

# TOGETHER WE CAN

## GYDA'N GILYDD GALLWN NI

### CHANGE YOUNG LIVES

The pandemic has been hard on us all, but for young people across the UK already facing challenges, it's made life even more difficult. With your support, we can be on the ground helping the children who need us this year more than ever.

### NEWID BYWYDAU POBL IFANC

Mae'r pandemig wedi bod yn dalcen caled i ni gyd, ond i bobl ifanc ledled y DU sydd eisoes yn wynebu heriau, mae bywyd wedi bod yn anoddach fyth. Gyda'ch cefnogaeth chi, gallwn helpu'r plant sydd ein hangen yn fwy nag erioed eleni.



**BBC Children in Need**  
Helping children who need us most

We're working across communities to help young people overcome challenges made more difficult by Covid-19.

**BBC Plant mewn Angen**  
yn helpu'r plant sydd ein hangen fwyaf

Rydyn ni'n gweithio ar draws cymunedau er mwyn helpu pobl ifanc i oresgyn heriau sydd wedi gwaethygu oherwydd Covid-19.

## OLIVER'S STORY

3-year-old Oliver lives in Merthyr Tydfil, Wales. After the first lockdown, mum Carrian noticed Oliver was very clingy with her as the only children he'd been able to mix with since the start of the pandemic were his older brother and sister.

Carrian started taking Oliver to the parenting and 0-5 play sessions at the brilliant Twynyrodyn Community Hub. Through the dedication of staff, Oliver began to learn how to socialise for the first time, making new friends, and learning how to share toys. Thanks to your donations, the Community Hub gave him a really good start at socialising with others, right before he started nursery.

To read more about Oliver and other young people and projects we help, head to [bbc.co.uk/pudsey](https://bbc.co.uk/pudsey)

## STORI OLIVER

Mae Oliver, sy'n 3 oed, yn byw ym Merthyr Tudful yng Nghymru. Ar ôl y cyfnod clo cyntaf, sylwodd Carrian, mam Oliver, ei fod yn gyndyn i adael ei hochr oherwydd mai'r unig blant yr oedd wedi gallu cymysgu â nhw ers dechrau'r pandemig oedd ei frawd a'i chwaer hyn.

Dechreuodd Carrian fynd ag Oliver i'r sesiynau rhianta a chwarae ar gyfer plant 0-5 oed yng Nghanolfan Gymunedol wych Twynyrodyn. O ganlyniad i ymroddiad y staff, dechreuodd Oliver ddysgu sut i gymdeithasu am y tro cyntaf, gwneud ffrindiau newydd a dysgu sut i rannu tegau. Diolch i'ch rhoddion chi, mae'r Ganolfan Gymunedol wedi rhoi dechrau da iawn iddo o ran cymdeithasu ag eraill cyn y bydd yn dechrau yn y feithrinfa.

I ddarllen mwy am Oliver ac am bobl ifanc a phrosiectau eraill rydyn ni'n eu helpu, ewch i [bbc.co.uk/pudsey](https://bbc.co.uk/pudsey)



#### Children who...

- > have lost a loved one
- > aren't safe
- > are living in poverty
- > are lonely or isolated, **or**
- > have challenges with their mental health

#### Plant sydd...

- > wedi colli anwyliad
- > ddim yn ddiogel
- > yn byw mewn tlodi
- > yn unig neu'n ynysig, **neu**
- > sy'n wynebu heriau gyda'u hiechyd meddwl

## RAISING £100 CAN

pay for a series of one-to-one support sessions pay for specialist resources, support and equipment that enables a seven-year-old girl on the autism spectrum to understand and better communicate her feelings and reduce her anxiety about connecting with others.

## GALLAI CODI £100

dalw am offer, cefnogaeth ac adnoddau arbenigol sy'n galluogi merch saith oed ar y sbectrwm awtistiaeth i ddeall a chyfleu ei theimladau'n well a lleihau ei phryder ynghylch cysylltu ag eraill.



# TOGETHER WE CAN GYDA'N GILYDD GALLWN



**CHANGE YOUNG  
LIVES IN EVERY  
CORNER OF THE UK**

**NEWID BYWYDAU  
POBL IFANC YM  
MHOB RHAN O'R DU**

## SAKINAH'S STORY

Three-year-old Sakinah was born with Epidermolytic Ichthyosis, a rare skin condition meaning her skin cracks and becomes infected. She requires frequent hospital visits and home care. With other children to look after, and the loss of her own mother, Sakinah's mum found herself struggling during lockdown.

Thanks to funding from BBC Children in Need, Home-Start are there to help any family that needs it, supporting children with their play and development and providing advice and resources. Sakinah's condition means she can't play in direct sunlight, so Home-Start provided a gazebo so she can play safely outdoors, plus resources for her siblings to continue their home-schooling.

## STORI SAKINAH

Ganed Sakinah, sydd bellach yn dair oed, gydag Ichthyosis Epidermolytig, sef cyflwr prin sy'n golygu bod ei chroen yn cracio ac yn mynd yn heintiedig. Mae'n rhaid iddi fynd i'r ysbyty'n rheolaidd yn ogystal â chael gofal yn y cartref. Roedd mam Sakinaha yn mynd drwy'r felin yn ystod y cyfnod clo gan iddi golli ei mam ei hun a bod ganddi blant eraill i ofalu amdanynt.

Diolch i gyllid gan BBC Plant mewn Angen, mae Home-Start ar gael i helpu unrhyw deulu sydd angen cymorth, i gefnogi plant gyda'u chwarae a'u datblygiad ac i ddarparu cyngor ac adnoddau. Mae cyflwr Sakinah yn golygu nad yw'n gallu chwarae yn llygad yr haul, felly mae Home-Start wedi darparu gazebo er mwyn iddi allu chwarae'n ddiogel yn yr awyr agored, yn ogystal ag adnoddau i'w brodyr a'i chwiorydd i barhau i ddysgu gartref.



**£50**

will pay for a weekly online dance workshop for children affected by poverty isolated at home, keeping them physically active and enabling them to have fun.

**£50**

Byddai £50 yn talu am weithdy dawnsio wythnosol ar-lein i blant sy'n teimlo'n unig gartref oherwydd tloedi gan sicrhau eu bod yn gorfforol egniol ac yn cael hwyl wrth wneud hynny.

## HARRISON'S STORY

Four-year-old Harrison has complex physical and developmental needs. For the past three years Harrison has had weekly conductive education and fortnightly home play sessions at Dame Vera Lynn's Children's Charity, where he can explore a range of different sensory play whilst maintaining the skills he has learnt.

## STORI HARRISON

Mae gan Harrison, sy'n bedair oed, anghenion corfforol a datblygiadol cymhleth. Dros y tair blynedd diwethaf, mae Harrison wedi cael sesiynau addysg symbylol wythnosol a sesiynau chwarae bob pythefnos yn Elusen Plant y Fonesig Vera Lynn. Yno mae'n cael cyfle i roi cynnig ar amrywiol ymarferion chwarae synhwyraidd yn ogystal â meithrin y sgiliau y mae wedi'u dysgu.



**NEWID  
BYWYDAU  
PLANT  
LEDLED Y  
DU**

**HELPU  
PLANT  
YN LLEOL  
I CHI  
HELPING  
CHILDREN  
LOCAL  
TO YOU**

**You can see how we're  
helping in your area at**

**Gallwch weld sut rydyn ni'n  
helpu plant yn eich ardal leol**

**[bbcchildreninneed.co.uk/  
schools](http://bbcchildreninneed.co.uk/schools)**