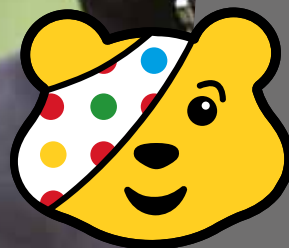
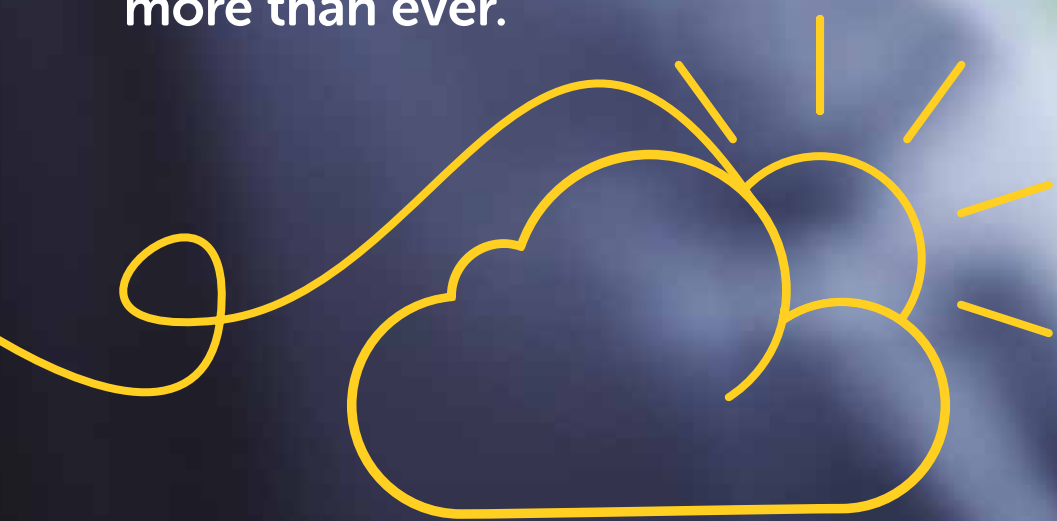


# TOGETHER WE CAN

## 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.



**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.

### 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

## ST MICHAEL'S YOUTH PROJECT

St Michael's Youth Project in Hull gives children and teenagers a nurturing environment where they can flourish. Focussing on outdoor activities, children have fun in natural surroundings, build self-esteem, and manage risks. The healthy living theme continues with activities around food.

BBC Children in Need fund the 'The Eating Table' programme which involves young people in cooking activities each week: planning menus, budgeting and shopping. The aim is to create meals that are simple to prepare, affordable, attractive to young people, and reflect healthier choices. As well as cooking together, the children can take prepared food home to their families, connecting their experience with daily life and the wider community.



To read more about  
St Michael's Youth  
Project and other young  
people and projects  
we help, head to  
[bbcchildreninneed.co.uk/  
schools](https://bbcchildreninneed.co.uk/schools)

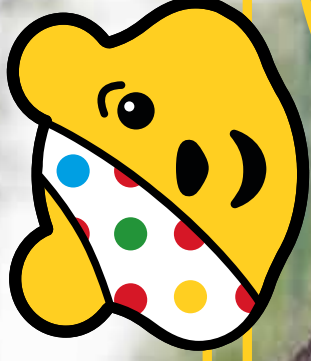
## RAISING £95 CAN

pay for a new mattress for a child whose family are struggling financially, giving them a safe place to sleep.





# TOGETHER WE CAN



CHANGE YOUNG  
LIVES IN EVERY  
CORNER  
OF THE UK



£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.



## KIERAN'S STORY

Ten-year-old Kieran has Friedrich's Ataxia, a neuro-degenerative disease that makes constant exercise critical, in order to stop him losing the use of his body. When lockdown happened, not only did Kieran's activities have to stop, resulting in him being unable to walk, but his mental health support ended.

Thankfully, Kieran was introduced to Dougie Mac Children's Hospice. They provided support from lovely counsellor, Maria who, alongside two play therapists, is funded thanks to donations to BBC Children in Need. Even through shielding, Kieran got to know Maria online whilst they played and chatted. Kieran says Maria simply "helped him to get his worries out".



## PRESTON'S STORY

Ten-year-old Preston is a happy, friendly boy whose life-threatening heart condition doesn't stop him from running around and playing with his sister, Febbie. His mum and dad, Julia and Isaac, have been told that as Preston only has the use of one lung, he cannot have further surgery.

Rainbows Hospice for Children and Young People provides much needed emotional and practical support to families with children like Preston. It has been invaluable, particularly during lockdown, with Julia describing it like a holiday for the whole family. The children both love it, and thanks to your donations, Preston is safe and happy doing things that he normally can't, like swimming in the hydrotherapy pool.



CHANGING  
CHILDREN'S  
LIVES  
ACROSS THE  
UK



HELPING  
CHILDREN  
LOCAL  
TO YOU

You can see how we're  
helping in your area at  
[bbcchildreninneed.co.uk/  
schools](https://bbcchildreninneed.co.uk/schools)