

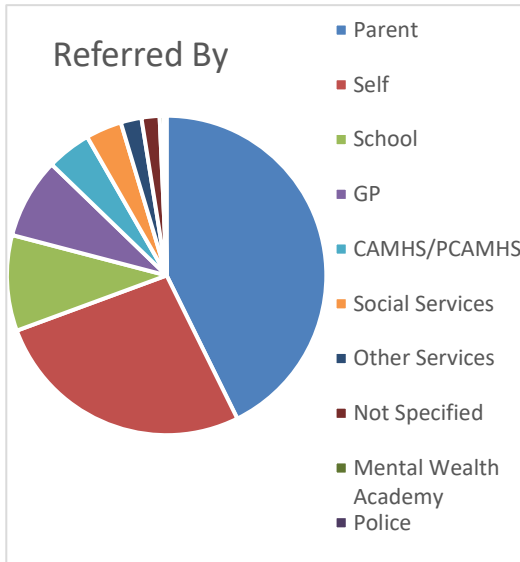
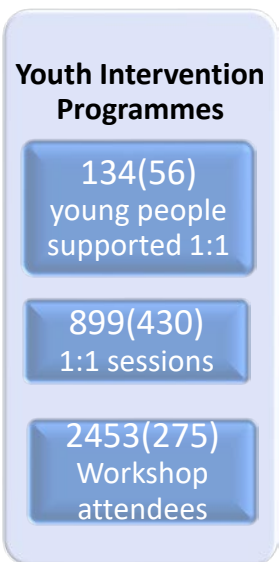


# The Abingdon Bridge

Registered Charity Number: 1160080  
19 Bridge Street, Abingdon, Oxon OX14 3HN  
Telephone: 01235 522375; Email: [info@theabingdonbridge.org.uk](mailto:info@theabingdonbridge.org.uk)  
Website: [www.theabingdonbridge.org.uk](http://www.theabingdonbridge.org.uk)



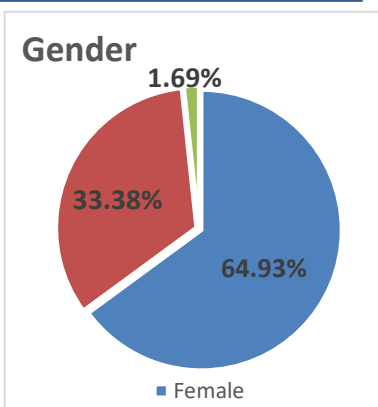
## WHAT TAB DELIVERED - FINANCIAL YEAR 2021/22 (2020/21)



**A FUTHER 333 young people have been engaged through our "Outreach" projects.**

### IMPACT: The impact on clients who completed pre and post questionnaires shows that:

- 90%(92%) of clients have a greater sense of Emotional Wellbeing and are less anxious.
- 78%(73%) of clients have improved their aspirations and confidence.
- 85%(97%) of clients who engaged in risky behaviours or Self-Harm now show increased resilience and participate less in these behaviours.
- 100% of parents who attend our parent's workshops found it useful" –
- "I really found the sessions helpful. I have learnt to communicate with my son in a way that supports him rather than him withdrawing even further . I have learnt so many useful tips. Thank you" Janet (Mother of a 15 year old)



### The story behind the numbers –

*"I felt so stuck, so low, I never thought I was going to make it through, luckily, I found TAB. Initially I thought nothing would work. With time and the support from a great Counsellor I am now back up on my feet and enjoying life again" Bren 17*

*"I felt so misunderstood, I felt like nobody cared, I did not even know who I was or how I felt. Doing the gym project and my Healthy lifestyles sessions has raised my confidence and I am slowly finding my self-worth – it's been life changing" Shea 15*