

YOU CAN CHANGE YOUNG LIVES NOW

Every donation makes a difference

GALLWCH NEWID BYWYDAU POBL IFANC NAWR

Mae pob rhodd yn gwneud gwahaniaeth

Your donation will mean we can help change thousands of young lives across the UK. When we add them together, even a small gift makes a huge difference and helps us continue to reach the children that need us most.

Bydd eich rhodd yn golygu ein bod yn gallu newid bywydau miloedd o bobl ifanc ledled y DU. Pan rydyn ni'n eu rhoi nhw i gyd at ei gilydd, gall rhoddion bach wneud gwahaniaeth mawr a'n helpu ni i gyrraedd y plant y mae ein hangen fwyaf arnynt.



Feeling proud?
Teimlo'n falch?

DON'T FORGET TO ORDER YOUR THANK YOU CERTIFICATE / COFIWCH OFYN AM DYSTYSGRIF DIOLCH

bbc.co.uk/pudsey

Other ways to donate
Ffyrdd eraill o roi



PHONE / RHIF FFÔN

Call / Ffoniwch 03457 33 22 33.
Standard geographic charges will apply.
Codir pris galwadau daearyddol safonol.

POST / DRWY'R POST

Post cheques with your paying-in slip in the pre-paid envelope provided.
Postiwrch sic eidda slip talu i mewn yn yr amlen barod a ddarparwyd.
Our address is / Ein cyfeiriad yw
BBC Children in Need, PO Box 648,
Salford, M5 0LB.

BANK / BANC

Donate at any bank, using the paying-in slip attached to your letter. / Gallwch roi yn unrhyw fanc, gan ddefnyddio'r slip talu sydd wedi'i atodi i'ch llythyr.

TOGETHER, WE CAN *change lives* GYDA'N GILYDD, GALLWN *newid bywydau*



Alfie
Emergency Essentials

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 ffodus, 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.



Clara
Oasis Youth Centre

When Clara found out that her mum had depression she struggled to understand what it meant, and how it made her feel. But thanks to activity sessions run by Oasis Youth Centre, she was able to learn more about mental health and talk openly about her feelings. Now aged 17, Clara is still supported by the incredibly important work at Oasis, and during lockdown this support has only been more crucial. Through online cookery, meditation and wellbeing sessions Oasis has helped Clara through the uncertainty of the pandemic, and as the situation evolves, they will continue to support young people through the challenges it brings.

Pan glywodd Clara bod gan ei mam iselder, roedd hi'n cael trafferth deall beth roedd hynny'n ei olygu, a sut roedd yn gwneud iddi deimlo. Ond, diolch i'r sesiynau gweithgaredd sy'n cael eu cynnal gan Oasis Youth Centre, dysgodd hi fwy am iechyd meddwl a siaradodd yn fwy agored am ei theimladau. Mae Clara bellach yn 17, ac mae hi'n dal i gael cefnogaeth gan waith pwysig iawn Oasis, ac mae'r gefnogaeth hon wedi bod yn gwbl hanfodol yn ystod y cyfnod clo. Trwy sesiynau coginio, myfyrto a lles ar-lein mae Oasis wedi helpu Clara trwy ansicrwydd y pandemig, ac wrth i'r sefyllfa esblygu, mi fyddan nhw'n parhau i gefnogi pobl ifanc trwy'r heriau a ddaw.



Jonny and Holly*
Nelson's Journey

Jonny (14) and Holly (10)* weren't able to attend a family funeral and were very upset. Their dad spoke to Nelson's Journey who suggested that the family used their Smiles & Tears smartphone app with the children. On the day and time of the funeral, Jonny and Holly used the app to virtually release balloons in memory of their Uncle. The impact of Covid-19 has meant that many grieving families and friends have been unable to meet together. The app has helped children and young people supported by Nelson's Journey to save their memories and feelings towards their special person.

"This app has the potential to change lives and save lives"
- Nelson's Journey Youth Panel

*Names changed.

