Every child should have the chance to play, to learn, to explore the world. But it's hard for those who can't see - like Lucy and Yona from Tanzania, East Africa. They can't run and play with the other children. They often can't go to school.

But children like Lucy and Yona should not be blind. They have cataracts. All it takes is a 45 minute operation to restore their sight. Yet many poor families can't afford to pay for surgery, or even for transport to hospital.

I'm Diane Louise Jordan and I support the charity Christian Blind Mission because I believe that every child should have the best chance in life - and nobody should be needlessly blind.

As a mum and a grandmother, I can't imagine what it's like to see your child lose their sight. Seeing them struggle, knowing that treatment is available – but out of reach.

Christian Blind Mission is working restore sight for the world's poorest children. Will you join me and help?

By texting SIGHT to 70111 and giving just £3, you could give children a future they never dreamed possible. You could help restore their sight.

We want them to see God's beautiful world, and to find their place in it. With this simple act of grace, you could free children like Lucy and Yona from a life of darkness.

You could help them see their future.