Bobath Children's Therapy Centre Wales
Annual Review and Impact Report 16-17

Registered Charity: 1010183

Registered with/Cofrestrwyd gyda'r FUNDRAISING REGULATOR RHEOLEIDDIWR CODI ARIAN

Chairman's Statement

I am delighted to present the Annual Review and Impact Report for 2016-17.

This year has been one of numerous financial challenges, as we seek to grow our capacity and respond to the ever-increasing need for specialist therapy provision. The Board has prioritised Better Start, Better Future, the new Early Intervention programme for babies, a decision which is supported by research evidence. In addition, we strove to maintain a comprehensive service for older children, but this has been impacted by the numbers of younger children we are seeing. Our waiting list continues to grow, placing constant demand on our fundraising team to secure finance for recruiting additional therapists so that we can provide therapy for more children across Wales.

I am pleased to report that over the year, we were able to offer 449 therapy treatment interventions. These ranged from single consults to longer intensive blocks, with babies returning for therapy every four months. This is an increase of 117 episodes of care over the previous year, when we provided 332 interventions, and reflects the impact of new therapists joining the therapy team (see Centre Director's report for more details) as well as the development of new service models.

Financially, we have faced some difficulties. Results this year show income of £1,232,075 and expenditure of £1,283,124 resulting in a cash short fall of £51,049 and overall deficit of £92,113 after depreciation charges of £41,064. Whilst we continue to contract with Local Health Boards for referrals for a number of children, the vast majority of the income needed to run the Centre must be raised through fundraising initiatives. The economic environment is constantly changing and the team works hard to adapt and concentrate its efforts and focus in response to this changing landscape.

This year's results include successes in raising funds from trusts & foundations, social events and a family appeal, as well as increased income from running therapy training courses. Costs continue to increase as we expand our therapy capacity, and the inevitable associated support costs. Our Centre building, which is pre- World War One, is tired and requires frequent

unplanned maintenance, which is an increasing concern and expense.

We are a victim of our success such that the demand for Bobath's service is growing quicker than its current funding initiatives and so our capacity to treat more children is constrained.

Consequently, since the year end, we have welcomed two new trustees, Caroline Cooksley and Marie Wood, both with expertise in marketing and fundraising whilst we have recruited a new Head of Income Generation, Rachel Morgan, following the retirement of Gail Griffiths.

We look forward to working with this new expanded team to grow our income, vital to fulfilling the charity's ambitions.

The coming year will present both strategic and financial challenges as we continue to strive towards the provision of specialist therapy for all children in Wales with cerebral palsy. Our strategy is continually under review and your Board and Management have agreed to continue to focus on our baby service and increase the Centre's capacity to treat and see more children on its waiting list.

It remains for me to thank all of our loyal and dedicated staff, our volunteers, supporters and my fellow Trustees for their continued support and good work, and in particular Gail Griffiths for fourteen years of phenomenal service.

J Frank Holmes

We would like to say a big thank you to all the families who allowed us to use their photographs in this report.

Therapy

2016-2017 has been an exciting year. The challenge of having more families wanting to come for therapy makes us constantly review our service models and priorities. We have delivered 449 episodes of therapy as described below.

- 84 four-week blocks
- 81 baby and toddler blocks (one week)
- 2 complex returner blocks (one week)
- 73 review consults for returning children
- 40 initial consults and follow up visits for newly diagnosed children
- 39 single consults for older children
- 98 children treated at various types of outreach service in local communities
- 32 children treated as part of training courses

We are constantly striving to improve the service we provide to children, families and our community based therapy colleagues. This is the driver for us all and what keeps the whole team motivated. As part of this we evaluate our interventions and collect information from families and colleagues about what we could do better. We are aiming to involve families more in our service development and planning and continue to share our work widely. This year we have presented a number of studies at conferences, including:

- The Key to Empowering Families
- Parent led review – do therapists do what families ask them to do?
- "Together for Health" Service reorganisation for family centredness
- Goal setting priorities in children with cerebral palsy – are we addressing upper limb function?
- An exploratory study of the effect of Bobath therapy on the empowerment of caregivers attending Bobath Children's Therapy Centre Wales
- Trend analysis over seven years to demonstrate effectiveness of intervention

At Bobath Children's Therapy Centre Wales we see ourselves as part of a wider team supporting children in Wales who have cerebral palsy. To do

this effectively we need to support families and local teams delivering care. To achieve this we plan a step change in what the centre does and to expand our remit and services to become a Cerebral Palsy Centre for Wales. This would include an information hub and website for people who have cerebral palsy and their families, so that they can access useful information and signposting to services and opportunities. We also want to provide more therapy and participation opportunities for people who have cerebral palsy of all ages and levels of function. This will require new and more appropriate premises. As Bobath Wales approaches its 25th year we see the need to develop, change and adapt for the next 25 years ahead.

I would like to thank our staff, trustees and wonderful volunteers for all their hard work. Without each and every one of you Bobath Wales would not be the amazing place it is today. As a relatively small charity, I believe we punch well above our weight, and this is due entirely to the efforts of the whole team.

Thank you!

Jennifer Carroll MA MCSP PGC (HE)

Fundraising

Our four shops in Llanishen, Rhiwbina and Crwys Road, Cardiff and Holton Road, Barry continue to be a major funding stream for us and we are incredibly fortunate to have an amazing band of volunteers to assist the shop managers. This year the shops made a profit of £95,000 and this is only made possible thanks to the thousands of people who donate their pre-loved goods for us to sell.

