

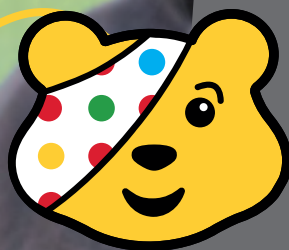
TOGETHER WE CAN

CHANGE YOUNG LIVES

The pandemic has been hard on us all, but for children across the UK already facing challenges, it's made life even more difficult.

That's why this year more than ever, we need your help to reach even more children.

We know things have been hard for you at school too. But getting involved this BBC Children in Need Day, spending time and having fun with friends, will be great for your wellbeing - plus you'll be doing something amazing for children too.



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

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.

Without regular interaction, Harrison could easily become disengaged and demotivated to explore new things.

When lockdown happened, everything stopped for Harrison except the support of Dame Vera Lynn's Children's Charity.

Thanks to the funding from BBC Children in Need, the team were able to adapt and continue supporting Harrison via Zoom and home visits.

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



RAISING £300 MEANS

that a two-year-old boy with a life threatening condition and his family are supported by a palliative care nurse who helps them find joy and spend valuable time together.



TOGETHER WE CAN

CHANGE YOUNG
LIVES IN EVERY
CORNER
OF THE UK



JULIA'S STORY

Last year, 14-year-old Julia needed emergency surgery on a brain tumour that was diagnosed when she was seven. With this, her mum battling recurring cancer, plus the pandemic, it's been a difficult time.

Julia and her family have spent time at Daisy Lodge, Cancer Fund for Children, Northern Ireland. This is a purpose built therapeutic centre where families impacted by cancer can come for some quality time together on a therapeutic short break, in a safe and supportive environment. Julia and her brother Daniel have both been able to access group support remotely during the pandemic via online group work programmes. This enabled them to connect with other young people their age who were also facing similar challenges with a cancer diagnosis in the family. Julia has been able to access face-to-face and virtual therapeutic support, on a one-to-one basis as she needs it.

This one-to-one time, along with her group work experience, provides Julia with a safe space to process and learn to cope with the emotional, mental and physical challenges that cancer and its treatment has brought to her life.



HELPING
CHILDREN
LOCAL
TO YOU



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.

RAISING £50 MEANS

a 14-year-old boy affected by poverty who is being bullied can attend a one-to-one counselling session, helping to build resilience, manage feelings and improve their emotional wellbeing.

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

bbcchildreninneed.co.uk/schools