



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**

YMWUNWCH Â NI A
THEIMLO'N DDA AR
**DDIWRNOD
BBC PLANT MEWN ANGEN**

Do some real good and put the fun into fundraising. Help us change the lives of young people in communities across the UK who are facing even more challenges as a result of the pandemic. / Gwnewch rywbeth gwirioneddol dda a chael hwyl wrth godi arian. Helpwch ni i newid bywydau pobl ifanc mewn cymunedau ledled y DU sy'n wynebu hyd yn oed mwy o heriau o ganlyniad i'r pandemig.

We're already funding thousands of local charities and projects, but we want and need to do so much more. So, get ready to fundraise, put on your Pudsey ears and let's work together to make sure all children and young people have the chance to be the best they can be. / Rydyn ni eisoes yn ariannu miloedd o elusennau a phrosiectau lleol, ond rydyn ni eisiau ac angen gwneud cymaint mwy. Felly, byddwch yn barod i godi arian, gwisgo eich clustiau Pudsey a gadewch i ni weithio gyda'n gilydd i wneud yn siŵr bod pob plentyn a pherson ifanc yn cael cyfle i fod y gorau y gallan nhw fod.

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

21D BOOK ©BBC 2007 Registered charity England & Wales no. 802052 and Scotland no. SC039557. ©BBC 2007 Rhif cofrestru'r elusen 802052 yng Nghymru a Lloegr a SC039557 yn yr Alban.



GET YOUR STRICTLY ON This year we've teamed up with Strictly Come Dancing so you can add a touch of sparkle to your fundraising. There are endless ways to get involved. You could add some glitter to your bakes, go glam with your dress up day, get judging with our downloadable Strictly scoring paddles, or simply add a bit of sparkle with our limited-edition Pudsey ears.

YMUNO Â HWYL STRICTLY Eleni, rydyn ni wedi ymuno â Strictly Come Dancing er mwyn i chi allu sicrhau bod eich gwaith codi arian yn serennu. Mae ffyrdd di-ben-draw o gymryd rhan. Gallech chi ychwanegu rhywbeth arbennig at eich cacennau, mynd ati o ddifrif gyda'ch diwrnod gwisgo i fyny, cael cyfle i fod yn feirniad gyda'n padlau sgorio Strictly y gellir eu llwytho i lawr, neu ychwanegu ychydig o sgleini gyda'n clustiau Pudsey prin.



TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

HAVE FUN, RAISE MONEY & CHANGE LIVES GAEL HWYL, CODI ARIAN A NEWID BYWYDAU

One big feel-good Friday to look forward to, with lots of easy ways to get involved. However you're raising money this year, why not add some Strictly sparkle?

Un dydd Gwener mawr hwyliog i edrych ymlaen ato, gyda llawer o ffyrdd hawdd o gymryd rhan. Sut bynnag rydych chi'n codi arian eleni, beth am ychwanegu rhywfaint o ddisgleirdeb Strictly?



BAKE SALES The perfect way to have your cake and eat it. Make cakes, sell cakes, and eat cakes - raising lots of money too! Why not add a Strictly twist to your bakes with a touch of glitter?

GWERTHU CACENNAU Y ffordd berffaith o rannu eich cacennau ag eraill. Gwneud cacennau, gwerthu cacennau a bwyta cacennau - gan godi llawer o arian hefyd! Beth am ychwanegu gwedd Strictly at eich cacennau gyda rhyw fath o gliter?

DRESS UP OR DOWN Remember anything goes - from fancy dress to PJs to simply wearing some Pudsey ears! You could get glammed up and add some Strictly flair to your day.

GWISGO UNRHYW BETH YR HOFFECH Cofiwch fod unrhyw beth yn dderbyniol - o wisg ffansi i byjamas neu beth am wisgo clustiau Pudsey? Gallech chi wisgo dillad crand gan ychwanegu rhywfaint o ddisgleirdeb Strictly at eich diwrnod.

GUESS Get your friends and colleagues to take part in our sweepstake using the poster included in this pack then... **HEAD TO FACEBOOK FRIDAY 19 NOVEMBER TO FIND OUT THE RESULTS**

DYFALU Gofynnwch i'ch ffrindiau a'ch cydweithwyr gymryd rhan yn ein swip gan ddefnyddio'r poster sydd wedi'i gynnwys yn y pecyn hwn, yna... **EWCH I FACEBOOK DDYDD GWENER 19 TACHWEDD I GAEL GWYBOD Y CANLYNIADAU**



RIDE THE RICKSHAW Join in with our rickshaw riders and pedal alongside them on their epic challenge. Get sponsored and join the team as you clock up the miles.

REIDIO'R RICKSHAW Ymunwch â'n reidwyr rickshaw a beicio ochr yn ochr â nhw yn eu her epig. Ewch ati i gael eich noddi ac ymuno â'r tîm wrth i chi deithio milltiroedd.



GET RAMBLING Join in with this year's Countryfile Ramble. Get your walking boots on and organise your own ramble or sit back and watch the presenters take on theirs.

EWCH I GRWYDRO Ymunwch ag ymgyrch Countryfile Ramble eleni. Gwisgwch eich esgidiau cerdded a threfnu eich taith gerdded eich hun neu eistedd gartref a gwyllo'r cyflwynwyr yn crwydro hwnt ac yma.



DO'ATHONS Whatever you do for fun, turn it into a fundraiser. Whether it's a spin class, running, pedalling for Pudsey or swimming, get sponsored to do it!

GWNEUD RHYWBETH HWYL Beth bynnag rydych chi'n ei wneud am hwyl, ceisiwch ei droi'n weithgaredd codi arian. Efallai y byddwch am gymryd rhan mewn ddsbarth sbîn, rhedeg ras, pedlo ar gyfer Pudsey neu nofio, beth am gael eich noddi i godi arian?

YOU'LL LOVE OUR NEW ECO-FRIENDLY 2021 PRODUCTS! BYDDWCH WRTH EICH BODD Â'N CYNNYRCH NEWYDD ECO-GYFEILLGAR YN 2021!



Look
THE PART
Edrych
YN SWYDDOGOL



Head to / Ewch i
BBC.CO.UK/PUDSEY
for all your pudsey gear / i weld
eich holl nwyddau Pudsey

You can also find a host of Pudsey goodies on the high street at Asda and Greggs. / Gallwch hefyd ddod o hyd i amrywiaeth o nwyddau Pudsey ar y stryd fawr yn Asda a Greggs.

ASDA

GREGGS

There's plenty more online! Mae llawer mwy ar-lein!

You'll find loads of ideas and downloadables to make your fundraising amazing at... Gallwch ddod o hyd i lwyth o syniadau a phethau i'w llwytho i lawr i wneud eich gwaith codi arian yn anhygoel yn...

BBC.CO.UK/PUDSEY



Our dedicated supporter care team are here to help. Mae ein tîm gofal cefnogwyr ymroddedig yma i helpu. Get in touch on / Cysylltwch ar **0345 609 0015** or email / neu anfonwch e-bost at **pudsey@bbc.co.uk**

*Strictly TWIST
Syniadau
STRICTLY*

We've got lots of ideas and resources online to help you add a Strictly twist to your fundraising. Mae gennym lawer o syniadau ac adnoddau ar-lein i'ch helpu i ychwanegu gwedd Strictly at eich gwaith codi arian.