

## WHATEVER'S UP YOUR STREET HELPS JUST DOWN THE ROAD

Your support means that we can fund thousands of local charities in communities across the UK to help the children that need us most.

Whatever they're going through, from supporting them through bereavement, illness, poverty or poor mental health, you're helping local charities and projects be there for them and make a real difference.

Their inspiring stories from right across the UK can be found on our discovery hub at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

So let's continue to change lives and celebrate the incredible difference that we're helping to make together.

### FIND EVERYTHING YOU NEED TO FUNDRAISE ONLINE

From event posters to sponsorship forms to ready-to-go quiz packs, you can find all the downloadable resources you need for your fundraiser at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

### POPETH SYDD EI ANGEN ARNOCH I GODI ARIAN I'W GAEL AR-LEIN

O bosteri digwyddiadau i ffurflenni noddi i becynnau cwis parod, gallwch ganfod yr holl adnoddau sydd eu hangen arnoch gyfer eich digwyddiad codi arian i'w lawrlwytho yn [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

## BYDD POPETH A WNEWCH YN HELPU EICH ARDAL

Mae eich cefnogaeth yn golygu y gallwn ni ariannu miloedd o elusennau lleol mewn cymunedau ar draws y DU i gynorthwyo'r plant sydd eu hangen fwyaf.

Beth bynnag maen nhw'n ei ddi-oddef, o roi cymorth iddyn nhw drwy brofedigaeth, salwch, tloedi neu iechydd meddwl gwael, rydych chi'n helpu elusennau a phrosiectau lleol fod yno iddyn nhw a gwneud gwahaniaeth go iawn.

Gellir canfod eu straeon ysbrydoledig o bob cwr o'r DU yn ein hwb darganfod yn [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

Felly dewch i ni barhau i newid bywydau a dathlu'r gwahaniaeth anhygoel yr ydyn ni'n helpu i'w wneud gyda'n gilydd.



### NEED SOME HELP?

Our dedicated supporter care team are ready and waiting to help you out with friendly advice on all things fundraising! Get in touch on 0345 609 0015 or email [pudsey@bbc.co.uk](mailto:pudsey@bbc.co.uk)

**Don't forget to head online to set up a fundraising page.  
It's the easiest way to collect donations and Gift Aid.**

### YDYCH CHI ANGEN CYMORTH?

Mae ein tîm gofal cefnogwyr ymroddedig yn barod ac yn aros i'ch helpu gyda chynghor cyfeillgar ynghylch popeth sy'n ymwneud â chodi arian!

**Cysylltwch ar 0345 609 0015 neu anfonwch e-bost at [pudsey@bbc.co.uk](mailto:pudsey@bbc.co.uk)**



## GET TOGETHER FOR BBC CHILDREN IN NEED GYDA'N GILYDD ER BUDD BBC PLANT MEWN ANGEN



**NEW FOR 2019**  
See inside for details

**NEWYDD AR GYFER 2019**  
Gweler y manylion tu mewn

**GET  
TOGETHER  
GYDA'N GILYDD**

**BBC  
Children  
in Need  
Plant mewn  
Angen**



# HOW WILL YOU CHANGE LIVES?

EVERY POUND RAISED HELPS MAKE A HUGE DIFFERENCE TO CHILDREN IN COMMUNITIES RIGHT ACROSS THE UK.

Whether you're after an easy fundraiser you can fit into a lunch break or a whole week's worth of epic activities, we've got you covered.

Your kit has all you need to set up your fundraiser, from posters to money boxes and stickers. You'll find loads of ways to raise money including an easy step by step guide to setting up your own fundraising page. You can find a whole host of resources online ready for instant download too. So what are you waiting for? Gather your friends, family or work folk and get started! Good luck.

## SUT FYDDWCH CHI'N NEWID BYWYDAU?

BYDD POB PUNT A GODIR YN GWNEUD GWAHANIAETH MAWR I BLANT MEWN CYMUNEDAU LEDLED Y DU.

Os ydych chi eisiau ffordd rwydd o godi arian yn ystod eich amser cinio neu weithgareddau epig i'w cynnal dros wythnos gyfan, mae'r cwbl gennym ar eich cyfer.

Mae eich pecyn yn cynnwys popeth sydd ei angen arnoch i sefydlu gweithgaredd codi arian, o bosteri i flychau arian a sticeri. Byddwch yn canfod llawer o ffyrdd o godi arian gan gynnwys canllaw syml, cam wrth gam, ar sefydlu eich tudalen codi arian eich hun. Gallwch ganfod llu mawr o adnodau ar-lein i'w lawrlwytho ar unwaith hefyd. Felly, am beth rydych chi'n aros? Casglwch eich ffrindiau, eich teulu neu gydweithwyr at ei gilydd a dechrau arni! Pob lwc.

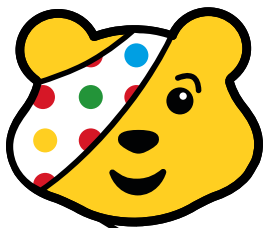


# TOGETHER WE CAN MAKE A DIFFERENCE

When people, passions and post codes unite, great things happen. We turn cakes, karaoke, fancy dress and furry ears into life-changing support through the money we raise. We give children and young people in every corner of the UK the support, the shelter and the skills to transform their lives. And we do it with a smile on our face! So what are you waiting for? Get together for BBC Children in Need.

