**[Name/Business] to Act Their Age for BBC Children in Need**

 *[Details of Act Your Age fundraiser e.g. bake sale] will raise money for children and young people facing disadvantage across the UK*

This year, BBC Children in Need is asking for help to ensure that every child facing disadvantage across the UK is supported through the current crisis – and all you have to do is *Act Your Age*.

Whether it’s a 15-year-old skipping for 15 minutes or a 50-year-old baking 50 cakes, people across the country are raising money by using their age to create a challenge. Friends and family can even add theirs together for a combined effort.

Children and young people across the UK are currently facing a multitude of challenges, including illness, poverty, mental health problems, isolation, loneliness and social injustice. Sadly, the coronavirus pandemic has made life even harder for those who were already experiencing difficulties and so BBC Children in Need is here to help children and young people who urgently need support to overcome these challenges.

[Fundraiser’s name/business] is among those to have answered the charity's call to to help make a positive impact this year.

**Please add two short paragraphs about your fundraising activity followed by a quote from you or your team’s key fundraiser. Some pointers are below to help.**

**Paragraph 1:** Describe your fundraising activity and why you chose it, whether anyone else will be joining you and highlight any reactions it’s had so far. Where and when will it take place?

**Paragraph 2:** Include information about who you are and what you do as well as why you decided to support the charity. Is this your first time supporting BBC Children in Need? If not, what did you do in the past and how much did you raise?

**Paragraph 3:** Speaking of his/her/their plans, [Name] said: “I've/We’ve always wanted to do [activity]. I/We would like to thank everyone that has supported me/us so far. I am/We are looking forward to the day and hope it raises lots of money for BBC Children in Need.”

Donations are being accepted via: [website for fundraising, if applicable].

BBC Children in Need’s 2020 Appeal takes place on Friday 13 November 2020. Together, we can raise money for children and young people across the UK when they need us most.

**~ENDS~**

For more details, please contact [Name]: [Tel.] / [Email]

**Notes to Editors:**

**About BBC Children in Need**

BBC Children in Need’s 2020 Appeal takes place on Friday 13 November 2020.

BBC Children in Need’s vision is that every child in the UK has a safe, happy and secure childhood and the chance to reach their potential. The charity will realise this vision by supporting, promoting and publicising work that addresses the challenges that children and young people face and work that builds their skills and resilience.

BBC Children in Need is currently supporting over 3,900 local charities and projects in communities across the UK that are helping children and young people facing a range of disadvantages such as living in poverty, being disabled or ill, or experiencing distress, neglect or trauma.

Further information on BBC Children in Need can be found at bbcchildreninneed.co.uk