Families who attend the Centre also helped to raise an amazing £66,000, an unprecedented amount in recent years. Amongst these were Glyn Williams whose niece Rosie attends the Centre. Along with friends and colleagues Glyn organised a Coast to Coast Cycle Ride (400 miles from Fishguard, West Wales to Broadstairs, Kent) raising over £8,500. Dad, Daniel Kuck organised a Golf Day raising £2,800; Ben Bostock, who received therapy as a child and his friend Tom Clark organised Sea Beyond Disability, an event that saw both kayaking around the coast of Wales raising £1,437.

Our remarkable supporters continue to amaze us with their fundraising and I would like to highlight those people who have been supporting us over many years. Vera and Peter Makin who hold an annual garden party; Nyomi Lenny who organises the yearly Fashion v Beauty pageant; Friends of Plasturton Gardens, Cardiff who hold a Christmas Market every December which benefits Bobath Wales; South Wales Classic Car Club who make

a donation every May from their annual Classic Car Show; Sue Jones (Cwmcrafters Friends of Bobath) who raises money and helps organise the Aberdare Welly Walk each year; Derek Redwood and Mike Slater (Friends of Bobath Wales) who organise numerous events throughout the year which in 2017 included An Evening with Max Boyce.

How can we not mention our own Centre Director Jenny Carroll who started a year-long fundraising challenge of completing 1,580 miles. Jenny pledged to run 1 mile for every child with cerebral palsy in Wales = 1,260. Swim 1 mile for every baby born with cerebral palsy during 2016 = 70 miles. Cycle 10 miles for every year Bobath has been open in 2017 = 250 miles. Jenny hopes to complete the challenge in the summer of 2017. We are exceedingly grateful to Circle IT who continue to provide our IT support free of charge. Other corporate supporters who have boosted our cashflow include Harding Evans, Pembroke Dock Power Station, Eversheds Sutherland, Coffee#1, Ford Engine Plant Bridgend, Barclays Bank, Sweet Café & Bakery Whitchurch, Old Post House St Fagans, The BMJ and KK Solutions.

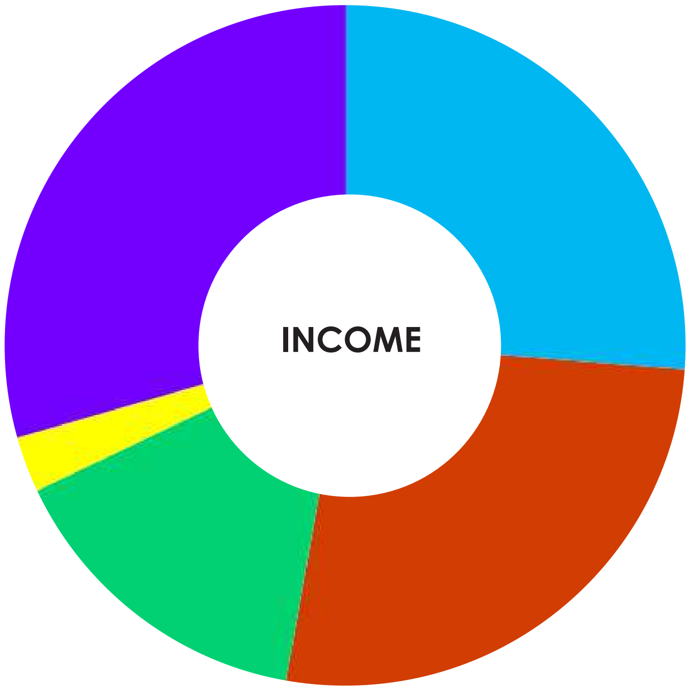
Trusts and Foundations are another vital income stream and we are extremely grateful to all those who awarded us grants this year, totalling £219,000. These included the Hodge Foundation who has supported the charity since its inception, this year donating an exceedingly generous £100,000 towards our Better Start, Better Future programme with a commitment of a further £100,000 in 2017 and Henry Smith who awarded £20,500 towards a therapist salary.

Many events were held throughout the year including Bake for Bobath, A Question of Women, Golf Day, Birthday Ball, Dragon Boat Race, Welly Walks in Aberdare, Cardiff, Cwmbran and Caldicot, Autumn Afternoon Tea, Race Night, Jingle Bell Rock Party Night and a Carol Concert. New for this year was a sell-out event to celebrate St David's Day and our thanks go to Welsh Football Manager Chris Coleman and the FAW for helping to make 'An Evening with Chris Coleman' such a spectacular event.