## GYDA'N GILYDD FE ALLWN NI WNEUD GWAHANIAETH

Pan fydd pobl, brwdfrydedd a chodau post yn uno â'i gilydd, gall pethau mawr ddigwydd. Rydyn ni'n troi cacennau, carioci, gwisg ffansi a chlustiau blewog yn gymorth sy'n newid bywydau drwy'r arian yr ydyn ni'n ei godi. Rydyn ni'n rhoi cymorth, lloches a sgiliau i weddnewid eu bywydau i blant a phobl ifanc ym mhob rhan o'r DU. Ac yn gwneud hynny gyda gŵen ar ein hwyneb! Felly, am beth rydych chi'n aros? Gyda'n gilydd ar gyfer BBC Plant mewn Angen.



Rochelle and/a Marvin Humes



## GET YOUR EARS ON!

It's the easiest way to show your support. Don't forget to take a selfie and share it - we're @BBCiN

Make sure that your fundraising is safe and in line with fundraising guidelines. Find out more at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

## GWISGWCH EICH CLUSTIAU!

Dyma'r ffordd hawsaf o ddangos eich cefnogaeth. Cofiwch dynnu hunlun a'i rannu - ar @BBCiN

Sicrhewch bod eich gweithgaredd codi arian yn ddiogel ac yn unol â chanllawiau codi arian. Gallwch ddarganfod mwy yn [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)



## MAKING A DIFFERENCE TO CHILDREN NEAR YOU

See how together, the money we raise is changing the lives of disadvantaged children and young people right here in the UK.



### Jessica and Rachel Nansa

Once a week, Jessica and Rachel go with their parents to Nansa, a BBC Children in Need funded project with a dedicated area called a sensory room.

Jessica has developmental needs and Rachel has Down's Syndrome, which means that additional stimulation can really help both sisters to relax and gain confidence and social skills. In the sensory room there are water bubble machines, bright LED lights and lots of other children to play with, all of which help Jessica and Rachel to learn and develop in a fun and imaginative way.

### Jessica a Rachel Nansa

Unwaith yr wythnos, bydd Jessica a Rachel yn mynd i Nansa gyda'u rhieni. Mae hwn yn brosiect sy'n cael ei ariannu gan BBC Plant mewn Angen lle ceir ystafell synhwyrdd bwrpasol. Mae gan Jessica anghenion datblygu ac mae gan Rachel Syndrom Down, sy'n golygu bod symbyliad ychwanegol wir yn gallu helpu'r ddwy chwaer i ymlacio a magu hyder a sgiliau cymdeithasol. Yn yr ystafell synhwyrdd, mae yna beiriannau swigod dŵr, goleuadau LED llachar a llawer o blant eraill yn barod i chwarae. Mae hyn i gyd yn helpu Jessica a Rachel i ddysgu a datblygu mewn ffordd llawn dychymyg a hwyl.

## GWNEUD GWAHANIAETH I BLANT YN EICH ARDAL CHI

Edrychwch sut y mae'r arian yr ydyn ni'n ei godi, gyda'n gilydd, yn newid bywydau plant a phobl ifanc difreintiedig yma yn y DU.



### Sara Kids Cancer Charity

When Sara was just four years old, she underwent major surgery to remove a brain tumour. After many weeks of recovery time she finally went back to school, but things were different now. Due to poor balance and tiredness she needed to use a wheelchair, and her short term memory was also affected.

But thankfully, Sara has access to a Play Therapist from Kids Cancer Charity, funded by BBC Children in Need. Through regular visits, they spend time talking and playing together, helping Sara to adjust to these changes so she is better able to cope.

### Sara Kids Cancer Charity

Pan oedd Sara yn bedair oed cafodd lawdriniaeth fawr i dynnu tiwmor ar yr ymennydd. Ar ôl wythnosau lawer o amser ymadfer, o'r diwedd aeth yn ôl i'r ysgol, ond roedd pethau'n wahanol iawn. Oherwydd cydbwysedd gwael a blinder, roedd angen iddi ddefnyddio cadair olwyn, ac effeithiwyd ar ei chof tymor byr hefyd. Ond, yn ffodus, mae Sara yn gallu manteisio ar Therapydd Chwarae o'r Kids Cancer Charity, sy'n cael ei ariannu gan BBC Plant mewn Angen. Drwy ymweliadau rheolaidd, maen nhw'n treulio amser yn siarad a chwarae gyda'i gilydd, gan helpu Sara i ymaddasu i'r newidiadau hyn fel ei bod hi'n gallu ymdopi'n well.



£15

means an 8 year old boy, whose brother died in a car accident, can start counselling, to help him manage his emotions and return to his regular school routine.

- yn golygu y gall bachgen 8 oed, y bu ei frawd farw mewn damwain car, ddechrau cael cwnsela, i'w helpu i reoli ei emosiynau a dychwelyd i drefn arferol ei ysgol.

