



# The Abingdon Bridge

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## WHAT TAB DELIVERED IN THE FINANCIAL YEAR 2022/23

### Counselling

322  
young people  
supported 1:1

2,314  
1:1 sessions

1,121  
Workshop/Group  
attendees

### Healthy Lifestyles

276  
young people  
supported 1:1

1,895  
1:1 sessions

1,530  
Workshop/Group  
attendees

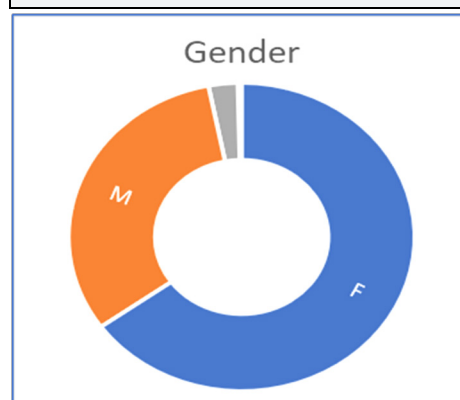
### Outreach attendees (Preventative & Early Intervention) (Numbers indicate total annual attendance)

818  
Detached / Street  
Work

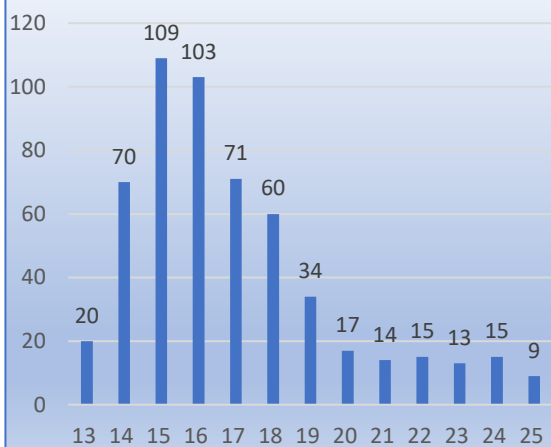
1,382  
Drop Ins

1,062  
Youth Space

Gender	Count	Percentage
F	358	65.1%
M	175	31.8%
Non-Binary	15	2.7%
Not Specified	2	0.4%
	550	100.0%



### Age Range of Clients



### IMPACT ; The impact on the 75% of clients who completed pre and post questionnaires shows that:

80% of clients have a greater sense of Emotional Wellbeing and are less anxious.

75% of clients have improved their aspirations and confidence.

88% 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 them useful.

### The main ISSUES affecting young people using our services 2021- 2023 (analysis from our assessment forms)

4 out of 5 struggle to manage their anxiety

1 in 3 struggles with low mood or depression

1 in 5 have panic attacks

2 out of 5 struggle with lack of confidence or self-esteem

1 in 4 have experienced suicidal feelings and 1 in 13 have attempted suicide or acted on suicidal thoughts

1 in 4 Participate in risky behaviours such as self-harm

1 in 5 Have or are experiencing bullying

1 in 5 are struggling to regulate and manage strong emotions such as anger

2 out of 5 young people named family relationships as an issue

1 in 3 young people are struggling with education or school dynamics or relationships

# THE STORY BEHIND THE NUMBERS

“The ambassador residential helped me so much with my own mental health, it has made me feel more confident in my own abilities. It has inspired me to want to support other youngers”



Youth ambassadors have been delivering workshops for younger sessions as part of the programme.

“I loved being able to help the younger group, it has enabled them to build healthy relationships. It was actually really cool to see my idea benefit so many of them”.



“Without the support from TAB my life would feel very different”

