

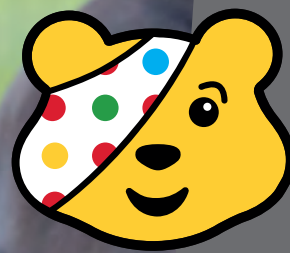
TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

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

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 hŷn.

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 teganau. 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

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 £95 CAN

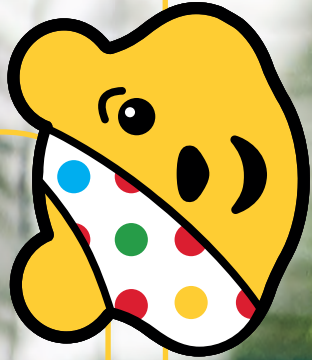
pay for a new mattress for a child whose family are struggling financially, giving them a safe place to sleep.

GALLAI CODI £95

dalu am fatres newydd i blentyn mewn teulu sy'n wynebu trafferth ariannol, gan roi lle diogel iddo gysgu.



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

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".

STORI KIERAN

Mae gan Kieran, sy'n ddeg oed, Friedrich's Ataxia, sef clefyd niwro-ddirymiol sy'n gwneud ymarfer corff yn hollbwysig, fel nad yw'n colli'r defnydd o'i gorff. Adeg y cyfyngiadau symud, daeth gweithgareddau Kieran i ben, i'r graddau nad oedd yn gallu cerdded mwyach, yn ogystal a'i gymorth iechyd meddwl hefyd.

Diolch byth, daeth Kieran i gysylltiad â Hosbis Plant Dougie Mac. Roedden nhw'n gallu darparu cefnogaeth gan gwnselydd hyfryd (Maria) sydd, ochr yn ochr â dau therapydd chwarae, yn cael eu hariannu diolch i roddion i BBC Plant mewn Angen. Hyd yn oed pan oedd yn gwarchod, daeth Kieran i adnabod Maria ar-lein wrth chwarae a sgwrsio. Mae Kieran yn cyfadddef bod Maria "wedi ei helpu i roi llais i'w bryderon".



£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 tlodi gan sicrhau eu bod yn gorfforol egniol ac yn cael hwyl wrth wneud hynny.



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.

STORI PRESTON

Mae Preston, sy'n ddeg oed, yn fachgen hapus a chyfeillgar ac nid yw ei gyflwr ar y galon, a allai fod yn anghueol, yn ei atal rhag rhedeg o gwmpas a chwarae gyda'i chwaer Febbie. Mae ei fam a'i dad, Julia ac Isaac, wedi cael gwybod na all Preston gael rhagor o lawdriniaethau gan mai dim ond un ysgyfaint yn gweithio sydd ganddo.

Mae Rainbows Hospice for Children and Young People yn darparu cefnogaeth emosiynol ac ymarferol hollbwysig i deuluoedd sydd â phlant fel Preston. Mae wedi bod yn amhrisiadwy, yn enwedig yn ystod y cyfnod clo, gyda Julia yn ei ddisgrifio fel gwyliau i'r teulu cyfan. Mae'r ddau blentyn wrth eu bodd yno, a diolch i'ch rhoddion chi, mae Preston yn ddiogel ac yn hapus yn gwneud pethau na all fel arfer eu gwneud, fel nofio yn y pwll hydrotherapi.



HELPU
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HELPING
CHILDREN
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TO YOU

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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