WE CHANGED THE LIVES OF MORE THAN 580,000 CHILDREN LAST YEAR\*  
RYDYN NI WEDI NEWID BYWYDAU DROS 580,000 O BLANT Y LLYNEDD\*

WE CURRENTLY SUPPORT OVER 3,000 LOCAL CHARITIES AND PROJECTS\*

AR HYN O BRYD RYDYN NI'N CEFNOGI DROS 3,000 O ELUSENNAU A PHROSIECTAU\* LLEOL

TOGETHER, TODAY, YOUR MONEY IS HELPING SUPPORT LOCAL CHARITIES AND PROJECTS NEAR YOU

BBC Children in Need supports children throughout the UK facing disadvantages including illness, poverty and deprivation, marginalisation, disability, distress, behavioural difficulties and abuse/neglect. Charities and projects who are...

Organising disabled football teams in [London](#)

Training support dogs for disabled children in [South Yorkshire](#)

Running outdoor activities for young people living in a deprived area in [Inverness](#)

Supporting young people through bereavement in [Norfolk](#)

Providing counselling for young people who have experienced sexual violence in [County Durham](#) and [Darlington](#)

Providing one-to-one personal development for young people who are not in education, employment or training in [West Cumbria](#)

Helping to make a positive difference to the lives of young carers in [Oldham](#)

Supporting a befriending scheme for young people with learning disabilities living in the [Shetland Islands](#)

AND THOUSANDS MORE...

GYDA'N GILYDD, HEDDIW, MAE EICH ARIAN YN HELPU I GYNORTHWYO ELUSENNAU A PHROSIECTAU LLEOL

Mae BBC Plant mewn Angen yn cefnogi plant ledled y DU sy'n wynebu anfanteision gan gynnwys gwaeledd, tloedi ac amddifadedd, cael eu hymylu, anabledd, trallod, anawsterau ymddygiad a cham-drin/esgeulustod. Mae elusennau a phrosiectau ar waith sy'n...

Trefnu timau pêl-droed i'r anabl yn [Llundain](#)

Hyfforddi cŵn cymorth ar gyfer plant anabl yn [Ne Swydd Efrog](#)

Cynnal gweithgareddau awyr agored ar gyfer pobl ifanc sy'n byw mewn ardal ddifreintiedig yn [Inverness](#)

Cefnogi pobl ifanc drwy brofedigaeth yn [Norfolk](#)

Darparu cwnsela ar gyfer pobl ifanc sydd wedi profi trais rhywiol yn [Swydd Durham](#) a [Darlington](#)

Darparu datblygiad personol un-i-un ar gyfer pobl ifanc sydd ddim mewn addysg, cyflogaeth na hyfforddiant yng [Ngortlewin Cumbria](#)

Helpu i wneud gwahaniaeth cadarnhaol i fywydau gofalwyr ifanc yn [Oldham](#)

Cefnogi cynllun cyfeillio ar gyfer pobl ifanc gydag anawsterau dysgu sy'n byw ar [Ynysoedd Shetland](#)

A MILOEDD MWY...



To see how we are making a difference near you, check out our interactive map at [BBC.CO.UK/PUDSEY](#)

I weld sut yr ydyn ni'n gwneud gwahaniaeth yn eich ardal chi, edrychwch ar ein map rhyngweithiol yn [BBC.CO.UK/PUDSEY](#)

\*as at June 2019

\*ar ddiwedd Mehefin 2019



# THE VERY BEST OF THE BBC IN THE BIG QUIZ

## Y GORAU O'R BBC YN Y CWIS MAWR

### WHAT BETTER WAY TO GET TOGETHER THAN BY PLAYING PUDSEY'S BIG BBC QUIZ?

This year we've teamed up with the biggest BBC programmes to bring you an exclusive quiz like no other. All you need to do is get friends, family or colleagues together and we'll take care of the rest.

Take on Lord Sugar's Apprentice challenges, test your sporting knowledge with Match of the Day and sparkle in the magic of Strictly Come Dancing, each with their own themed rounds.

You don't need to be a super fan to take part, there are general knowledge rounds too!

Head to [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) to get started.

### PA FFORDD ORAU I FOD GYDA'N GILYDD NA THRWY CHWARAE CWIS MAWR BBC PUDSEY?

Eleni rydyn ni wedi ymuno â rhaglenni mwyaf y BBC i greu cwis arbennig sydd heb ei debyg, ar eich cyfer.

Y cwbl sydd ei angen yw i chi ddod â ffrindiau, teulu neu gydweithwyr ynghyd ac fe fyddwn ni'n gofalu am y gweddi.

Derbyniwch heriau Yr Arglwydd Sugar yn yr Apprentice, profwch eich gwybodaeth am chwaraeon gyda Match of the Day a disgleiriwch yn hud Strictly Come Dancing, pob un gyda'i rownd ei hun ar y thema honno.

Does dim angen i chi fod yn gefnogwr brwd i gymryd rhan, mae yna rowndiau gwybodaeth gyffredinol hefyd!

Ewch i [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) i roi cychwyn arni.

COLLECT £3 PER PLAYER AND JUST 10 PLAYERS COULD RAISE £30!