Gail Griffiths

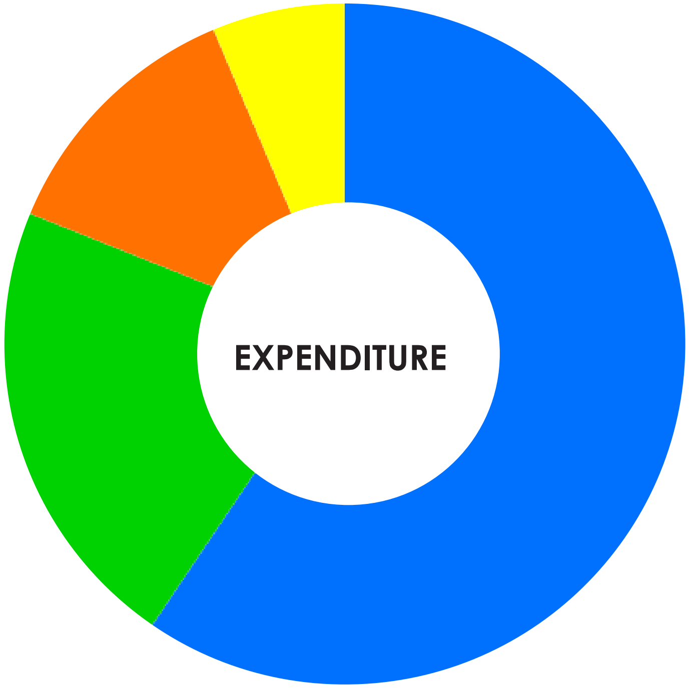
£1,232,075 total income

Income 2016-17	
Donations, Community, Events, Legacies and Appeals	£323,210
Health Boards	£327,394
Retail - our charity shops in Llanishen, Rhiwbina, Crwys Road in Cardiff and our shop on Holton Road in Barry	£363,083
Grants including Hodge Foundation, Henry Smith Charity, Children in Need	£186,039
Promotional activities, therapy courses, sundry income	£32,349
Total	£1,232,075



£1,324,188 total expenditure

Expenditure 2016-17	
Therapy	£786,343
Retail	£285,117
Fundraising	£167,760
Establishment and finance expenses	£84,968
Total	£1,324,188



Full accounts are available on our website

Richard
Father of Amelia

Diolch
Bobath

Better Start, Better Future

This year has seen us firmly embed our early invention service within the Centre. The Better Start, Better Future programme has been developed with essential co-ordination and input from Glenys Evans, Family Support worker, who is the first point of contact for parents who have been counselled that their newly born baby may have high risk of or has been newly diagnosed with cerebral palsy.

Research tells us that the earlier we intervene in promoting development, the better. Increasing neuroscientific evidence shows that brain development and both fine and gross motor development continue after birth and are driven by activity. Early active movement and intervention are vital because infants who do not actively use the areas in the brain responsible for co-ordinating movement and posture risk losing critical connections and dedicated functions. Infant motor behaviour, through interaction with the environment, results in growth of muscles and bone as well as driving the ongoing development of the neuromotor system. By harnessing inherent neuroplastic mechanisms in the brain, the early intervention we provide aims to optimise motor, cognitive and communication outcomes, prevent secondary impairments and minimise associated difficulties that may worsen function or interfere with learning. We also aim to promote parent understanding and infant bonding in order to minimise parental stress and anxiety.

Thanks to a major gift from the Hodge Foundation and generous donations from other trusts and foundations we have been able to provide vital early intervention support to families with vulnerable infants, free at the point of access and with minimal wait. This input takes the form of an initial consultation and/or 5 sessions of intensive therapy over 2 weeks every 3-4 months up to the age of 2.5 years, in close consultation with our NHS therapy colleagues. Over the past year (June 2016 to June 2017) we have provided 24 single consultations to infants new to our service and 77 intensive blocks of therapy. Questionnaire feedback from parents and families has been hugely positive and we are delighted

that 95% of therapy goals set for each block of input have resulted in positive change for the children.

There have been significant challenges for our appointments team in co-ordinating a service that is responsive and flexible to the many and varied medical, work and child care issues faced by families with fragile young infants. We have addressed this through offering initial consultations which allows us to see families promptly, to provide early information and support and, importantly, to plan the forthcoming block of therapy to best meet each infant's and families' needs. Close liaison and communication with medical and therapy teams is essential to ensure accurate and up to date medical and therapy information, which can only be done with the support of our administrative team.

Meeting demand for the service continues, with 32 initial single consultations and around 100 blocks of therapy planned over the next year. The therapy team have risen to the challenge of providing support and relevant, effective packages of care for families, continuing to develop their expertise for infants with an evolving picture of cerebral palsy. We held a very successful 2 day course evaluating the Infant Motor Performance test. This was jointly attended by the Centre therapists and local NHS therapists interested in the field. We hope to host a week long specialist early intervention course in the near future for more junior members of the therapy team and interested NHS colleagues.

Dr Sally Jary PhD MCSP
Clinical Lead Early Intervention

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HRH The Duchess of Gloucester GCVO

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Sir Bryn Terfel CBE

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Retail Support
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Kate Mansell

Administration
Kate Boddington
Denise Plant
Cathy Rogers
Maria Toor

Executive Assistant to Centre Director
Matt Collins

Bobath Children's Therapy Centre Wales is a Company Limited by Guarantee, Company Number 2691690

Directors:	Paul Lubas, J Frank Holmes, Ieuan Coombes
Company Secretary:	Paul Lubas
Registered Office:	19 Park Road, Whitchurch, Cardiff, CF14 7BP
Bankers:	Barclays Bank plc, St David's Way, Cardiff, CF10 2DP
Auditors:	Clifton House Partnership, Clifton House, Four Elms Road, Cardiff, CF24 1LE

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Noddwr Brenhinol
Ei Huchelder Brenhinol Duges Caerloyw GCVO

Noddwr
Syr Bryn Terfel CBE

Cenhadon
Lynn Bowles, Peter Karrie, Mark Lewis Jones, Lucy Owen, Matthew Rhys, Bonnie Tyler, Margaret Williams

Ymddiriedolwyr
Christine Barber, Ieuan Coomes, Martin Gush, J Frank Holmes, Alison Ivin, Steve Jones, Paul Lubas, Cathy White

