping prepare older children to get jobs and learn essential skills for a brighter future.
- * Children have been taught about their rights and how to get help if they feel they need extra support.

"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: Your support means that children are enjoying a happy, healthy childhood, with a brighter future. © 2016 World Vision. **BOTTOM LEFT:** Thanks to you, children are looked after, feel safer and get the good nutrition they need. © 2015 Andy Reed/World Vision. **BOTTOM RIGHT:** Marina, 9, has learned to express herself. "I still have a little fear, but had lots of before. I even participate in fairs and shows now," she says. © 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

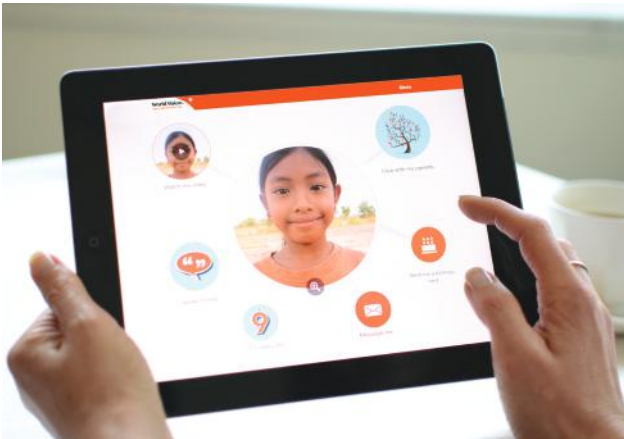
You're already creating a legacy by giving real hope to your sponsored child and their community. A legacy of permanent, positive change. By leaving a gift in your will, you can continue to bring life in all its fullness to vulnerable children for generations to come.

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



“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  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.

FRONT COVER: Darwin, with his sisters, Ofelia and Maritza, from Bolivia.

#WorldVisionUK



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