Doedd Jonny (14) a Holly (10)* ddim yn gallu mynychu angladd aelod o'r teulu ac yn teimlo'n drist iawn. Buodd eu tad yn siarad â Nelson's Journey a oedd yn argymhell bod y teulu yn defnyddio'r ap ffôn clyfar Smiles & Tears gyda'u plant. Ar ddiwrnod yr angladd, buodd Jonny a Holly yn defnyddio'r ap i ollwng balŵns er cof am eu hewythr. Mae effaith Covid-19 wedi golygu bod llawer o deuluoedd a ffrindiau sy'n galaru wedi methu â chwedd â'i gilydd. Mae'r ap wedi helpu plant a phobl ifanc sy'n cael cefnogaeth gan Nelson's Journey i gadw eu hatgofion a'u teimladau tuag at y person arbennig hwnnw.

"Mae gan yr ap hwn y potensial i newid bywydau ac i achub bywydau" - Panel Ieuencid Nelson's Journey

*Mae'r enwau wedi cael eu newid.

JOIN TOGETHER WITH MILLIONS OF VIEWERS

across the UK

November 2020 is when it all comes together with famous faces, new takes on family favourites and a whole host of TV specials to enjoy including a special programme to mark 40 years of BBC Children in Need.

Sit back and be entertained along with millions of others, ending with an unmissable evening of TV for Appeal Night. We'll see you there!

Visit our website and follow us on social @BBCCiN for updates.

YMUNWCH Â MILIYNAU O WYLYR ERAILL

ledled y DU

Bydd y cyfan yn dod at ei gilydd gydag wynebau enwog ym mis Tachwedd 2020, lle bydd llwyth o raglenni teledu arbennig yn cael eu dangos a'u mwynhau, gan gynnwys rhaglen arbennig i nodi 40 mlynedd o BBC Plant mewn Angen.

Eisteddwch yn ôl ac fe gewch eich difyrnu ynghyd â miliynau o bobl eraill, gan offren noson gofiadwy o deledu ar gyfer Noson yr Apêl. Fe welwn ni chi yno!

Ewch i'n gwefan a dilynwch ni ar gyfryngau cymdeithasol @ BBCCiN i gael y newyddion diweddaraf.

[f.com/bbcchildreninneed](https://www.facebook.com/bbcchildreninneed)

[@BBCCiN](https://www.instagram.com/bbccin) / [@BBCCiN](https://www.tiktok.com/@bbccin)

bbc.co.uk/pudsey

TOGETHER, WE CAN look the part

Head to bbc.co.uk/pudsey for all your Pudsey gear

GYDA'N GILYDD GALLWN edrych yn wych

Ewch i bbc.co.uk/pudsey i gael cynnyrch Pudsey

All images were captured prior to government guidance on social distancing.
Cafodd pob llun ei dynnu cyn i'r llywodraeth gyflwyno canllawiau ar gadw pellter cymdeithasol.
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Gallwch weld y casgliad cyfan yn bbc.co.uk/pudsey