Cyfarwyddwr y Ganolfan
Jennifer Carroll

Therapi
Renée Brouwers, Helen Burnford, Clare Dunning, Dawn Forbes, Davina Isaac, Sally Jary, Sue Jervis, Gosia Jon-Dare, Therese Millar, Marissa Mount, Kirsty Taylor, Rina Van der Walt, Melissa Walk-Ley

Cymorth Therapi
Christine Atkinson, Naomi East, Glenys Evans, Rhian Gape, Nicola Ling

Codi Arian
Emma Brooks, Claire Brown, Caroline Davies, Gail Griffiths, Kirstin Jenkins

Cymorth Codi Arian
Natalie Bruynseels Kathryn James
Clara Edwards

Manwerthu
Bethan Forster, Joanne Germon, Chris Hunter, Paul Jenkins, Leah Moore, Mike Morgan, Lisa Jayne Parry, Theresa Thomas, Lynne Williams

Cymorth Manwerthu
Julia Forrester, Kate Mansell

Gweinyddu
Kate Boddington, Denise Plant, Cathy Rogers, Maria Toor

Cynorthwyydd Gweithredol Cyfarwyddwr y Ganolfan
Matt Collins

Mae Canolfan Therapi Plant Bobath Cymru yn Gwmni Cyfyngedig drwy Warant, Rhif Cwmni 2691690

Cyfarwyddwyr: Paul Lubas, J Frank Holmes, Ieuan Coombes
Ysgrifennydd y Cwmni: Paul Lubas

Swyddfa Gofrestredig: 19 Heol y Parc, Yr Eglwys Newydd, Caerdydd, CF14 7BP

Bancwyr: Barclays Bank plc, St David's Way, Caerdydd, CF10 2DP

Archwilwyr: Partneriaeth Tŷ Clifton, Tŷ Clifton, Four Elms Road, Caerdydd, CF24 1LE

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adborth yr holiaduron gan rieni a theuluoedd wedi bod yn gadarnhaol iawn ac mae'n bleser gennym glywed bod 95% o'r nodau therapi ar gyfer pob bloc mewnbwn wedi arwain at newid cadarnhaol ar gyfer y plant.

Bu newidiadau sylweddol i'n tîm penodi o ran cydlynu gwasanaeth sy'n ymatebol a hyblyg i'r problemau meddygol, gwaith a gofal plant niferus ac amrywiol y mae teuluoedd â babanod ifanc a bregus yn eu hwynebu. Rydym wedi mynd i'r afael â hyn drwy gynnig ymgynghoriadau cychwynnol sy'n ein galluogi i weld teuluoedd yn brydlon, darparu gwybodaeth a chymorth yn gynnar ac, yn bwysicaf oll, gynllunio'r bloc therapi sydd ar ddod er mwyn diwallu anghenion pob baban a theulu yn y ffordd orau. Mae cydgysylltu a chyfathrebu'n agos â thimau meddygol a therapi yn hanfodol er mwyn sicrhau gwybodaeth feddygol a therapi gywir a chyfredol, a gellir ond gwneud hyn gyda chymorth ein tîm gweinyddol. Rydym yn parhau i geisio ateb y galw am y gwasanaeth, gyda 32 o ymgynghoriadau sengl cychwynnol a thua 100 o flociau o therapi wedi'u cynllunio dros y flwyddyn nesaf. Mae'r tîm therapi wedi derbyn yr her o ddarparu cymorth a phecynnau gofal perthnasol ac effeithiol i deuluoedd, gan barhau i ddatblygu ei arbenigedd ar gyfer babanod y mae eu sefyllfa o ran parlys yr ymennydd yn newid o hyd. Gwnaethom gynnal cwrs 2 ddiwrnod llwyddiannus i werthuso prawf Perfformiad Echddygol Babanod. Roedd therapyddion y Ganolfan a therapyddion lleol y GIG sydd â diddordeb yn y maes yn bresennol. Rydym yn gobeithio cynnal cwrs ymyrryd yn gynnar arbenigol wythnos o hyd yn y dyfodol agos ar gyfer aelodau iau o'r tîm therapi a chydweithwyr yn y GIG sydd â diddordeb.

Dr Sally Jary PhD MCSP
Arweinydd Clinigol Ymyrryd yn Gynnar

Dechrau Gwell, Dyfodol Gwell

Eleni, rydym wedi ymgorffori ein gwasanaeth ymyrryd yn gynnar yn gadarn yn y Ganolfan. Datblygwyd rhaglen Dechrau Gwell, Dyfodol Gwell gyda chydlyniant a mewnbwn hanfodol Glenys Evans, gweithiwr Cymorth Teulu, sy'n bwynt cyswllt cyntaf i rieni sydd wedi cael eu cynghori bod eu plentyn newydd-anedig yn wynebu risg uchel o barlys yr ymennydd neu newydd gael diagnosis ohono.

