



TOGETHER WE CAN CHANGE YOUNG LIVES

GYDA'N GILYDD GALLWN NI NEWID BYWYDAU IFANC

JOIN US AND
FEEL GOOD THIS

BBC CHILDREN IN NEED DAY

YMUWCH Â NI A
THEIMLO'N DDA AR

DDIWRNOD

BBC PLANT MEWN ANGEN

BBC Children in Need Day is on its way and Friday 19 November is when schools up and down the country join the nation to change the lives of children who need us most. This year, more than ever, they need our help to overcome the additional challenges they face due to the impact of Covid-19.

Join us for a day of easy and fun-filled fundraising, followed by an evening of unmissable TV - where we can sit back and celebrate all that we've achieved together.

Mae Diwrnod BBC Plant mewn Angen ar ei ffordd a dydd Gwener 19 Tachwedd yw'r dyddiad pan fydd ysgolion ledled y wlad yn ymuno â phawb arall yn y wlad i godi arian hanfodol i newid bywydau plant sydd ein hangen fwyaf. Eleni yn fwy nag erioed, maen nhw angen ein help ni i oresgyn yr heriau ychwanegol maen nhw'n eu hwynebu oherwydd effaith Covid-19.

Ymunwch â ni am ddiwrnod llawn hwyl a hawdd i godi arian, ac yna noson o deledu cofiadwy - lle gallwn ni eistedd gartref a dathlu popeth rydyn ni wedi'i gyflawni gyda'n gilydd.

MAKE A DIFFERENCE GWNEWCH WAHANIAETH

If everyone gave just £1, think of the difference we could make / Pe bai pawb yn rhoi dim ond £1, meddyliwch am y gwahaniaeth y gallen ni ei wneud...

£200

£200 provides a residential weekend for a teenager with a cancer diagnosis to spend time away with peers experiencing similar issues, enabling them to take part in activities, to explore and manage their feelings and to develop strategies to help them cope.

Mae £200 yn darparu penwythnos preswyl i berson ifanc yn ei ardegau sydd wedi cael diagnosis o ganser er mwyn cael treulio amser gyda chyfoedion sy'n wynebu materion tebyg. Mae hyn yn eu galluogi i gymryd rhan mewn gweithgareddau, pwyso a mesur a rheoli eu teimladau a datblygu strategaethau i'w helpu i ymdopi.



BBC
Plant mewn Angen
Children in Need

Look the part! Edrychwch yn wych!

Order your Pudsey goodies now!
Archebwch eich nwyddau Pudsey nawr!



You can still order your Pudsey merchandise ready for the big day at
Gallwch archebu eich nwyddau Pudsey yn barod ar gyfer y diwrnod mawr ar
BBCCHILDRENINNEEDSHOP.CO.UK

TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

HAVE FUN & RAISE MONEY GAEL HWYL A CHODI ARIAN

One big feel-good Friday to look forward to, raising money that makes a difference all year round in communities across the UK. It's easy to get involved, whether you're getting together with friends, as a form or a whole school. It could be as simple as dressing down for the day, or a whole day of activities - it's up to you! We've got everything you need to get started, as well as some celebrity guests to help you on your way.

Dydd Gwener mawr hwyliog a braf i edrych ymlaen ato, gan godi arian sy'n gwneud gwahaniaeth drwy gydol y flwyddyn mewn cymunedau ledled y DU. Mae'n hawdd cymryd rhan, p'un ai a ydych chi'n dod at eich gilydd gyda ffrindiau, fel dosbarth neu fel ysgol gyfan. Gallai fod mor syml â gwisgo eich dillad eich hun ar gyfer y diwrnod, neu ddiwrnod cyfan o weithgareddau - eich dewis chi yw hynny! Mae gennym bopeth sydd ei angen arnoch i ddechrau arni, yn ogystal â rhai gwsteion enwog i'ch helpu ar eich ffordd.



GET BAKING / MYND ATI I BOBI

Join Nikki Lilly and bake up a storm to raise money! Bake sales are a great way to get your school involved. Head online for recipes and some tips from Nikki herself.

Ymunwch â Nikki Lilly a phobi cacen anhygoel i godi arian! Mae gwerthu cacennau yn ffordd wych o gael eich ysgol i gymryd rhan. Ewch ar-lein i gael ryseitiau a rhai awgrymiadau gan Nikki ei hun.



£1 or £2 is all it takes

Just ask children to donate a small amount, dress up and have fun on Friday 19 November

Dim ond £1 neu £2 sydd ei angen

Gofynnwch i blant gyfrannu rhodd fechan, gwisgo i fyny a chael hwyl ddydd Gwener 19 Tachwedd

DRESS DOWN FRIDAY DYDD GWENER DILLAD EICH HUN

Dress down for the day, in your own style and let everyone be themselves. A guaranteed winner of a fundraiser that helps your wellbeing too! All you need is for everyone to chip in £1 and you're good to go.

Gwisgwch eich dillad eich hun ar gyfer y diwrnod, yn eich steil eich hun a gadewch i bawb fod yn nhw eu hunain. Mae hwn yn ddiwyddiad codi arian poblogaidd sy'n helpu eich llesiant chi hefyd! Y cyfan sydd ei angen arnoch yw rhoi £1 ac rydych chi wedi gwneud eich rhan.



JOIN OUR £1 GROUP CHALLENGE YMUWCH Â'N HER GRŵP £1

Unleash your inner entrepreneur and take on our Dragon's Den inspired challenge with friends or as a form. Put in £1 each to get a starter kitty together and challenge yourselves to see how much you can grow your total!

Datgelwch eich entrepreneur mewnol a mynd i'r afael â her wedi'i hysbrydoli gan Dragon's Den gyda ffrindiau neu fel dosbarth. Rhowch £1 yr un i gychwyn cronfa gyda'ch gilydd a heriwch eich hun i weld faint allwch chi ei gasglu!

VISIT / EWCH I BBCCHILDRENINNEED.CO.UK/SCHOOLS

For lots more fun, fundraising ideas and to download resources
I gael llawer mwy o syniadau codi arian hwyliog ac i lwytho adnoddau i lawr

BBC Plant mewn Angen Children in Need

For guidance on fundraising head to / I gael arweiniad ar godi arian, ewch i bbcchildreninneed.co.uk/about-us/faqs

Visit BBCCHILDRENINNEED.CO.UK/SCHOOLS for everything you need to get started and to find out how we're supporting children in your community.

Ewch i BBCCHILDRENINNEED.CO.UK/SCHOOLS i weld popeth sydd ei angen arnoch i ddechrau arni ac i gael gwybod sut rydyn ni'n cefnogi plant yn eich cymuned.



Our dedicated supporter care team are here to help. Get in touch on **0345 609 0015** (standard geographical charges apply) or email pudsey@bbc.co.uk

Mae ein tîm gofal cefnogwyr ymroddedig yma i helpu. Cysylltwch ar **0345 609 0015** (codir pris galwadau daearyddol safonol) neu anfonwch e-bost at pudsey@bbc.co.uk