

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

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

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

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



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



GET TOGETHER FOR BBC CHILDREN IN NEED

PUDSEY'S
BIG BBC
QUIZ

NEW FOR 2019
See inside for details

**GET
TOGETHER**

**BBC
Children
in Need**

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.

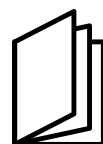
Your kit has all you need to set up your fundraiser, from posters to money boxes and stickers.

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!

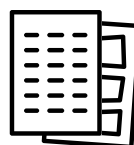
Good luck.



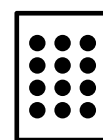
Booklet



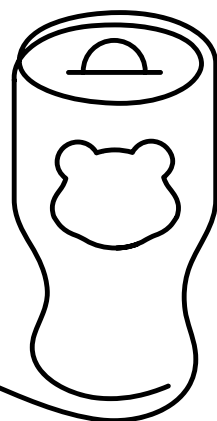
Money box



Posters



Stickers



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 @BBCCiN

Make sure that your fundraising is safe and in line with fundraising guidelines. Find out more at bbc.co.uk/pudsey

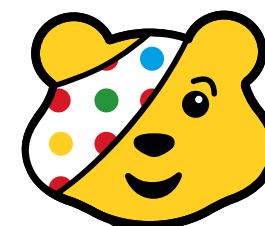
TOGETHER WE CAN MAKE A DIFFERENCE

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.



Rochelle and Marvin Humes



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.



Deaf-SELF

Sometimes it can be difficult for children who are Deaf or Hard of Hearing to interact with hearing children due to the barriers they face. This can make them feel isolated, and has an adverse impact on their confidence and social skills. Deaf-SELF runs a holiday playscheme, funded by BBC Children in Need, for profoundly or severely Deaf children to spend time together. Here they can take part in fun activities such as badminton or football, and go on trips to theme parks and adventure playgrounds. It's a really important opportunity to build friendships, gain confidence and have fun in a supportive and inclusive environment.



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.

£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.

WE CHANGED THE LIVES OF MORE THAN 580,000 CHILDREN LAST YEAR*

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

*as at June 2019

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**

Developing the skills and raising the aspirations of disadvantaged young people in **South Lanarkshire**

Supporting vulnerable people with learning difficulties in **Swindon**

Providing one-to-one personal development for young people who are not in education, employment or training in **West Cumbria**

Offering counselling to young people experiencing mental ill health in **Bradford**

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...



To see how we are making a difference near you, check out our interactive map at **BBC.CO.UK/PUDSEY**

THE VERY BEST OF THE BBC IN THE BIG QUIZ

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 to get started.

COLLECT £3
PER PLAYER
AND JUST 10
PLAYERS COULD
RAISE £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.

PUDSEY'S
BIG BBC
QUIZ

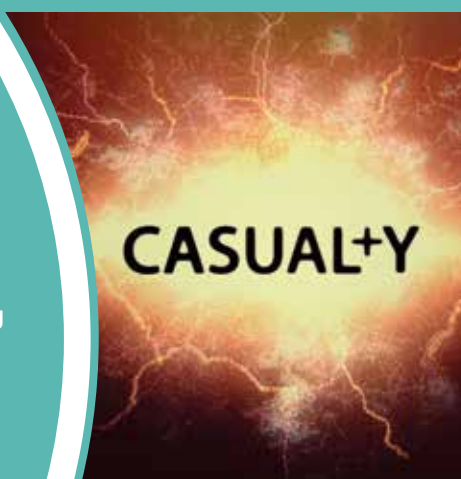


Rylan
Clark-Neal

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?



Be The
MasterChef
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

Let's cook!

THREE WAYS TO BE THE MASTERCHEF



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.



**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.



MAKE SOME DOUGH

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



SHARE YOUR CREATIONS

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

**MAKE
THINGS EASY**

Why not set up an online fundraising page to collect donations?

See page 12 for details.

£50

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

John Torode and
Gregg Wallace

COUNTRYFILE Ramble



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

See page 15

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 to get started.

For tips, downloadable posters, sponsorship forms and more visit bbc.co.uk/pudsey



Matt
Baker

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



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...

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.



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

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 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.

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.

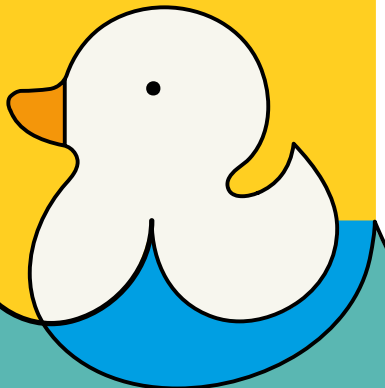
Simply use the poster in your pack, offer up a prize, and get your friends or colleagues to join you in picking out a duck at £2 per head.

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

THE ANNUAL
DUCK RACE
SWEEPSTAKE



DONATE AND PAY IN

It's easy to donate or pay in your fundraising money, it only takes a moment and it makes a huge difference.

You can pay in online, over the phone or at the bank. You can even send a cheque in the pre-paid envelope provided.



Tess Daly



ONLINE

Head to 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.

giftaid it

SAY YES TO GIFT AID AND BOOST YOUR DONATION BY 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.

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.

If the money has come from someone else e.g. friends and family who have supported your fundraising activity, we need their details to claim Gift Aid so simply fill in the sponsorship form and send to us using the envelope enclosed.

We can also collect Gift Aid via online fundraising pages.



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.



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.



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.

WATCH

SHOP

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.

APPEAL SHOW
15 November, BBC One



THE 2019 PUDSEY COLLECTION

DON'T FORGET TO SHARE YOUR SELFIE @BBCCIN

EXCLUSIVE TO **COTSWOLD outdoor**



Countryfile Ramble Bobble Hat
£10.00 each

EXCLUSIVE TO **Boots**



Mini Club Towel
£10.00 each

EXCLUSIVE TO **GREGGS**



Greggs Ring Buns
90p each

This year our Pudsey range is more exciting than ever! You can pick up your Pudsey goodies online at 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

ONLINE AND IN SELECTED HIGH STREET STORES



Classic Ears
£2.50 each



Pin Badges
£1.00 each



Pudsey Bear
£5.00 each



Wristband
£1.00 each

EXCLUSIVE TO **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

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



Children's Onesies
£11.00 - £14.00 each



New for 2019 Shaker ears
£3.50 each

WHAT'S COMING UP



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.



COUNTRYFILE RAMBLE SPECIAL

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



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.

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 for more details.

LISTEN TOGETHER

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