

TOGETHER, WE CAN FUNDRAISE

to make amazing things happen

GYDA'N GILYDD, GALLWN GODI ARIAN

*er mwyn gwneud i bethau
arbennig ddigwydd*

Crwydro gyda
COUNTRYFILE
Ramble

for
er budd  BBC
Plant mewn Angen
Children in Need



Wear YOUR PUDSEY GOODIES

Donning some Pudsey goodies will help you look the part and you might attract more support along the way!

Remember to pick up your Ramble Beanie Hat from bbcchildreninneedshop.co.uk or from Cotswolds Outdoors.

Gwisgwch EICH NWYDDAU PUDSEY

Byddwch yn edrych yn ddigon o sioe yn gwisgo nwyddau Pudsey ac efallai byddwch chi'n cael rhagor o gefnogaeth ar hyd y daith!

Cofiwch brynu eich Cap Cerdded o bbcchildreninneedshop.co.uk neu Cotswolds Outdoors.

Act
your
age

This year we're asking you to take your age and do something good with it.

Simply take your age, the combined age of your ramble-mates, or the age of something or someone special, and turn it into your target.

It could be the distance you cover, the duration you ramble for, or your sponsorship target - whatever it is you'll be helping to change young lives across the UK.

COMBINED AGE OF 87? Make £87 your sponsorship target. **YOUNGEST RAMBLER 7 YEARS OLD?** Ramble 7 miles. **TURNING 16 ON YOUR RAMBLE?** Take on the 16 lakes of Cumbria. **DON'T WANT TO SHARE YOUR AGE?** BBC Children in Need is 40 this year, so make 40 miles your team's joint target.

Or, simply enjoy your ramble, don a Countryfile bobble hat and donate your age (or whatever you're able) to us.

Eleni rydyn ni'n gofyn i chi wneud rhywbeth cadarnhaol â'ch oed.

Defnyddiwch eich oed chi, cyfanswm oed pawb sy'n cerdded gyda chi, neu oed rhywbeth neu rywun arbennig, a defnyddio hwnnw fel targed.

Gallai hynny fod yn darged ar gyfer y pellter byddwch chi'n ei gerdded, pa mor hir byddwch chi'n cerdded, neu darged nawdd - beth bynnag yw'r targed, byddwch chi'n helpu i newid bywydau pobl ifanc ledled y DU.

CYFANSWM OED POB UN OHONOC CHI YN 87? Gallai eich targed nawdd fod yn £87. **Y CERDDWR IEUENGAF YN 7 OED?** Cerddwch am 7 milltir. **CAEL EICH PEN-BLWYDD YN 16 OED PAN FYDDWCH CHI'N CERDDED?** Rhwch gynig ar 16 llyn Cumbria. **DDIM EISIAU RHANNU EICH OED?** Mae BBC Plant mewn Angen yn 40 oed eleni, felly gallai 40 milltir fod yn darged ar gyfer eich tîm.

Neu, rhwch eich cap gwlan Countryfile ymlaen, mwynhewch y cerdded a chyfrannwch eich oed (neu beth bynnag gallwch chi).

FUNDRAISING TOP TIPS

Make your miles matter by following these steps

By getting sponsored, your rambling efforts will help change the lives of children and young people across the UK.

CYNGOR CODI ARIAN

Gwnewch yn siŵr bod pob cam yn cyfrif drwy ddilyn y camau hyn

Drwy gael eich noddi bydd eich ymdrechion gwych yn helpu i newid bywydau plant a phobl ifanc ar draws y DU.

#1

SET UP A FUNDRAISING PAGE

Create a fundraising page online or simply print off a sponsorship form to start you off!

SEFYDLU TUDALEN CODI ARIAN

Ewch ati i greu tudalen codi arian ar-lein neu argraffu ffurflen noddi i ddechrau arni!

#2

SPREAD THE WORD

Ask for support from family, friends and colleagues. Let them know what you're doing and when so they have a chance to sponsor you. Email and social media are a great way to do this.

#3

COLLECT GIFT AID

It means an extra 25% on every donation at no cost to your supporters.

#4

SHARE YOUR HIGHLIGHTS

Pictures and stories from your walk are great for drumming up support. Remember to tag us with @bbccin as we'd love to see how you've got on!

#5

THANK YOU

No one tires of hearing the words 'Thank You'. It reminds your supporters that they've contributed to something amazing and helped you to reach your fundraising target.

RHANNU'R NEGES

Gofynnwch i deulu, ffrindiau a chydweithwyr eich cefnogi. Rhwch wybod iddyn nhw beth rydych chi'n ei wneud a phryd er mwyn rhoi cyfle iddyn nhw eich noddi chi. Mae e-bost a'r cyfryngau cymdeithasol yn ffordd wych o wneud hyn.

CASGLU RHODD CYMORTH

Mae'n ychwanegu 25% at bob cyfraniad, heb gostio ceiniog i'ch cefnogwyr.

RHANNU EICH UCHAFBWYNTIAU

Mae lluniau a straeon o'ch taith gerdded yn ffordd wych o ennyn cefnogaeth. Cofiwch ein tagio ni drwy ddefnyddio @bbccin oherwydd fe fyddem ni wrth ein boddau'n gweld sut hwyl y cawsoch chi arni!

DIOLCH

Does neb yn diflasu ar glywed y gair 'Diolch'. Mae'n atgoffa ein cefnogwyr eu bod wedi cyfrannu at rywbeth anhygoel ac wedi'ch helpu chi i gyrraedd eich targed codi arian.