CASGLWCH £3 GAN BOB CYSTADLEUYDD A GALL DIM OND 10 CYSTADLEUYDD GODI £30!

£30

supports an 18 year old young man on the autism spectrum to learn life and social skills through 1:1 support and workshops, so he can live independently.

- yn cynorthwyo dyn ifanc 18 oed ar y sbectrwm awtistiaeth i ddysgu sgiliau cymdeithasol a sgiliau bywyd drwy gefnogaeth 1:1 a gweithdai, fel y gall fyw'n annibynnol.

### OUR BIG BBC QUIZ IS AN EASY FUNDRAISING ANSWER

- Just ask each player for £3 to play
- You can pick and mix from rounds featuring programmes you know and love
- Each video round is ready to play – whether you're playing them in one go, or over a series of lunchtimes at work
- Everything you need to host your quiz is ready for instant download including posters, answer sheets and more

Why not throw in a bonus bake sale to boost your fundraising total?

### MAE CWIS MAWR Y BBC YN ATEB RHWYDD I GODI ARIAN

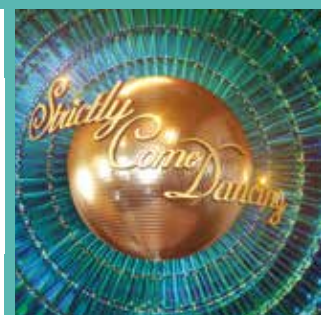
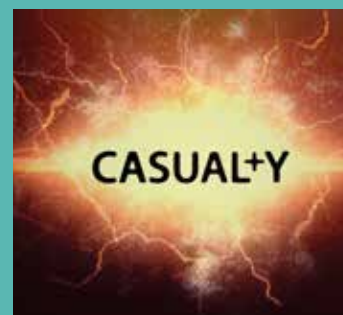
- Gofynnwch i bawb dalu £3 i chwarae
- Gallwch ddewis a dethol o blith rowndiau yn cynnwys rhaglenni yr ydych chi'n gwybod amdanynt ac yn eu hoffi.
- Mae pob rownd fideo yn hawdd i'w chwarae - os ydych chi'n chwarae'r cwbl ar unwaith, neu dros sawl amser cinio yn y gwaith
- Mae popeth sydd ei angen arnoch i gynnal eich cwis yn barod i chi ei lawrlwytho ar unwaith, gan gynnwys posteri, taflenni ateb a mwy

Beth am gynnwys arwerthiant cacennau fel bonws i ychwanegu at gyfanswm yr arian a godwch?

PUDSEY'S  
BIG BBC  
QUIZ



Rylan Clark-Neal





# @MasterChef

Be The  
for BBC Children in Need

## MASTERCHEF IS BACK. NOW IT'S YOUR TURN TO FEEL THE HEAT OF THE KITCHEN.

We all know that food is a great way to bring people together, so get cooking for your friends, family and colleagues, then brave their judgement MasterChef-style. Step into the shoes of a MasterChef contestant and experience the tension of the judges' table as you channel John & Gregg to critique each other's creations.

Our website is packed with inspiration and resources to get you started, see [bbcchildreninneed.co.uk/cook](http://bbcchildreninneed.co.uk/cook)

Let's cook!

## MAE MASTERCHEF YN EI ÔL. DYMA EICH CYFLE CHI I DEIMLO GWRES Y GEGIN.

Rydyn ni i gyd yn gwybod fod bwyd yn ffordd wych o ddod â phobl at ei gilydd, felly ewch ati i goginio gyda'ch ffrindiau, eich teulu a'ch cydweithwyr, yna byddwch yn ddigon dewr i dderbyn eu barn yn null MasterChef. Camwch i esgidiau cystadleuidd ar MasterChef a phrofi tensiwn bwrdd y beirniaid wrth i chi sianelu beirniadaeth John a Gregg tuag at greadigaethau eich gilydd.

Mae ein gwefan yn llawn ysbrydoliaeth ac adnoddau i'ch helpu chi i roi cychwyn arni, ewch i [bbcchildreninneed.co.uk/cook](http://bbcchildreninneed.co.uk/cook)

Ewch ati i goginio!

## THREE WAYS TO BE THE MASTERCHEF TAIR Ffordd i fod yn GOGYDD O FRI



### DINNER PARTY PAYBACK

Whether you cook a crowd-pleasing curry or favour fine dining, get your mates to donate the price of their favourite takeaway.

### CYFRANIAD AM GOGINIO

Waeth os ydych chi'n coginio cyri i blesio'r criw neu fod yn well gennych chi bryd bwyd mwy clasurol, gofynnwch i'ch ffrindiau roi cost eu hoff decawê yn rhodd.



### TEAM LUNCH WITH A TWIST

Win at work by bringing lunch for the team. Whether it's simple soup & sandwiches or home-crafted sushi, ask them to donate the price of their usual lunch.

### CINIO I'R TÎM

Enillwch yn y gwaith drwy ddod â chinio i'r tîm. Waeth os yw'n gawl syml a brechdanau neu swshi cartref, gofynnwch iddyn nhw roi cost eu cinio arferol yn rhodd.