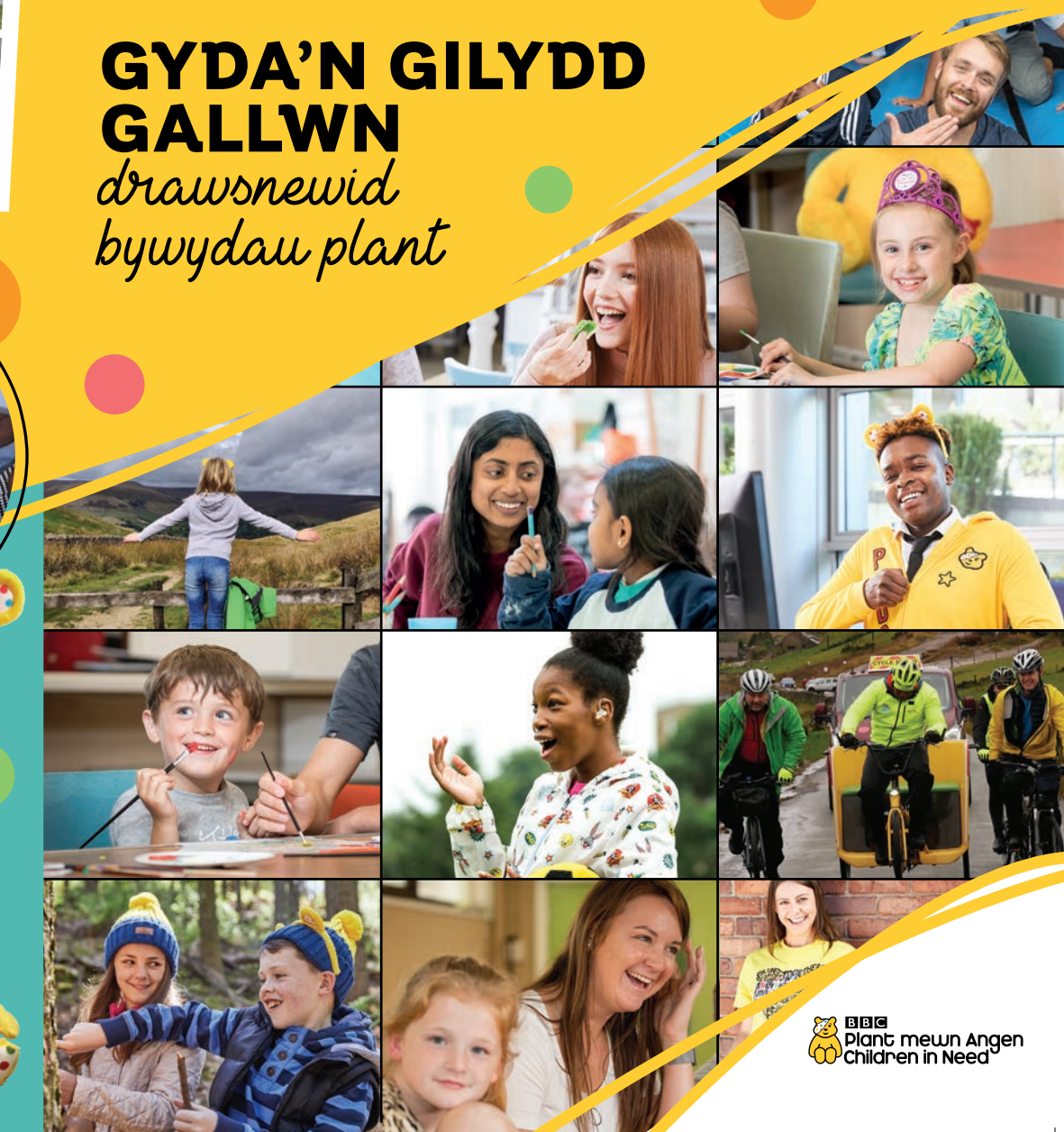


TOGETHER, WE CAN

transform children's lives

GYDA'N GILYDD GALLWN

drawsnewid bywydau plant



BBC Plant mewn Angen
Children in Need



TOGETHER, WE CAN be the positive change

BBC Children in Need is a chance for you to do an extraordinary thing: help change the lives of young people across the UK.

More than ever before, children facing loneliness and isolation, illness, poverty and mental health challenges need us to lift the barriers holding them back from the happy, healthy lives they deserve.

GYDA'N GILYDD GALLWN fod yn newid cadarnhaol

Mae BBC Plant mewn Angen yn gyfle i chi wneud rhywbeth anhygoel: helpu i newid bywydau pobl ifanc ledled y DU.

Yn fwy nag erioed o'r blaen, mae plant sy'n wynebu unigrwydd ac arwahanrwydd, salwch, tldodi a heriau iechyd meddwl angen i ni gael gwared ar y pethau sy'n eu rhwystro rhag byw bywydau hapus ac iach fel maen nhw'n eu haeddu.

The coronavirus pandemic has had an impact on us all. For disadvantaged and vulnerable children, though, it's meant new levels of worry, loss and loneliness.

We're here to help them overcome these barriers and we're on the ground working in communities across the UK where the need is greater than ever before. Together with your donations and your fundraising efforts, we can rebuild their lives, reawaken their confidence and restart their future.

Together, we can change the lives of children in the UK.

