

HOW YOUR FUNDRAISING HELPS ACROSS THE UK

In the last grant year, BBC Children in Need supported nearly 340,000 young lives* and are currently funding 1,350 projects*

Youth First Club Ltd
Co Londonderry

Delivers a personal development programme for local children and young people, focusing on mental health and resilience.

£5 could pay for an isolated child to attend a fun sports session at a project like this, helping them develop friendships and confidence.

Hot Chocolate
Dundee

Supports young people to find a safe space to connect with others, to develop and pursue their ambitions, to understand and express their own and others' identities, and to navigate challenges including mental health, area deprivation, bullying and more.

£25 could pay for a hot meal at a project like this for 15 young people living in an area of deprivation, so they don't go hungry and can get the support they need to thrive.

Mess up the Mess
Carmarthenshire

Works with seldom-reached young people, using theatre and the arts to support their wellbeing, build their confidence and help them make their voices heard.

£50 could pay for a year's worth of art supplies at a project like this for a child who has experienced domestic abuse - for use in art therapy, helping them cope and communicate their feelings.

Hideaway Youth Project
Manchester

Delivers youth work to children and young people across the community, helping them engage with positive activities and feel safer.

On Your Side
Norwich

Provides one-to-one befriending support to young people from ethnic minorities to help them feel like they belong.

£50 could pay for support sessions at a project like this for girls affected by isolation, helping them build friendships, confidence and self-expression skills.

Trelya
Penzance

Provides one-to-one support and group work for children and young people experiencing the complex effects of poverty.



Scan the QR code to see how your donations help support your local projects

*as of July 2025

A LETTER FROM OUR YOUNG AMBASSADOR, LAUREN



Hello everyone, my name is Lauren and I am extremely proud to be one of BBC Children in Need's Young Ambassadors. I'm based in West Yorkshire and I'm 23 years old. I love listening to The Script and my dream is to be a television presenter, representing the disabled community.

MY STORY

I was diagnosed with a brain tumour when I was eighteen months old after my parents were concerned that things didn't seem right. I would scream when going over speed humps, get really bad headaches and constantly bump into things. My parents were so worried that they pushed for a healthcare nurse to see me, who then insisted that I went straight to A&E. Within the day, I was told I had a brain tumour, rushed in for a thirteen-hour operation and then treated with a course of chemotherapy. Following this, I had multiple operations on my hand and foot, blood transfusions and a skin graft, all to make me better.

I was then in remission for three years before the brain tumour came back. I was taken back in for an eleven-hour operation and a course of radiotherapy.

I found school incredibly difficult because I felt judged and bullied by some of the other students. Mental health is more important than ever, yet people often don't understand the underlying and ongoing issues someone may be facing. Luckily, The Brain Tumour Charity, supported by BBC Children in Need, gave me the opportunity to join their Young Ambassadors programme - which changed my life! It's built my confidence and taught me that there's no such thing as not being 'normal'. I've become part of a community of individuals who understand and relate to everything that I experienced and continue to go through. I have so many friends now!!!!

Following this experience, I was invited to become a BBC Children in Need Young Ambassador. I feel so lucky to be part of such a special programme and to work alongside a dynamic and truly inspiring team of young people. It still feels like a dream to work with the best people to help others. I've grown in confidence, but I still get a little down when occasionally I'm treated differently because of my disability and its long-term effects. We should all be looking out for one another and helping others more. Be that bit kinder; be more aware and ready to help someone if they're struggling or alone. After over a decade of continuous treatment and countless operations, I have been in remission for around 8 years now and I'm making the most of my life. I'm lucky to be healthy and happy, but thousands of other children and young people need your support!

With the help of incredible fundraisers like you, who raise amazing amounts of money, BBC Children in Need can continue to fund local life-changing projects across the UK. We need your help more than ever this year. Whether you get involved by taking part in Challenge Yourself to 25 or throwing a bake-sale, your support helps to transform children and young people's lives.

**THANK YOU FROM THE BOTTOM OF MY HEART,
LAUREN**

**SCAN TO EXPLORE OUR
FUNDRAISING HUB OR
VISIT [BBC.CO.UK/CIN](https://www.bbc.co.uk/cin)**