### MAKE SOME DOUGH

Give your office bake sale a twist by judging the entries MasterChef-style before selling them on to make some dough.

### CREU CACENNAU

Beth am gynnal arwerthiant cacennau gwahanol yn y gwaith drwy eu barnu yn null MasterChef cyn eu gwerthu i godi arian.



John Torode and/a Gregg Wallace

### MAKE THINGS EASY

Why not set up an online fundraising page to collect donations? See page 12 for details.

### GWNEUD PETHAU'N RHWYDD

Beth am greu tudalen codi arian ar-lein i gasglu rhoddion? Ewch i dudalen 12 i gael manylion.

£50

pays for a 14 year old girl to attend bereavement counselling after her dad's suicide.

- yn talu i ferch 14 oed fynychu cwnsela profedigaeth ar ôl i'w thad ladd ei hun.



### SHARE YOUR CREATIONS

Disaster or triumph, share your creations with us and let us know how much you've raised. Tag @bbccin and @MasterChefUK

### RHANNU EICH CREADIGAETHAU

Dim ots os ydyn nhw'n llwyddiant ysgubol neu'n drychineb fawr, rhannwch eich creadigaethau â ni a rhowch wybod faint o arian a godwyd gennych. Tagiwch @bbccin a @MasterChefUK





Matt Baker

Crwydro gyda  
**COUNTRYFILE**  
Ramble

**MAKE SURE YOU  
LOOK THE PART WITH  
THIS YEAR'S  
FUNDRAISING  
MUST-HAVE,  
THE COUNTRYFILE  
BOBBLE HAT.**

See page 15

**SICRHEWCH EICH BOD  
CHI'N EDRYCH YN WYCH  
GYDA'R EITEM HANFODOL  
I'W GWISGO WRTH  
GODI ARIAN ELEN, CAP  
GWLÂN COUNTRYFILE.**

Gweler tudalen 15



## CHALLENGE YOURSELF, MAKE A DIFFERENCE

If walking or rambling isn't your thing, there are so many ways to challenge yourself for sponsorship or donations. Here are just a couple of ideas...

### HERIWCH EICH HUN, GWNEWCH WAHANIAETH

Os nad ydych chi'n hoff o gerdded, mae sawl ffordd i chi herio eich hun i gael eich noddi neu i gael rhoddion. Dyma ambell syniad i chi...

### GIVE UP AND GIVE

To encourage giving, try giving up something you love. It could be a month without chocolate, a week without caffeine or the biggest sacrifice of all - a day without your mobile. Use your moneybox and sponsorship form to collect money.

### GET SHIRTY

Are you a football fan? Can you make the ultimate sacrifice and wear the football shirt of your fiercest rival?

### GET ON YOUR BIKE

#### GET INSPIRED BY OUR RICKSHAW CHALLENGE

The One Show's Rickshaw Challenge returns in November with another inspirational team of young people supported by BBC Children in Need tackling the epic fundraiser.

As they cycle a gruelling journey across the UK, thousands of fundraisers join in their effort to raise money with cycling challenges of their own.

Turn your pedal power into life-changing money by setting up a fundraising page and getting sponsored for the miles you ride.



### RHOI'R GORAU A RHOI

I annog pobl i roi, beth am i chi roi cynnig ar roi rhywbeth i fyny yr ydych yn hoff ohono. Gallai fod yn fis heb siocled, wythnos heb gaffin neu'r aberth fwyaf oll - diwrnod heb eich ffôn symudol. Defnyddiwch eich blwch arian a ffurflen noddi i gasglu arian.

### HER Y CRYSAU

Ydych chi'n gefnogwr pêl-droed? Allwch chi wneud yr aberth mwyaf drwy wisgo crys pêl-droed eich gelyn pennaf?

### EWCH AR EICH BEIC

#### BETH AM GAEL EICH YSBRYDOLI GAN EIN HER RICSO

Bydd Her Ricso The One Show yn dychwelyd ym mis Tachwedd gyda thîm ysbrydoledig arall o bobl ifanc gyda chefnogaeth BBC Plant mewn Angen yn ymgymryd â'r ymgyrch epig i godi arian.

Wrth iddyn nhw ymgymryd â thaith flinderus ar draws y DU bydd miloedd yn ymuno yn eu hymdrech i godi arian drwy eu heriau beicio eu hunain.

Trowch rym eich pedlau yn arian sy'n newid bywydau drwy sefydlu tudalen codi arian a chael eich noddi am y milliroedd a wnewch.

## WALK TOGETHER TO CHANGE LIVES

Join the thousands of people donning their walking boots to make a difference this autumn.

You can either get everyone that's walking to chip in or get sponsored for your efforts, all you need to do is get everyone together and enjoy the great outdoors.

Get walking, it's so easy!

1. Simply choose your route
2. Let your supporters/fellow ramblers know
3. Set up a fundraising page and collect money

We've got everything you need online to make fundraising a walk in the park, head to [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) to get started.

For tips, downloadable posters, sponsorship forms and more visit [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

## CYDGERDDDED I NEWID BYWYDAU

Ymunwch â'r miloedd sy'n gwisgo'u sgidiau cerdded er mwyn gwneud gwahaniaeth yr hydref hwn.