Mae ymchwil yn dangos mai gorau po gyntaf y byddwn yn ymyrryd o ran hyrwyddo datblygiad. Mae tystiolaeth niwrowyddonol gynyddol yn dangos bod datblygiad yr ymennydd a datblygiad echddygol manwl a bras yn parhau ar ôl geni'r plentyn ac yn cael eu hysgogi gan weithgarwch. Mae symud ac ymyrryd gweithredol cynnar yn hollbwysig oherwydd mae babanod nad ydynt yn defnyddio'r rhannau o'r ymennydd sy'n gyfrifol am gydgysylltu symud ac osgo yn weithredol, yn wynebu'r risg o golli cysylltiadau hanfodol a gweithrediadau penodol. Mae ymddygiad echddygol babanod, drwy ryngweithio â'r amgylchedd, yn arwain at dyfiant yn y cyhyrau a'r esgyrn yn ogystal ag ysgogi datblygiad parhaus y system niwro-echddygol. Drwy harneisio systemau niwroplastig cynhenid yn yr ymennydd, nod yr ymyrraeth gynnar rydym yn ei ddarparu yw sicrhau'r canlyniadau echddygol, gwybyddol a chyfathrebu gorau posibl, atal namau eilaidd a lleihau anawsterau cysylltiedig a all waethygu gweithrediad neu amharu ar ddysgu. Rydym hefyd yn ceisio hybu dealltwriaeth rhieni a bondio â babanod er mwyn lleihau straen a phryder rhieni.

Diolch i rodd fawr gan Sefydliad Hodge a rhoddion hael gan ymddiriedolaethau a sefydliadau eraill, rydym wedi gallu darparu cymorth ymyrryd yn gynnar hollbwysig i deuluoedd â babanod sy'n agored i niwed, am ddim ar adeg ei ddefnyddio gydag amser aros byr. Mae'r mewnbwn ar ffurf ymgynghoriad cychwynnol a/neu 5 sesiwn o therapi dwys dros bythefnos bob 3-4 mis hyd at 2.5 oed, gan ymgynghori'n agos â'n cydweithwyr therapi yn y GIG. Dros y flwyddyn ddiwethaf (o fis Mehefin 2016 i fis Mehefin 2017) gwnaethom ddarparu 24 o ymgynghoriadau sengl i fabanod a oedd yn newydd i'n gwasanaeth a 77 o flociau dwys o therapi. Mae

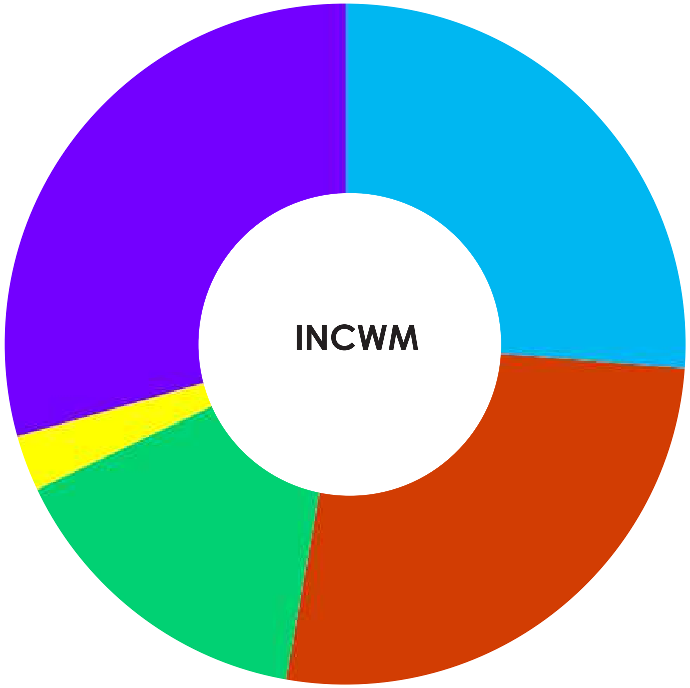
Richard
Father of Amelia

Diolch

£1,232,075 cyfanswm incwm

Incwm 2016-17

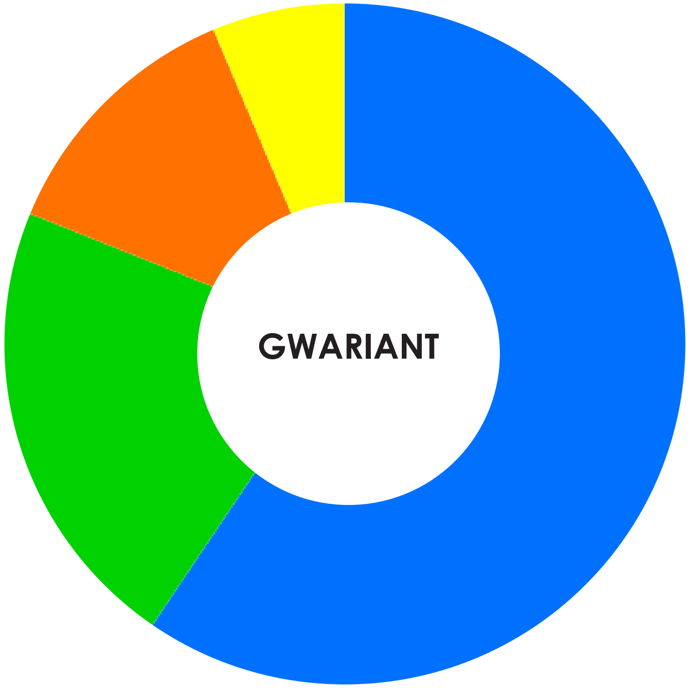
Rhoddion, Cymuned, Digwyddiadau, Cymynroddion ac Apeliadau	£323,210
Byrddau Iechyd	£327,394
Manwerthu - ein siopau elusen yn Llanisien, Rhiwbeina, Crwys Road yng Nghaerdydd a'n siop ar Holton Road yn y Barri	£363,083
Grantiau gan gynnwys Sefydliad Hodge, Elusen Henry Smith, Plant Mewn Angen	£186,039
Gweithgareddau hyrwyddo, cyrsiau therapi, incwm amrywiol	£32,349
Cyfanswm	£1,232,075



