

**THANK YOU**  
FOR RAISING MONEY FOR  
BBC CHILDREN IN NEED



**DIOLCH YN FAWR**  
AM GODI ARIAN ER BUDD  
BBC PLANT MEWN ANGEN

**WE RAISED / NI WEDI CODI**



Official Education Partner  
Partner Addysg Swyddogol



**TOGETHER,  
WE CAN  
TRANSFORM  
YOUNG LIVES**

Across the UK, young people's mental health is being challenged like never before. For those already facing issues in their lives, feelings of uncertainty and anxiety around the coronavirus pandemic have only made things more difficult. With your support, we can be on the ground helping the children who need us this year more than ever.

**GYDA'N GILYDD  
GALLWN  
DRAWSNEWID  
BYWYDAU  
POBL IFANC**

Mae iechyd meddwl pobl ifanc yn cael ei herio fel erioed o'r blaen ledled y DU. I'r rheiny sydd eisoes yn wynebu problemau yn eu bywydau, mae teimladau o ansicrwydd a phryder ynglŷn â'r pandemig coronafeirws wedi gwneud pethau hyd yn oed yn anoddach. Gyda'ch cefnogaeth chi, gallwn helpu'r plant sydd ein hangen yn fwy nag erioed eleni.

**£300**

£300 pays for 1-2-1 bereavement support for a child who has lost a parent, supporting them to manage their feelings and helping them to cope.

Mae £300 yn talu am gymorth un i un ar ôl profedigaeth i blentyn sydd wedi colli rhiant, gan eu helpu nhw i reoli eu teimladau a'u helpu nhw i ymdopi.

**TOGETHER, WE CAN  
CHANGE LIVES  
GYDA'N GILYDD, GALLWN  
NEWID BYWYDAU**



We're working in local communities to support children who need our help most: including children who are vulnerable, have underlying health conditions, are lonely because of isolation or have challenges with their mental health.

Rydyn ni'n gweithio mewn cymunedau lleol sy'n cefnogi plant sydd angen ein help fwyaf: gan gynnwys plant sy'n agored i niwed, sydd â chyflyrau iechyd isorweddol, sy'n unig o ganlyniad i ynysu neu sy'n wynebu heriau â'u hiechyd meddwl.



FIND OUT HOW  
**WE MAKE A  
DIFFERENCE  
NEAR YOU**

DEWCH I WELD SUT  
**RYDYN NI'N  
GWNEUD  
GWAHANIAETH  
YN EICH  
ARDAL CHI**

[bbc.co.uk/pudsey](http://bbc.co.uk/pudsey)



Together, we can  
CHANGE THE LIVES OF  
CHILDREN IN THE UK

Every day the coronavirus pandemic brings new challenges and changes in our lives. But even now, as we begin to work towards the recovery phase, the uncertainty this creates is still impacting the mental health of children and young people like never before, particularly those who were already struggling.

With your help, we can continue to be there within communities, providing crucial emotional support whilst also helping children facing the challenges of loneliness and isolation, poverty, underlying health conditions and those who are vulnerable, as well as many more.

We've been working with thousands of local charities and projects to help respond to this year's crisis, but there are so many more children that need our help. Together, we can help transform children's lives so they can rebuild and look forward to a brighter future.

You can see how we're helping in your area at  
**bbc.co.uk/pudsey**

Gyda'n gilydd fe allwn ni  
NEWID BYWYDAU  
PLANT YN Y DU

Mae'r pandemig coronefeirws yn dod â heriau newydd a newidiadau i'n bywydau bob dydd. Ond hyd yn oed nawr, wrth i ni ddechrau gweithio tuag at gyfnod adfer, mae'r ansicrwydd y mae hyn yn ei greu yn dal i effeithio ar iechyd meddwl plant a phobl ifanc fel erioed o'r blaen, yn arbennig y rheiny a oedd yn cael pethau'n anodd yn barod.

Gyda'ch help chi, gallwn barhau i fod yn gefn i bobl mewn cymunedau, yn darparu cymorth emosiynol hanfodol a helpu plant sy'n wynebu heriau'n ymwneud ag unigrwydd ac arwahanrwydd, tlodi, cyflyrau iechyd sylfaenol a'r rheiny sy'n agored i niwed, ynghyd â llawer mwy.