Gallwch un ai gael pawb sy'n cerdded i roi cyfraniad neu gael eich noddi am eich ymdrechion, y cwbl sydd angen i chi ei wneud yw dod â phawb at ei gilydd i fwynhau'r awyr agored.

Ewch ati i gerdded, mae mor hawdd!

1. Dewiswch eich llwybr
2. Rhowch wybod i'ch cefnogwyr/cyd-gerddwyr
3. Sefydlwch dudalen codi arian a chasglu arian

Mae popeth sydd ei angen arnoch gennym ar-lein i wneud codi arian yn syml a rhwydd, ewch i [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) i roi cychwyn arni.

I gael awgrymiadau, poster, ffurflenni noddi a mwy o adnoddau y gellir eu lawrlwytho ewch i [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

Set up an online fundraising page to make collecting money easy. Turn to page 12 to find out more.

Sefydlwch dudalen codi arian ar-lein i wneud casglu arian yn beth rhwydd. Ewch i dudalen 12 i ddarganfod mwy.



## EASY WAYS TO GET FUNDRAISING

When we get together, the smallest things can make a big difference. Here are some quick and easy ways to raise money.

### GET YOUR EARS ON

Join the nation in showing your support for Pudsey

### FANCY DRESS

Just pop up the poster and set the date for your dress up day

### QUICK COLLECTION

Simply set out the money box and watch the donations roll in



Fleur East

## FFYRDD RHWYDD O GODI ARIAN

Pan fyddwn ni'n dod at ein gilydd, gall y pethau lleiaf wneud gwahaniaeth mawr. Dyma rai ffyrdd cyflym a rhwydd o godi arian.

### GWISGWCH EICH CLUSTIAU

Ymunwch â'r wlad wrth ddangos eich cefnogaeth i Pudsey

### GWISG FFANSI

Rhowch y poster i fyny a phennwch ddyddiad ar gyfer eich diwrnod gwisgo i fyny

### CASGLIAD CYFLYM

Rhowch y blwch arian allan a gwyliwch y rhoddion yn rowlio i mewn

## DONATE

Your donation will mean we can help change young lives across the UK. Even a small gift makes a huge difference and helps us continue to reach the children that need us most.

You can donate now using any of the methods below. It's quick, easy and means you can sit back and enjoy all our great entertainment knowing you've made a real difference.

## RHODDION

Bydd eich rhodd yn golygu ein bod yn gallu newid bywydau pobl ifanc ledled y DU. Gall rhodd bach wneud gwahaniaeth mawr a'n ein helpu ni i gyrraedd y plant y mae ein hangen fwyaf arnynt.

Gallwch gyfrannu nawr drwy ddefnyddio unrhyw un o'r dulliau isod. Mae'n gyflym, yn hawdd ac yn golygu eich bod yn gallu eistedd yn ôl a mwynhau ein hadloniant gwych yn gwybod eich bod wedi gwneud gwahaniaeth gwirioneddol.



Tess Daly

### SET UP A FUNDRAISING PAGE

Setting up an online fundraising page is as easy as 1, 2, 3.

#### #1 SELECT A PROVIDER

Head online to [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) and select one of the online fundraising providers on our site

#### #2 CUSTOMISE YOUR PAGE

You'll be able to set your target and show your supporters why you're raising money for BBC Children in Need.

#### #3 SPREAD THE WORD

Just post, tweet, email and share the page to your heart's content.

### SEFYDLU TUDALEN CODI ARIAN

Mae sefydlu tudalen codi arian ar-lein mor syml ag 1, 2, 3.

#### #1 DEWIS DARPARWR

Ewch ar-lein i [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) a dewis un o'r darparwyr codi arian ar-lein ar ein gwefan.

#### #2 ADDASU EICH TUDALEN

Byddwch yn gallu pennu eich targed a dangos i'ch cefnogwyr eich bod chi'n codi arian ar gyfer BBC Plant mewn Angen.

#### #3 RHANNU'R NEGES

Ewch ati i bostio, trydar, e-bostio a rhannu'r dudalen fel y mynnoch.

### THE ANNUAL DUCK RACE SWEEPSTAKE

#### 2019'S BIGGEST, MOST EXCITING DUCK-BASED SPORTING SPECTACULAR.

Get your colleagues and friends together for our annual duck race sweepstake! It's such an easy way to make a big difference.

Simply use the poster in your pack, offer up a prize, and get your friends or colleagues to join you in picking out a duck at £2 per head.

Then you just need to sit back and wait for the race to begin!

Get together to watch the epic race as it's streamed live at 1pm on Friday 15 November. Good Luck!

You can download more sweepstake posters at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

### SWÏP RAS HWYAIID FLYNYDDOL

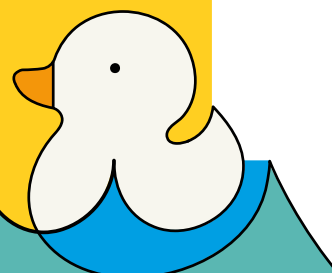
#### DIGWYDDIAD MWYAF CYFFROUS 2019 - HUD YR HWYAIID.