£1,324,188 cyfanswm gwariant

Gwariant 2016-17

Therapi	£786,343
Manwerthu	£285,117
Codi Arian	£167,760
Treuliau sefydlu a chyllid	£84,968
Cyfanswm	£1,324,188



Mae cyfrifon cyflawn ar gael ar ein gwefan

(Cyfeillion Bobath Cwmcrafters) sy'n codi arian ac yn helpu i drefnu Taith Gerdded Esgidiau Glaw Aberdâr bob blwyddyn; Derek Redwood a Mike Slater (Cyfeillion Bobath Cymru) sy'n trefnu nifer o ddigwyddiadau drwy gydol y flwyddyn a oedd yn cynnwys Noson yng Nghwmni Max Boyce yn 2017.

Ni allwn beidio â sôn am Gyfarwyddwr ein Canolfan, Jenny Carroll, a ddechreuodd her codi arian blwyddyn o hyd, sef cwblhau 1,580 o filltiroedd. Gwnaeth Jenny addo rhedeg milltir am bob plentyn sydd â pharlys yr ymennydd yng Nghymru = 1,260, nofio 1 filltir am bob baban a anwyd â pharlys yr ymennydd yn ystod 2016 = 70 milltir, a beicio 10 milltir am bob blwyddyn mae Bobath wedi bod ar agor hyd at 2017 = 250 milltir. Mae Jenny'n gobeithio cwblhau'r her yn ystod haf 2017.

Rydym yn ddiolchgar iawn i Circle IT sy'n parhau i ddarparu ein cymorth TG yn rhad ac am ddim. Mae cefnogwyr corfforaethol eraill sydd wedi ychwanegu at ein llif arian yn cynnwys Harding Evans, Gorsaf Bŵer Doc Penfro, Eversheds Sutherland, Coffee#1, Ffatri Peiriannau Ford Pen-y-bont ar Ogwr, Banc Barclays, Sweet Café & Bakery yr Eglwys Newydd, Old Post House Sain Ffagan, y BMJ a KK Solutions.

Mae Ymddiriedolaethau a Sefydliadau yn ffrwd incwm hollbwysig arall ac rydym yn hynod ddiolchgar i bawb a roddodd grantiau gwerth cyfanswm o £219,000 i ni eleni. Roedd y rhain yn cynnwys Sefydliad Hodge sydd wedi cefnogi'r elusen ers ei sefydlu, a roddodd gyfanswm hael iawn o £100,000 tuag at ein rhaglen Dechrau Gwell, Dyfodol Gwell eleni gydag ymrwymiad o £100,000 arall yn 2017 a Henry Smith a roddodd £20,500 tuag at gyflog therapydd.

Cynhaliwyd nifer o ddigwyddiadau drwy gydol y flwyddyn gan gynnwys Pobi dros Bobath, 'A Question of Women', Diwrnod Golff, Dawns Pen-blwydd, Ras Gychod y Dreigiau, Teithiau Cerdded Esgidiau Glaw yn Aberdâr, Caerdydd, Cwmbrân a Chil-y-Coed, Te Prynhawn Hydref, Noson Rasys, Noson Barti 'Jingle Bell Rock' a Chyngerdd Carolau. Yn newydd eleni, cynhaliwyd digwyddiad poblogaidd i ddathlu Dydd Gŵyl Dewi a diolch i Chris Coleman, Rheolwr Tîm Pêl-droed Cymru, a CBDC am helpu i wneud Noson yng Nghwmni Chris Coleman yn ddigwyddiad mor arbennig.

Gail Griffiths

Codi Arian

Mae ein pedair siop yn Llanisien, Rhiwbeina a Crwys Road, Caerdydd a Holton Road, y Barri, yn parhau i fod yn un o'n prif ffrydiau incwm ac rydym yn hynod ffodus bod gennym griw arbennig o wirfoddolwyr i helpu rheolwyr y siopau. Eleni, gwnaeth y siopau elw o £95,000 ac mae hyn ond yn bosibl diolch i'r miloedd o bobl sy'n rhoi eu hen nwyddau i ni eu gwerthu.

Gwnaeth teuluoedd sy'n mynychu'r Ganolfan hefyd helpu i godi £66,000, sy'n swm anhygoel na welwyd ei debyg dros y blynyddoedd diwethaf. Ymhlith y rhain roedd Glyn Williams y mae ei nith, Rosie, yn mynychu'r Ganolfan. Ynghyd â ffrindiau a chydweithwyr, trefnodd Glyn Daith Feicio o Arfordir i Arfordir (400 milltir o Abergwaun, Gorllewin Cymru i Broadstairs, Caint) gan godi mwy nag £8,500. Trefnodd Daniel Kuck Ddiwrnod Golff gan godi £2,800; gwnaeth Ben Bostock, a gafodd driniaeth pan oedd yn blentyn, a'i ffrind Tom Clark drefnu digwyddiad 'Sea Beyond Disability', lle y bu'r ddau yn caiacio o amgylch arfordir Cymru, gan godi £1,437.

