

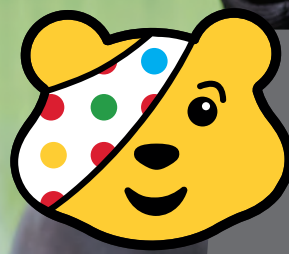
# TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

## 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 gwaethgu 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](https://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 Nghanol 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](https://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 £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.

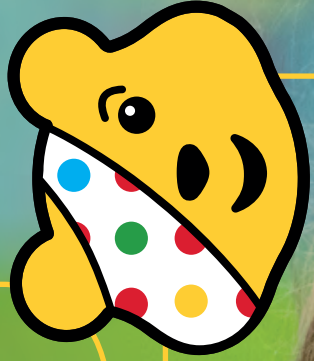
## GALLAI CODI £100

dalw am gyfres o sesiynau cymorth un-i-un ar gyfer merch yn ei harddegau sy'n wynebu problemau iechyd meddwl, gan ei helpu i deimlo'n llai unig ac ynysig a gwella ei lles emosiynol.





# 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

### 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

### STORI JULIA

Cafodd Julia, sy'n 14 oed, ddiagnosis o diwmor ar yr ymennydd pan oedd hi'n saith oed. Y llynedd, bu'n rhaid iddi gael llawdriniaeth frys ar y tiwmor. Ar ben hynny, mae ei mam yn brwydro unwaith eto yn erbyn cancer. Bu'n rhaid iddynt wynebu hyn i gyd yn ogystal â'r pandemig. Mae Julia a'i theulu wedi treulio amser yn Daisy Lodge, Cancer Fund for Children yng Ngogledd Iwerddon. Mae hon yn ganolfan therapiwtig bwrpasol lle gall teuluoedd sy'n cael eu heffeithio gan ganser ddod i dreulio amser gwerthfawr gyda'i gilydd ar wyliau byr therapiwtig, mewn amgylchedd diogel a chefnogol.

Mae Julia a'i brawd Daniel wedi gallu cael mynediad at gymorth grŵp o bell yn ystod y pandemig drwy raglenni gwaith grŵp ar-lein. Roedd hyn wedi eu galluogi i gysylltu â phobl ifanc eraill o'r un oed a oedd hefyd yn wynebu heriau tebyg gyda diagnosis o ganser yn y teulu. Roedd angen cymorth therapiwtig un-i-un ar Julia ac mae llwyddo i gael y ddarpariaeth honno wyneb yn wyneb a dros y we. Mae'r amser un-i-un hwn, ynghyd â'i phrofiad o waith grŵp, yn rhoi lle diogel i Julia brosesu a dysgu sut i ymdopi â'r heriau emosiynol, meddyliol a chorfforol sydd ynghlwm wrth y cancer a'r driniaeth.



£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.

£50

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.

### 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 chyfeilgar ac nid yw ei gyflwr ar y galon, a allai fod yn angheuol, 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.



CHANGING  
CHILDREN'S  
LIVES  
ACROSS THE  
UK

HELPU  
PLANT  
YN LLEOL  
I CHI  
HELPING  
CHILDREN  
LOCAL  
TO YOU

NEWID  
BYWYDAU  
PLANT  
LEDLED Y  
DU

You can see how we're helping in your area at  
Gallwch weld sut rydyn ni'n helpu plant yn eich ardal leol

[bbc.co.uk/pudsey](https://bbc.co.uk/pudsey)