Dewch â chydweithwyr a ffrindiau ynghyd ar gyfer ein swîp ras hwyaid blynyddol! Mae'n ffordd mor rhwydd o wneud gwahaniaeth mawr. Defnyddiwch y poster yn eich pecyn, cynigiwch wobwr a chael eich ffrindiau neu gydweithwyr i ymuno â chi wrth ddewis hwyaden am £2 yr un.

Yna does dim angen gwneud dim ond ymlacio a disgwyl i'r ras ddechrau!

Gyda'n gilydd cawn wyllo'r ras epig wrth iddi gael ei ffrydio'n fyw am 1pm ddydd Gwener 15 Tachwedd. Pob Lwc!

Gallwch lawrlwytho mwy o bosteri swîp yn [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)



### ONLINE

Head to [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) to pay-in with a credit or debit card or PayPal.



### BY PHONE

Call 03457 33 22 33. Standard geographic charges will apply.



### AT THE BANK

Fill in the paying-in slip on your letter and give it to the bank. Keep proof of your donation if you need a receipt or a thank you certificate.

### AR-LEIN

Ewch i [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) i dalu arian i mewn gan ddefnyddio cerdyn credyd neu ddebyd neu PayPal.

### DROS Y FFÔN

Ffoniwch 03457 33 2233. Codir pris galwadau daearyddol safonol.

### YN Y BANC

Llenwch y slip talu i mewn sydd ar eich llythyr a'i roi i'r banc. Cadwch brawf o'ch rhodd os ydych chi angen derbynneb neu dystysgrif diolch.



means a 13 year old girl with a rare developmental condition can be supported by a youth worker to talk about her fears of growing up.

yn golygu y gall merch 13 oed gyda chyflwr datblygu prin gael cymorth gan weithiwr ieuenctid i siarad am ei hofnau ynghylch tyfu i fyny.



means a 9 year old boy with severe learning difficulties can attend a community music project where he can learn to manage his sensitivity to sound.

yn golygu y gall bachgen 9 oed gydag anawsterau dysgu difrifol fynychu prosiect cerdd cymunedol lle y gall ddysgu i reoli ei sensitifrwydd i sŵn.



pays for an hour of one-to-one care for a child with a life-limiting illness, enriching their experiences through specialised play activities, allowing them to have fun and helping them to cope with their condition.

yn talu am awr o ofal un-i-un ar gyfer plentyn gyda salwch sy'n cyfyngu ar ei fywyd, gan gyfoethogi ei brofiadau drwy weithgareddau chwarae arbenigol, gan ei alluogi i gael hwyl a'i gynorthwyo i ymdopi â'i gyflwr.



SAY YES TO GIFT AID AND BOOST YOUR DONATION BY 25%

DYWEDWCH 'IE' I ROI CYMORTH RHODD A CHYNYDDU EICH RHODD GAN 25%

Gift Aid enables us to boost donations by 25%. That's because UK taxpayers have already paid tax on their earnings, and the government allow us to claim that back because giving to charity is a good thing to do. And the best bit? It doesn't cost you a penny! You can find out more at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey).

Gift Aid provides essential funding for us and so if you are donating your own money, we would love it if you could say yes to Gift Aid. We can also collect Gift Aid via online fundraising pages.

Mae Cymorth Rhodd yn ein galluogi i gynyddu rhoddion gan 25%. Mae hynny am fod trethdalwyr y DU eisoes wedi talu treth ar eu henillion, ac mae'r llywodraeth yn caniatáu i ni hawlio hwnnw'n ôl am fod rhoi i elusen yn beth da i'w wneud. A'r peth gorau amdano? Nid yw'n costio ceiniog i chi! Gallwch ddarganfod mwy yn [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey).

Mae Cymorth Rhodd yn darparu cyllid hanfodol i ni ac felly os ydych chi'n rhoi eich arian eich hun, byddem wrth ein bod pe gallech ddweud 'ie' i roi Cymorth Rhodd. Gallwn gasglu Cymorth Rhodd hefyd drwy dudalennau codi arian ar-lein.



**APPEAL  
SHOW**  
15 November,  
BBC One

**RHAGLEN  
APÊL**  
15 Tachwedd,  
BBC One

## WATCH TOGETHER

This Autumn, millions of people in every corner of the UK will be getting together to watch our unmissable TV moments. Take a look at what's in store.

## GWYLIO GYDA'N GILYDD

Yr Hydref hwn, bydd miliynau o bobl ym mhob rhan o'r DU yn dod at ein gilydd i wyllo teledu y mae'n rhaid eu gweld. Edrychwch beth sydd ar y gorwel.



WHAT'S COMING UP

BETH SYDD AR Y GWEILL



### THE ONE SHOW'S RICKSHAW CHALLENGE

Six more young people supported by BBC Children in Need across the UK take up the Team Rickshaw Challenge. Hear their stories and follow their progress.

### HER RICSO THE ONE SHOW

Chwecw o bobl ifanc eraill gyda chefnogaeth BBC Plant mewn Angen ledled y DU yn ymgymryd â Her Tîm Ricso. Cewch glywed eu straeon a dilyn eu cynnydd.



