

HELPING YOUNG PEOPLE BE THE BEST THEY CAN BE

With your support **we're there for young people** near you, creating positive and lasting change where the need is greatest



ZARA AND TIERNAN'S STORY

Meet Zara and Tiernan, four year old cousins who have Down Syndrome.

Zara was born first and had a tough start in life with lots of medical interventions, including being tube fed and having major stomach surgery. Tiernan was born soon after and had heart problems as a baby. Years later, they're thriving with the support of the Foyle Down Syndrome Trust.

Thanks to your donations, BBC Children in Need is able to fund the trust in Northern Ireland, where families are provided with an amazing network and support. whilst children like Zara and Tiernan get to enjoy music therapy which allows them to socialise, develop and flourish.

Read more about Zara, Tiernan and other young people and projects we support locally to you

bbc.co.uk/cin

BBC
CHILDREN
IN NEED

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.