Rydyn ni wedi bod yn gweithio â miloedd o brosiectau ac elusennau lleol i helpu i ymateb i'r argyfwng, ond mae yna lawer iawn mwy o blant sydd angen ein cymorth ni. Gyda'n gilydd, gallwn helpu i drawsnewid bywydau plant fel y gallan nhw ailadeiladu ac edrych ymlaen at ddyfodol mwy disgclair.

Gallwch weld sut rydyn ni'n helpu plant yn eich ardal leol yn  
**bbc.co.uk/pudsey**



Monty's story

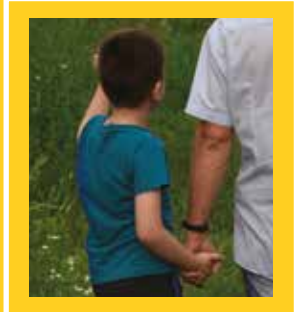
Monty's parents knew that something was different about his eyes from the moment he was born. After visiting Moorfields Eye Hospital, they were told that he was severely visually impaired and would one day lose all of his sight. As he started to grow up, they knew it was important to find activities he could enjoy, but struggled to find something accessible. Then Living Paintings came along.

With support from BBC Children in Need, Living Paintings produce and distribute Touch to See books with special images that allow visually impaired children to feel and interact with the pages. Through their crucial work, children like Monty can immerse themselves in the magic of stories, an opportunity which is more important than ever in times of crisis. Earlier this year, when the UK went into lockdown, many of the support services that Monty would normally attend had to shut down and he wasn't able to participate in the television or online activities that his siblings could enjoy. This was a very scary time for all children, and more than ever the comfort of a story became incredibly important. Thankfully, Living Paintings were able to continue sending Touch to See books to Monty throughout lockdown, providing him with an all-important escape and helping to keep him entertained. As the situation continues to change, Living Paintings will keep supporting children like Monty, bringing him the comfort and enjoyment that right now is so crucially important.

Stori Monty

Roedd rhieni Monty yn gwybod bod rhywbeth yn wahanol am ei lygaid o'r eiliad y cafodd ei eni. Ar ôl ymweld ag Ysbyty Llygaid Moorfields, cawson nhw wybod bod ganddo nam difrifol ar ei olwg ac y byddai'n colli ei olwg yn gyfan gwbl un diwrnod. Wrth iddo dyf, roedden nhw'n gwybod ei bod hi'n bwysig eu bod yn dod o hyd i weithgareddau y gallai ef eu mwynhau, ond roedden nhw'n cael trafferth i ddod o hyd i rywbeth hygyrch. Yna, fe glywon nhw am Living Paintings.

Gyda chymorth BBC Plant mewn Angen, mae Living Paintings yn creu ac yn dosbarthu llyfrau Cyffwrdd i Weld gyda darluniau arbennig sy'n galluogi plant â nam ar eu golwg ryngweithio â'r tudalennau. Gyda'u gwaith arbennig nhw, mae plant fel Monty yn gallu mwynhau hyd a lledrith storïau, sy'n bwysicach nag erioed mewn cyfnod o argyfwng. Yn gynharach eleni, pan ddechreuodd y cyfnod clo yma yn y DU, roedd yn rhaid i lawer o'r gwasanaethau cynnal roedd Monty fel arfer yn eu mynychu gau, a doedd dim modd iddo gymryd rhan yn y gweithgareddau ar y teledu neu ar-lein fel ei frodyr a'i chwiorydd. Roedd yn gyfnod dychrynlyd iawn i bob plentyn, ac fe ddaeth darllen llyfrau yn gysur pwysig iawn. Yn ffordus iawn, roedd Living Paintings yn gallu parhau i anfon llyfrau Cyffwrdd i Weld i Monty drwy gydol y cyfnod clo, gan gynnig ffordd o dynnu ei feddwl oddi ar bethau, ac i'w ddiddanu. Wrth i'r sefyllfa barhau i newid, bydd Living Paintings yn parhau i gefnogi plant fel Monty, gan ddod â mwynhad iddo, sy'n gwbl hanfodol mewn cyfnod fel hwn.



Alfie's story  
Stori Alfie

When eight-year-old Alfie's dad had to shield in lockdown due to underlying health conditions, the unexpected financial strain meant the family had to rely on food banks for healthy meals. It was a very difficult time, especially for Alfie who often worries about his parent's health. Soon Alfie's dad could return to work, but he had to clean his work uniform every day on a hot wash, and unfortunately the family couldn't access a washing machine. Thankfully Emergency Essentials were there to help, providing a washing machine through their support for families in crisis. Now, Alfie's dad is back at work, and Alfie has less to worry about in this incredibly difficult time.