Mae'r pandemig coronafeirws wedi cael effaith ar bob un ohonom. Ond mae wedi golygu bod plant difreintiedig ac agored i niwedd yn wynebu hyd yn oed mwy o bryder, colled ac unigrwydd.

Rydym yma i'w helpu i oresgyn y rhwystrau hynny, ac rydym wrthi'n gweithio mewn cymunedau ledled y DU lle mae'r angen yn fwy nag erioed o'r blaen. Gyda'ch rhoddion a'ch ymdrechion i gasglu arian, gallwn ailadeiladu eu bywydau, aildeffro eu hyder ac ailgychwyn eu dyfodol.

Gyda'n gilydd, gallwn newid bywydau plant yn y DU.

TOGETHER, WE CAN SUPPORT THE YOUNG PEOPLE WHO NEED OUR HELP, NOW MORE THAN EVER.

As the situation around the coronavirus pandemic continues to change, all over the UK, children are struggling with feelings of uncertainty and anxiety, and for those already facing issues in their lives things have only become more difficult.

We're already working with communities and projects just like the ones you can see here, but we need to do more. Together we can help the hundreds of thousands of children that need us.

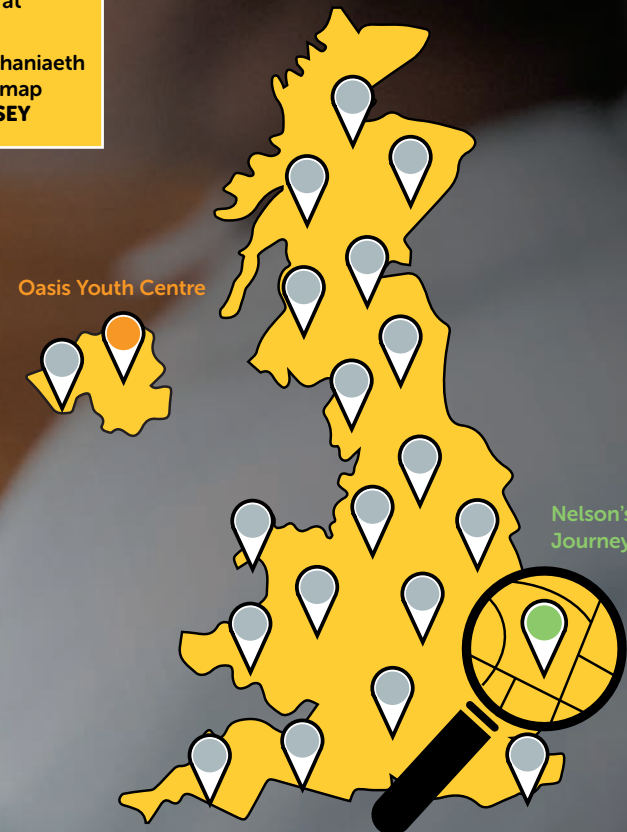
To see how we're making a difference near you, check out our interactive map at [BBC.CO.UK/PUDSEY](https://bbc.co.uk/pudsey)

I weld sut yr ydych chi'n gwneud gwahaniaeth yn eich ardal chi, edrychwch ar ein map rhyngweithiol yn [BBC.CO.UK/PUDSEY](https://bbc.co.uk/pudsey)

GYDA'N GILYDD, GALLWN GEFNOGI'R BOBL IFANC SYDD ANGEN EIN CYMORTH, NAWR FWY NAG ERIOED.

Wrth i'r sefyllfa ynghylch y pandemig coronafeirws barhau i newid, ledled y DU, mae plant yn cael trafferth gyda theimladau o ansicrwydd a phryder, ac i'r rhai sydd eisoes yn wynebu problemau yn eu bywydau mae pethau hyd yn oed yn anoddach.

Rydym ni eisoes yn gweithio gyda chymunedau a prosiectau fel y rhai y gwelwch yma, ond mae angen i ni wneud mwy. Gyda'n gilydd gallwn helpu'r cannoedd ar filoedd o blant sydd ein hangen ni.



Oasis Youth Centre

Nelson's Journey

£90

£90 pays for wellbeing workshops for a teenager with a cancer diagnosis, enabling them to explore their feelings, and to develop strategies to cope with difficult times.

