

TOGETHER WE CAN

GYDA'N GILYDD GALLWN NI

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.

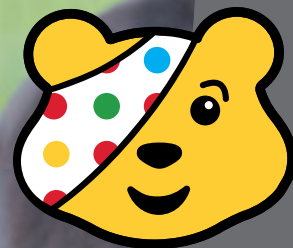
We know things have been hard for you at school too. But getting involved this BBC Children in Need Day, spending time and having fun with friends, will be great for your wellbeing - plus you'll be doing something amazing for children too.

NEWID BYWYDAU POBL IFANC

Mae'r pandemig wedi bod yn dalcen caled i ni gyd, ond i blant ledled y DU sydd eisoes yn wynebu heriau, mae bywyd wedi bod yn anoddach fyth.

Dyna pam, yn fwy nag erioed eleni, fod angen eich help arnom i gyrraedd hyd yn oed mwy o blant.

Rydyn ni'n gwybod bod pethau wedi bod yn anodd i chi yn yr ysgol hefyd. Ond bydd cymryd rhan ar Ddiwrnod BBC Plant mewn Angen, gan dreulio amser gyda ffrindiau a chael hwyl gyda'ch gilydd, yn wych ar gyfer eich llesiant - byddwch hefyd yn gwneud rhywbeth rhyfeddol i helpu plant eraill.



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.

MEGAN'S STORY

13-year-old Megs was born with a congenital heart disease, hypermobility and a partial cleft palate. She lives in Swansea and is a young-carer to Cody her 9-year-old brother. Cody has epilepsy, autism and learning difficulties and during lockdown Megs began to feel anxious.

Megs has been supported by YMCA Swansea, enjoying their year round activities. During the pandemic she joined in online sessions, had one-to-ones with staff, took on accredited training, and helped voice an animation. Thanks to your donations, Megs has been able to have a little time out, meet other young-carers, and is now feeling a less anxious and isolated.

To read more about Megan and other young people and projects we help, head to bbcchildreninneed.co.uk/schools

STORI MEGAN

Ganed Megs, sy'n 13 oed, gyda chlefyd cynhenid y galon, gorsymudedd a thaflod hollt rhannol. Mae'n byw yn Abertawe ac mae'n ofalwraig ifanc i Cody, ei brawd 9 oed. Mae gan Cody epilepsi, awtistiaeth ac anawsterau dysgu ac yn ystod y cyfnod clo dechreuodd Megs deimlo'n bryderus.

Mae Megs wedi cael cymorth gan YMCA Abertawe ac wedi mwynhau cymryd rhan yn eu gweithgareddau rheolaidd. Yn ystod y pandemig, ymunodd â sesiynau ar-lein, cafodd sesiynau un-i-un gyda staff, cafodd hyfforddiant achrededig, a bu'n helpu i leisio animeiddiad. Diolch i'ch rhoddion chi, mae Megs wedi gallu mwynhau ychydig o amser i'w hun, cwrdd â gofalwyr ifanc eraill, ac mae bellach yn teimlo'n llai pryderus ac ynysig.

I ddarllen mwy am Megan ac am bobl ifanc a phrosiectau eraill rydyn ni'n eu helpu, ewch i bbcchildreninneed.co.uk/schools



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 £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.

MAE CODI £300 YN GOLYGU

bod bachgen 2 oed â chyflwr sy'n peryglu ei fywyd a'i deulu yn gallu cael cymorth gan nyrs gofal lliniarol, sy'n eu helpu i ganfod pleser a threulio amser gwerthfawr gyda'i gilydd.



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



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 symbolol 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.



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.

PROSIECT POBL IFANC ST MICHAEL

Mae Prosiect Pobl Ifanc St Michael yn Hull yn cynnig amgylchedd cartrefol i blant a phobl ifanc yn eu harddegau lle gallant ffynnu. Gan ganolbwyntio ar weithgareddau awyr agored, mae plant yn cael hwyl mewn amgylchedd naturiol, yn meithrin hunan-barch ac yn rheoli risgiau. Mae'r thema byw'n iach yn parhau gyda gweithgareddau sy'n ymwneud â bwyd.

Mae BBC Plant mewn Angen yn cyllido'r rhaglen 'The Eating Table' lle mae pobl ifanc yn cymryd rhan mewn gweithgareddau coginio bob wythnos. Cynllunio bwydlenni, cyllidebu a siopa. Y nod yw creu prydau sy'n syml i'w paratoi, yn fforddiadwy ac yn ddeniadol i bobl ifanc, ac sy'n adlewyrchu dewisiadau iachach. Yn ogystal â choginio gyda'i gilydd, gall y plant fynd â'r bwyd maent wedi'i baratoi gartref i'w teuluoedd, gan gysylltu eu profiad coginio â bywyd bob dydd a'r gymuned ehangach.

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.

MAE £50 YN GOLYGU
y gall bachgen 14 oed sy'n cael ei fwlio fynd i sesiwn gwnsela un-i-un, gan ei helpu i feithrin gwytnwch, i reoli ei deimladau ac i wella ei les emosiynol.

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**

CHANGING
CHILDREN'S
LIVES
ACROSS THE
UK

HELPU
PLANT
YN LLEOL
I CHI
HELPING
CHILDREN
LOCAL
TO YOU

NEWID
BYWYDAU
PLANT
LEDLED Y
DU