Pan fu'n rhaid i dad Alfie, sy'n wyth oed, warchod ei hun yn ystod y cyfnod clo am fod ganddo gyflyrau iechyd sylfaenol, roedd y straen ariannol annisgwyl wedi golygu bod yn rhaid i'r teulu ddibynnu ar fanciau bwyd i gael prydau iach. Roedd yn gyfnod anodd iawn, yn enwedig i Alfie sy'n aml yn poeni am iechyd ei dad. Yn fuan, roedd tad Alfie yn gallu dychwelyd i'r gwaith, ond roedd yn rhaid iddo olchi ei wisg waith bob dydd ar olchiad poeth, ac yn anffodus doedd gan y teulu ddim mynediad at beiriant golchi. Yn ffordus, roedd Emergency Essentials yn gallu helpu, gan roi peiriant golchi iddyn nhw drwy eu cynllun cefnogaeth i deuluoedd mewn argyfwng. Erbyn hyn, mae tad Alfie yn ôl yn y gwaith, ac mae gan Alfie lai i boeni amdano yn ystod y cyfnod anodd iawn hwn.



Lili and Mia's story  
Stori Lili a Mia

When Lili and Mia's mum Lisa became ill with cancer, it was incredibly upsetting for the whole family. But Thames Hospice was there to support them. BBC Children in Need funding goes towards their Bereavement Support for Children & Young People, helping children to explore and process their feelings before and after loss. When Lisa passed away, Sonia and Heidi from Thames Hospice were there for the family, and when everything changed during lockdown, they continued to support them through video calls and online activities. As safety measures change, they will stay in touch, providing crucial emotional support for Lili and Mia in this uncertain time.

Pan aeth Lisa, mam Lili a Mia yn wael gyda chanser, roedd yn drist iawn i'r teulu cyfan. Ond, roedd Thames Hospice yno i'w cefnogi nhw. Mae arian BBC Plant mewn Angen yn mynd tuag at eu Cefnogaeth Profedigaeth i Blant a Phobl Ifanc, sy'n helpu plant i drafod a phrosesu eu teimladau cyn ac ar ôl profedigaeth. Pan fuodd Lisa farw, roedd Sonia a Heidi o Thames Hospice yn gefn i'r teulu, a phan newidiodd popeth yn ystod y cyfnod clo, roedden nhw'n parhau i'w cefnogi drwy atwadau fideo a gweithgareddau ar-lein. Wrth i'r mesurau diogelwch newid, byddan nhw'n parhau i gysylltu â'r teulu, gan ddarparu cefnogaeth emosiynol hanfodol i Lili a Mia yn ystod y cyfnod hwn.



If every family gives a small amount, together, we can make a big difference.  
Pe byddai bob teulu yn rhoi ychydig o arian, gyda'n gilydd, gallwn wneud gwahaniaeth mawr.

£30 pays for a new cot mattress for a family living in temporary accommodation, ensuring their baby has a safe place to sleep. Mae £30 yn talu am got a matres i deulu sy'n byw mewn llety dros dro, gan sicrhau bod gan eu babi lle diogel i gysgu.



£50 pays for a weekly online dance workshop for children who are experiencing mental health issues, keeping them positively engaged, physically active and enabling them to have fun. Mae £50 yn talu am weithdy dawnsio wythnosol ar-lein i blant sy'n profi problemau iechyd meddwl, gan sicrhau eu bod nhw'n ymgysylltu, yn cadw'n heini, ac yn cael hwyli.



£135 could fund a visit from animals for children who are receiving palliative care, allowing them to have calming sensory experiences, and improving their mental wellbeing. Gallai £135 dalu am ymweliad gan anifail i blant sy'n derbyn gofal lliniarol, gan roi profiadau synhwyrol i'w tawelu a gwella eu lles meddyliol.

TOGETHER, WE CAN  
Raise money  
FOR BBC CHILDREN IN NEED

GYDA'N GILYDD GALLWN  
Godi arian  
I BBC PLANT MEWN ANGEN



WHAT? / BETH?

WHEN & WHERE? / PRYD A BLE?

CONTACT / CYSWLLT



BBC Children in Need is not responsible for the organisation of this event or for the collection of the money. / Dydy BBC Plant mewn Angen ddim yn gyfrifol am drefnu'r digwyddiad hwn nac am gasglu'r arian.

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Partner Addysg Swyddogol

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