

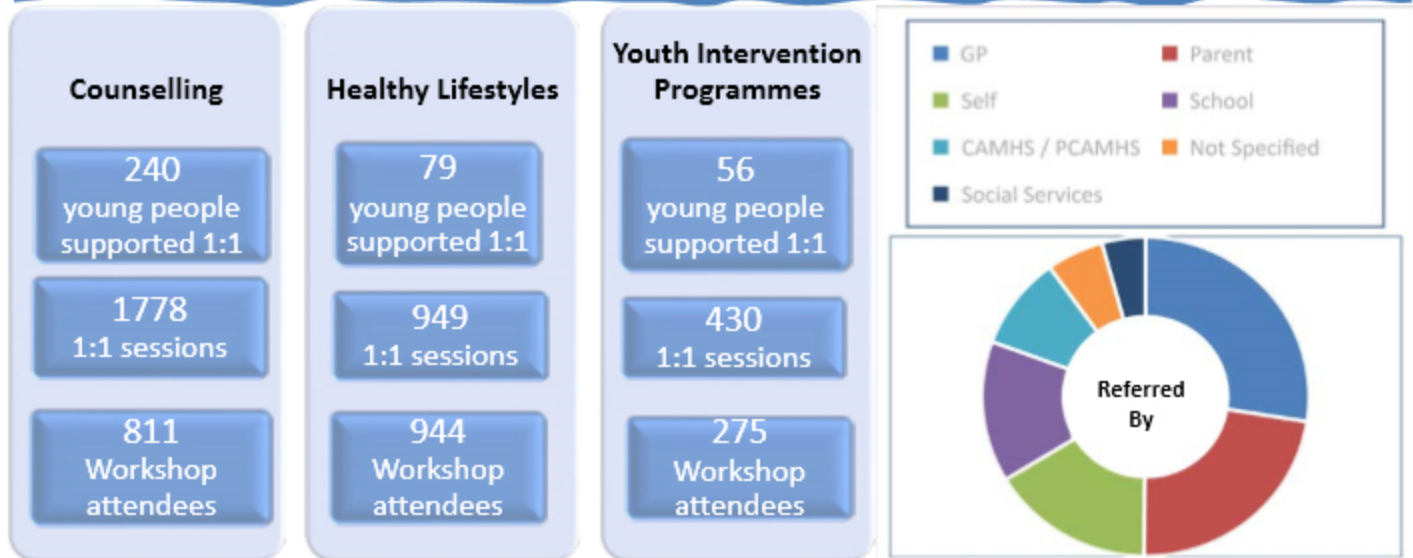


The Abingdon Bridge

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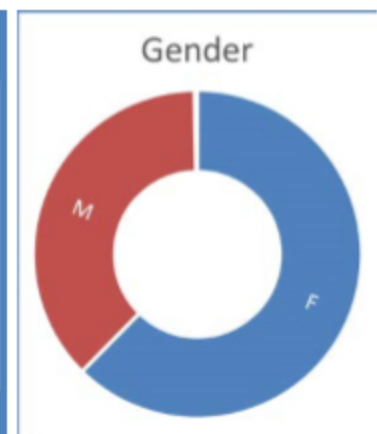
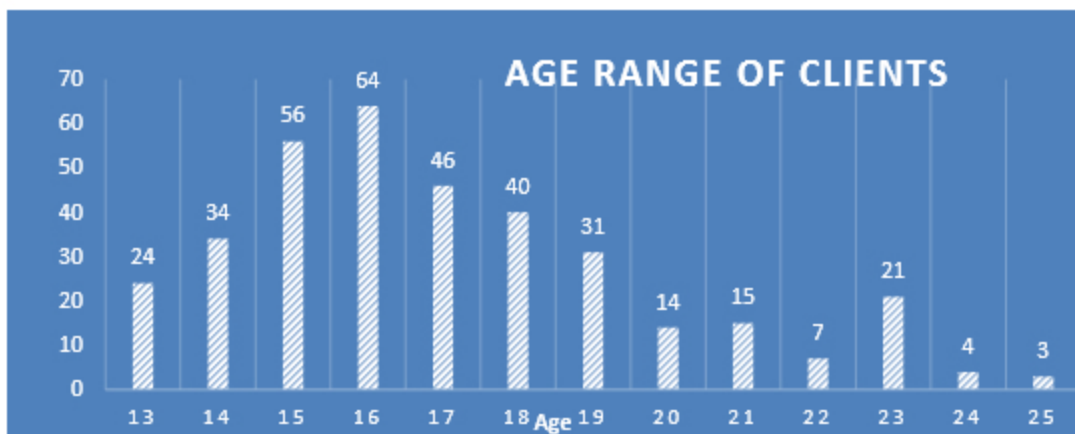


WHAT TAB DELIVERED IN THE FINANCIAL YEAR 2020/21



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

92% of clients have a greater sense of Emotional Wellbeing and are less anxious.
 73% of clients have improved their aspirations and confidence.
 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 "Workshops for Parents" 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 –

*"During lockdown I was crippled with anxiety - I found it hard to even leave my bedroom."
 "When the schools opened back up I was flooded with Panic - I couldn't function."
 "I have been supported by TAB with some virtual wellbeing sessions. This has really helped and with the support from my Counsellor I managed to go in and attend all my GCSEs."*