### COUNTRYFILE RAMBLE SPECIAL

Countryfile Ramble for BBC Children in Need is back. Follow the amazing stories of inspirational children as they walk the nations.

### CRWYDRO GYDA COUNTRYFILE - RHAGLEN ARBENNIG

Mae Crwydro gyda Countryfile ar gyfer BBC Plant mewn Angen yn ôl. Dilynwch straeon rhyfeddol y plant ysbrydoledig wrth iddyn nhw gerdded drwy'r gwledydd.



### DIY SOS

The BBC One show will help transform a charity, supported by BBC Children in Need, which offers help to vulnerable young people who are homeless, or at risk of becoming homeless.

### DIY SOS

Bydd y rhaglen BBC One yn helpu i weddnewid elusen, gyda chymorth BBC Plant mewn Angen, sy'n cynnig cymorth i bobl ifanc agored i niwed sy'n ddigartref, neu mewn perygl o fynd yn ddigartref.

### GOT IT COVERED

Some of the UK's biggest names from stage and screen band together to produce an entire album of cover songs whilst helping to make a positive difference. See [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) for more details.

Bydd rhai o enwau mwyaf y llwyfan a'r sgrin fawr yn dod at ei gilydd i gynhyrchu albwm cyfan o ganeuon ar eu newydd wedd, gan helpu i wneud gwahaniaeth cadarnhaol. Gweler [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey) am ragor o fanylion.

## LISTEN TOGETHER

Don't forget to tune in to BBC Radio across the UK and BBC Sounds for special programmes throughout November.

## GWRANDO GYDA'N GILYDD

Cofiwch wrando ar Radio'r BBC ledled y DU ac ar BBC Sounds am raglenni arbennig gydol mis Tachwedd.

EXCLUSIVE TO  
DDIM OND  
AR GAEL YN

COTSWOLD  
outdoor



Countryfile Ramble  
Bobble Hat  
£10.00 each

Crwydro gyda  
Countryfile  
Cap Gwlân  
£10.00 yr un

DON'T  
FORGET TO  
SHARE YOUR SELFIE  
@BBCCIN

COFIWCH RANNU  
EICH HUNLUN  
@BBCCIN

EXCLUSIVE TO  
DDIM OND  
AR GAEL YN

Boots



Mini Club  
Towel  
£10.00 each

Tywel  
Mini Club  
£10.00 yr un

EXCLUSIVE TO  
DDIM OND  
AR GAEL YN

GREGGS



Greggs  
Ring Buns  
90p each

Greggs  
Byns Cylch  
90p yr un

# THE 2019 PUDSEY COLLECTION

## CASGLIAD PUDSEY 2019

This year our Pudsey range is more exciting than ever! You can pick up your Pudsey goodies online at [bbcchildreninneedshop.co.uk](http://bbcchildreninneedshop.co.uk) or on the high street.

And don't forget, if you're organising an event for your community or workplace, you can bulk buy some of our most popular items. Just visit the workplace tab at [bbcchildreninneedshop.co.uk](http://bbcchildreninneedshop.co.uk)

Eleni mae ein nwyddau Pudsey yn fwy cyffrous nag erioed! Gallwch brynu eich nwyddau Pudsey ar-lein yn [bbcchildreninneedshop.co.uk](http://bbcchildreninneedshop.co.uk) neu ar y stryd fawr.

A chofiwch, os ydych chi'n trefnu digwyddiad ar gyfer eich cymuned neu eich gweithle, gallwch brynu rhai o'n heitemau mwyaf poblogaidd mewn llwyth. Ewch i'r tab gweithle yn [bbcchildreninneedshop.co.uk](http://bbcchildreninneedshop.co.uk)

ONLINE AND IN SELECTED HIGH STREET STORES  
AR LEIN AC MEWN RHAI SIOPAU DETHOL AR Y STRYD FAWR



Classic Ears  
£2.50 each

Clustiau  
Clasurol  
£2.50 yr un



Pin Badges  
£1.00 each

Bathodynnau Pin  
£1.00 yr un



Pudsey Bear  
£5.00 each

Arth Pudsey  
£5.00 yr un



Wristband  
£1.00 each

Band garddwrn  
£1.00 yr un

EXCLUSIVE TO  
DDIM OND  
AR GAEL YN

ASDA

Megan



### OUR 2019 DESIGNER TEE

This year's designer fundraising tee has been created by Megan, winner of our Graduate Fashion competition. Exclusive to Asda stores and available online, the tee celebrates all that Pudsey embodies and stands for.

Find out more about Megan and her design at [bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)

Official T-Shirt  
Adults £8.00 each  
Children 4-14yrs  
£5.00-£7.00 each

Crys-T Swyddogol  
Oedolion £8.00 yr un  
Plant 4-14 oed  
£5.00-£7.00 yr un



Children's Onesies  
£11.00 - £14.00 each  
Gwisg un darn Plant  
£11.00 - £14.00 yr un



New for 2019 Shaker Ears  
£3.50 each

Newydd ar gyfer 2019 Clustiau siglo  
£3.50 yr un