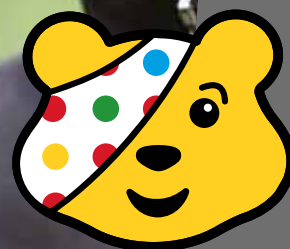


TOGETHER WE CAN

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

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 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.



To read more about
Julia and other young
people and projects
we help, head to
bbc.co.uk/pudsey

RAISING £100 CAN

pay for a series of one-to-one support sessions for a teenage girl experiencing mental health issues, helping her to feel less alone and isolated and improve her emotional wellbeing.





TOGETHER WE CAN

CHANGE YOUNG LIVES IN EVERY CORNER OF THE UK

£50

£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.



SAKINAH'S STORY

Three-year-old Sakinah was born with Epidermolytic Ichthyosis, a rare skin condition meaning her skin cracks and becomes infected. She requires frequent hospital visits and home care. With other children to look after, and the loss of her own mother, Sakinah's mum found herself struggling during lockdown.

Thanks to funding from BBC Children in Need, Home-Start are there to help any family that needs it, supporting children with their play and development and providing advice and resources. Sakinah's condition means she can't play in direct sunlight, so Home-Start provided a gazebo so she can play safely outdoors, plus resources for her siblings to continue their home-schooling.



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

bbc.co.uk/pudsey