Mae £90 yn talu am weithdai llesiant i berson yn ei arddedeg â diagnosis canser, gan alluogi iddyn nhw fynegi eu teimladau, ac i ddatblygu strategaethau o ddelio â chynfodau anodd.

TOGETHER, WE CAN FUNDRAISE

to make amazing things happen

GYDA'N GILYDD, GALLWN GODI ARIAN

er mwyn gwneud i bethau arbennig ddigwydd



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 friends, family, workmates, or the age of something or someone special, and turn it into a fundraiser. It could be the distance you cover, the duration you do it for, the number of things you do or your sponsorship target - whatever it is you'll be helping to change young lives across the UK.

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

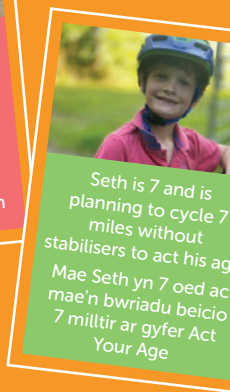
Defnyddiwch eich oed chi, oed eich ffrindiau, teulu, cydweithwyr, neu oed rhywbeth neu rywun arbennig, a'i ddefnyddio i godi arian. Gallai fod y pellter rydych chi'n ei gwblhau, yr amser rydych chi'n gwneud y weithgaredd, nifer y pethau rydych yn eu gwneud neu eich targed ar gyfer codi arian - beth bynnag ydyw, byddwch yn helpu i newid bywydau pobl ifanc ledled y DU.

6 YEARS OLD? 6 cake bake sale.
82 YEARS COMBINED? 82 mile sponsored walk.
100 YEARS IN BUSINESS? 100 hours of fundraising. **DON'T WANT TO SHARE YOUR AGE?** We're 40 this year, so you could use that.
IF NOT, JUST STAY FOREVER 21...

Do what you love, with a fundraising twist for BBC Children in Need and together we'll change lives.

6 OED? Gwerthu 6 cacen.
82 MLYNEDD AR Y CYD? Taith gerdded noddedig 82 milltir.
100 MLYNEDD MEWN BUSNES? 100 awr o godi arian.
DDIM EISIAU RHANNU EICH OED? Rydyn ni'n 40 oed eleni, felly gallwch ddefnyddio hynny.
OS NAD, GALLWCH DDWEUD EICH BOD YN 21 AM BYTH...

Gwnewch yr hyn rydych chi'n garu a chasglu arian i BBC Plant mewn Angen a gyda'n gilydd, byddwn yn newid bywydau.



SET UP A FUNDRAISING PAGE

It's a really easy way to share what you are doing and collect fundraising online. Head to bbc.co.uk/pudsey to find out how.

SEFYDLU TUDALEN CODI ARIAN

Mae'n ffordd rhwydd o rannu beth ydych chi'n ei wneud ac i gasglu arian ar-lein. Ewch i bbc.co.uk/pudsey i ddarganfod sut.

THE ANNUAL DUCK RACE SWEEPSTAKE

Visit bbc.co.uk/pudsey for all the details and resources you'll need, then

**WATCH THE RACE
LIVE ON FACEBOOK
FRI 13 NOVEMBER**

RAS HWYAID

FLYNYDDOL

Ewch i bbc.co.uk/pudsey i weld yr holl fanylion ac adnoddau y bydd eu hangen arnoch, ac yna

**GWYLIWCH Y RAS
YN FYW AR FACEBOOK
DYDD GWENER
13 TACHWEDD**

Need more ideas?

Head to [BBC.CO.UK/PUDSEY](https://bbc.co.uk/pudsey) for everything you need to get started

Angen mwy o syniadau?

Ewch i [BBC.CO.UK/PUDSEY](https://bbc.co.uk/pudsey) i gael popeth sydd ei angen arnoch i ddechrau arni

Our dedicated supporter care team are here to help. Get in touch on **0345 609 0015** or email pudsey@bbc.co.uk

Mae ein tîm gofal cefnogwyr ymroddedig yma i'ch helpu. Cysylltwch ar **0345 609 0015** neu anfonwch e-bost at pudsey@bbc.co.uk