Mae ein cefnogwyr anhygoel yn parhau i'n synnu gyda'u gwaith codi arian a hoffwn dynnu sylw at y bobl hynny sydd wedi bod yn ein cefnogi am lawer o flynyddoedd. Vera a Peter Makin sy'n cynnal parti gardd blynyddol; Nyomi Lenny sy'n trefnu'r pasiant 'Fashion v Beauty' bob blwyddyn; Cyfeillion Gerddi Plasturton, Caerdydd sy'n cynnal Marchnad Nadolig bob mis Rhagfyr er budd Bobath Cymru; Clwb Ceir Clasurol De Cymru sy'n gwneud cyfraniad bob mis Mai o'i Sioe Ceir Clasurol flynyddol; Sue Jones

Yng Nghanolfan Therapi Plant Bobath Cymru, rydym yn ystyried ein hunain yn rhan o dîm ehangach sy'n cefnogi plant yng Nghymru sydd â pharlys yr ymennydd. Er mwyn gwneud hyn yn effeithiol, mae angen i ni gefnogi teuluoedd a thimau lleol sy'n darparu gofal. Er mwyn cyflawni hyn, rydym yn cynllunio newid sylweddol i'r hyn y mae'r ganolfan yn ei wneud ac yn bwriadu ehangu ein cylch gwaith a'n gwasanaethau er mwyn dod yn Ganolfan Parlys yr Ymennydd i Gymru. Byddai hyn yn cynnwys canolfan gwybodaeth a gwefan i bobl sydd â pharlys yr ymennydd a'u teuluoedd, fel eu bod yn gallu cael gafael ar wybodaeth ddefnyddiol a chael eu cyfeirio at wasanaethau a chyfleoedd. Rydym hefyd am ddarparu mwy o gyfleoedd ar gyfer therapi a chymryd rhan i bobl sydd â pharlys yr ymennydd o bob oedran a lefel gweithrediad. Bydd hyn yn gofyn am safle newydd a mwy priodol. Wrth i Bobath Cymru agosáu at ei phen-blwydd yn 25 oed, rydym yn gweld yr angen i ddatblygu, newid ac addasu ar gyfer y 25 mlynedd nesaf.

Hoffwn ddiolch i'n staff, ein hymddiriedolwyr a'n gwirfoddolwyr arbennig am eu holl waith caled. Heb bob un ohonoch chi, ni fyddai Bobath Cymru cystal lle ag y mae heddiw. Fel elusen gymharol fach, rwy'n credu ein bod yn cyflawni mwy na'r disgwyl, ac mae hyn i gyd o ganlyniad i ymdrechion y tîm cyfan.

Diolch!

Jennifer Carroll MA MCSP PGC (HE)

Therapi

Mae 2016-2017 wedi bod yn flwyddyn gyffrous. Mae'r her a wynebwn wrth i fwy o deuluoedd ddewis dod atom i gael therapi yn gwneud i ni adolygu ein modelau gwasanaeth a'n blaenoriaethau yn gyson. Rydym wedi darparu 449 o gyfnodau o therapi fel y disgrifir isod.

- 84 o flociau pedair wythnos
- 81 o flociau babanod a phlant bach (un wythnos)
- 2 floc achosion cymhleth sy'n dychwelyd (un wythnos)
- 73 o ymgynghoriadau adolygu i blant sy'n dychwelyd
- 40 o ymgynghoriadau cychwynnol ac ymweliadau dilynol ar gyfer plant sydd newydd gael diagnosis
- 39 o ymgynghoriadau sengl ar gyfer plant hŷn
- 98 o blant yn cael triniaeth mewn amrywiaeth o fathau o wasanaethau allgymorth mewn cymunedau lleol
- 32 o blant yn cael triniaeth fel rhan o gyrsiau hyfforddi

Rydym yn ymdrechu'n gyson i wella'r gwasanaeth rydym yn ei ddarparu i blant, teuluoedd a'n cydweithwyr therapi yn y gymuned. Dyma sy'n ysgogi pob un ohonom ac yn cadw'r tîm cyfan yn llawn cymhelliant. Fel rhan o'r gwaith hwn, rydym yn gwerthuso ein hymyriadau ac yn casglu gwybodaet h gan deuluoedd a chydweithwyr am yr hyn y gallem ei wneud yn well. Ein nod yw cynnwys teuluoedd yn fwy yn ein gwaith o ddatblygu a chynllunio gwasanaethau a pharhau i rannu ein gwaith yn eang. Eleni, rydym wedi cyflwyno nifer o astudiaethau mewn cynadleddau, gan gynnwys:

- Yr Allwedd i Rymuso Teuluoedd
- Adolygiad a arweinir gan rieni – a yw therapyddion yn gwneud yr hyn y mae teuluoedd yn gofyn iddynt ei wneud?
- Ad-drefnu Gwasanaeth "Law yn Llaw at Iechyd" er mwyn canolbwyntio ar deuluoedd
- Blaenoriaethau pennu nodau ar gyfer plant sydd â pharlys yr ymennydd – a ydym yn mynd i'r afael â gweithrediad dwylo, breichiau ac ysgwyddau?
- Astudiaeth archwiliadol o effaith therapi Bobath ar rymuso gofalwyr sy'n mynychu Canolfan Therapi Plant Bobath Cymru
- Dadansoddi tueddiadau dros saith mlynedd er mwyn dangos effeithiolrwydd ymyrryd

annisgwyl arno yn rheolaidd, sy'n peri pryder ac yn cynyddu'r costau.

