

Thank you so much for your support of a child in our Child Sponsorship Programme!



We would like to take this opportunity to share about how you can communicate with the child you sponsor. The child you sponsor would love to hear from you! If you would like to send a message to the child you sponsor, you can write your message in an email and send it to us at **hello@fieldsoflife.org** or send a letter by post to: **Fields of Life Sponsorship Team, Fields of Life, Tank Hill, Muyenga, P.O. Box 36388, Kampala, Uganda, East Africa.**

Communication Guidelines

Our priority is each child's security and welfare and so we have some guidelines around communication.

- Your communication should clearly state the child's name and unique code.
- You could ask about life where they live, their family, their school or what they enjoy doing.
- You can tell them about your life, family and interests, and your interest in East Africa.
- Please direct all communication through the Fields of Life office and please do not directly contact the child that you sponsor. We also ask that you do not make any contact through social media.
- Please do not include your home address or other contact details in your letter.
- Please do not send money to East Africa.
- If you are contacted on social media, or if you are concerned about anything that a child tells you in a letter, please notify us immediately either by email (childsponsorship@fieldsoflife.org) or phone (028 9263 6200).

Thank you,
The Fields of Life Child Sponsorship Team