

## Children love receiving letters from their sponsors!

If you would like to write a letter, but don't know where to start, here are a few ideas:

- ♥ You can tell them about your life, your family, and your hobbies and interests.
- ♥ Do you play a sport, or enjoy gardening or baking? Tell your sponsored child all about it!
- ♥ You can also tell them why you decided to become a child sponsor.
- ♥ Similarly, you could ask about life where they live. Ask about their family, what games they like to play with their friends or what their favourite subject is.

**Please include your child's name and sponsorship code in your email or letter.**



## How to send your letter

If you would like to send a message to the child you sponsor, the easiest way is to send it in an email to [hello@fieldsoflife.org](mailto:hello@fieldsoflife.org)

Alternatively, you can post a letter directly to our sponsorship team in Uganda. Their address is: **Fields of Life Sponsorship Team, Fields of Life, Tank Hill, Muyenga, P.O. Box 36388, Kampala, Uganda, East Africa.**

## Guidelines

**To keep everyone safe, we do ask that you stick to a few guidelines:**

- ♥ Please direct all communication through Fields of Life. We ask that you do not make any contact through social media. If you are contacted directly by your child, please get in touch to let us know.
- ♥ Please do not include your home address or other contact details in your letter, and do not send money to East Africa.

*If you have any questions, you can get in contact by email ( [childsponsorship@fieldsoflife.org](mailto:childsponsorship@fieldsoflife.org) ) or phone ( +44 (0)28 92636200 )*