Rydym yn syrthio i fagl ein llwyddiannau ein hun yn yr ystyr bod y galw am wasanaeth Bobath yn tyfu'n gyflymach na'i mentrau codi arian presennol ac felly mae hyn yn cyfyngu ar ein gallu i roi triniaeth i fwy o blant.

O ganlyniad, ers diwedd y flwyddyn, rydym wedi croesawu dau ymddiriedolwr newydd, Caroline Cooksley a Marie Wood. Mae'r ddwy yn arbenigo ym maes marchnata a chodi arian ac rydym hefyd wedi penodi Pennaeth Cynhyrchu Incwm newydd, Rachel Morgan, yn dilyn ymddeoliad Gail Griffiths.

Rydym yn edrych ymlaen at weithio gyda'r tîm newydd estynedig hwn er mwyn tyfu ein hincwm, sy'n hollbwysig i wireddu uchelgeisiau'r elusen.

Dros y flwyddyn nesaf, byddwn yn wynebu heriau strategol ac ariannol wrth i ni barhau i geisio darparu therapi arbenigol i bob plentyn yng Nghymru sydd â pharlys yr ymennydd. Caiff ein strategaeth ei hadolygu'n barhaus ac mae eich Bwrdd a'ch Rheolwyr wedi cytuno i barhau i ganolbwyntio ar ein gwasanaeth i fabanod a chynyddu capasiti'r Ganolfan i drin a gweld mwy o'r plant sydd ar ei rhestr aros.

Hoffwn ddiolch i bob aelod o'n staff ffyddlon ac ymroddedig, ein gwirfoddolwyr, ein cefnogwyr a'm cyd Ymddiriedolwyr am eu cymorth a'u gwaith da parhaus, gan ddiolch yn benodol i Gail Griffiths am bedair blynedd ar ddeg o wasanaeth rhagorol.

J Frank Holmes

Hoffem ddiolch yn fawr iawn i'r holl deuluoedd a ganiataodd i ni ddefnyddio eu ffotograffau yn yr adroddiad hwn.

Datganiad y Cadeirydd

Mae'n bleser gennyf gyflwyno'r Adolygiad Blynyddol a'r Adroddiad ar Effaith ar gyfer 2016-17.

Eleni, rydym wedi wynebu nifer o heriau ariannol wrth i ni geisio tyfu ein capasiti ac ymateb i'r galw sy'n cynyddu o hyd am ddarpariaeth therapi arbenigol. Mae'r Bwrdd wedi blaenoriaethu Dechrau Gwell, Dyfodol Gwell, sef y rhaglen Ymyrryd yn Gynnar newydd ar gyfer babanod, penderfyniad a gafodd ei ategu gan dystiolaeth ymchwil. Yn ogystal â hyn, gwnaethom ymdrechu i gynnal gwasanaeth cynhwysfawr i blant hŷn, ond mae niferoedd y plant iau rydym yn eu gweld wedi effeithio ar hyn. Mae ein rhestr aros yn parhau i dyfu, gan roi galw cyson ar ein tîm codi arian i sicrhau cyllid er mwyn recriwtio therapyddion ychwanegol fel y gallwn ddarparu therapi i fwy o blant ledled Cymru.

Mae'n bleser gennyf nodi ein bod wedi gallu cynnig 449 o ymyriadau triniaeth therapi yn ystod y flwyddyn. Roedd y rhain yn amrywio o ymgynghoriadau sengl i flociau hirach a mwy dwys, gyda babanod yn dychwelyd i gael therapi bob pedwar mis. Mae hwn yn gynnydd o 117 o gyfnodau gofal o gymharu â'r flwyddyn flaenorol, pan wnaethom ddarparu 332 o ymyriadau, ac mae'n adlewyrchu effaith y therapyddion newydd sydd wedi ymuno â'r tîm (gweler adroddiad Cyfarwyddwr y Ganolfan i gael rhagor o fanylion) yn ogystal â datblygiad modelau gwasanaeth newydd.

Rydym wedi wynebu rhai anawsterau ariannol. Mae canlyniadau eleni yn dangos incwm o £1,232,075 a gwariant o £1,283,124 gan arwain at ddiffyg arian parod o £51,049 a diffyg cyffredinol o £92,113 ar ôl costau dibrisiant o £41,064. Er ein bod yn parhau i gontractio Byrddau Iechyd Lleol ar gyfer atgyfeiriadau ar gyfer nifer o blant, mae'n rhaid i'r mwyafrif helaeth o'r incwm sydd ei angen i gynnal y Ganolfan gael ei godi drwy fentrau codi arian. Mae'r amgylchedd economaidd yn newid yn gyson ac mae'r tîm yn gweithio'n galed i addasu a chanolbwyntio ei ymdrechion a'i ffocws er mwyn ymateb i'r dirwedd newidiol hon.

Mae canlyniadau eleni yn cynnwys llwyddiannau o ran codi arian gan ymddiriedolaethau a sefydliadau, digwyddiadau cymdeithasol ac apêl i deuluoedd, yn ogystal â chynnydd mewn incwm o ganlyniad i gynnal cyrsiau hyfforddi therapi. Mae costau'n parhau i gynyddu wrth i ni ehangu ein gallu i ddarparu therapi, a'r costau cysylltiedig anochel. Mae adeilad ein Canolfan, sy'n bodoli ers cyn y Rhyfel Byd Cyntaf, yn dangos traul ac mae angen gwaith cynnal a chadw

Canolfan Therapi Plant Bobath Cymru

Adolygiad Blynyddol ac Adroddiad ar Effaith 16-17

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