

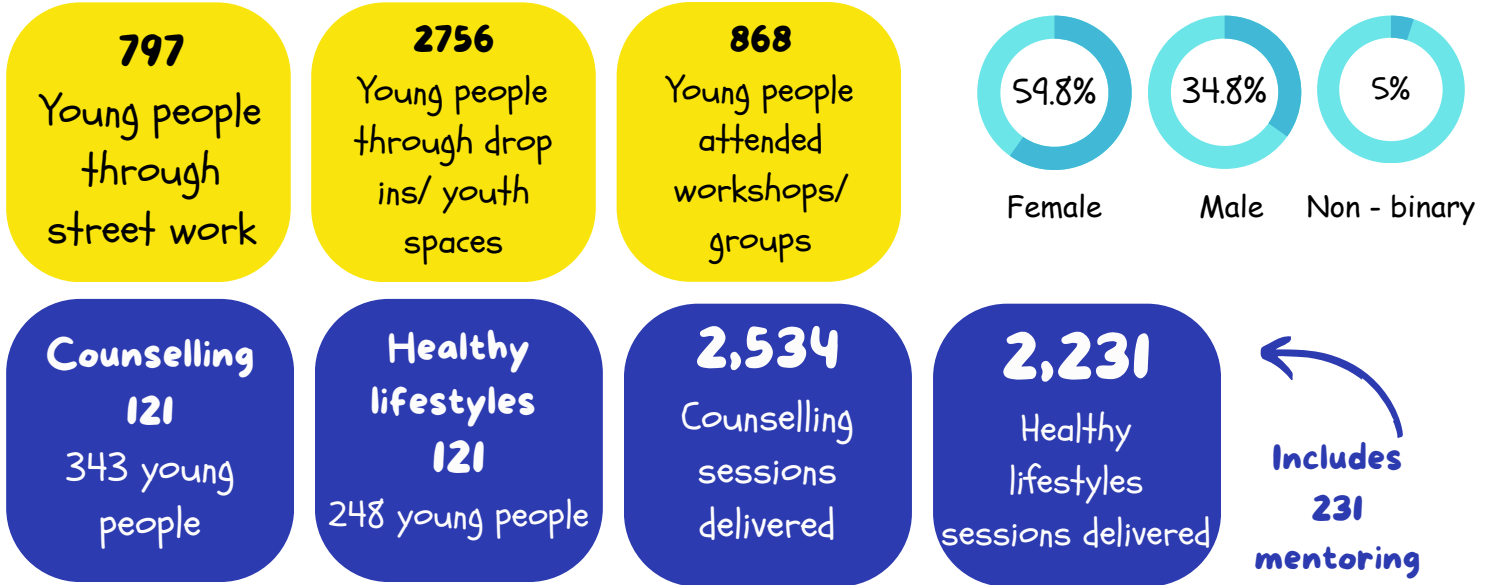


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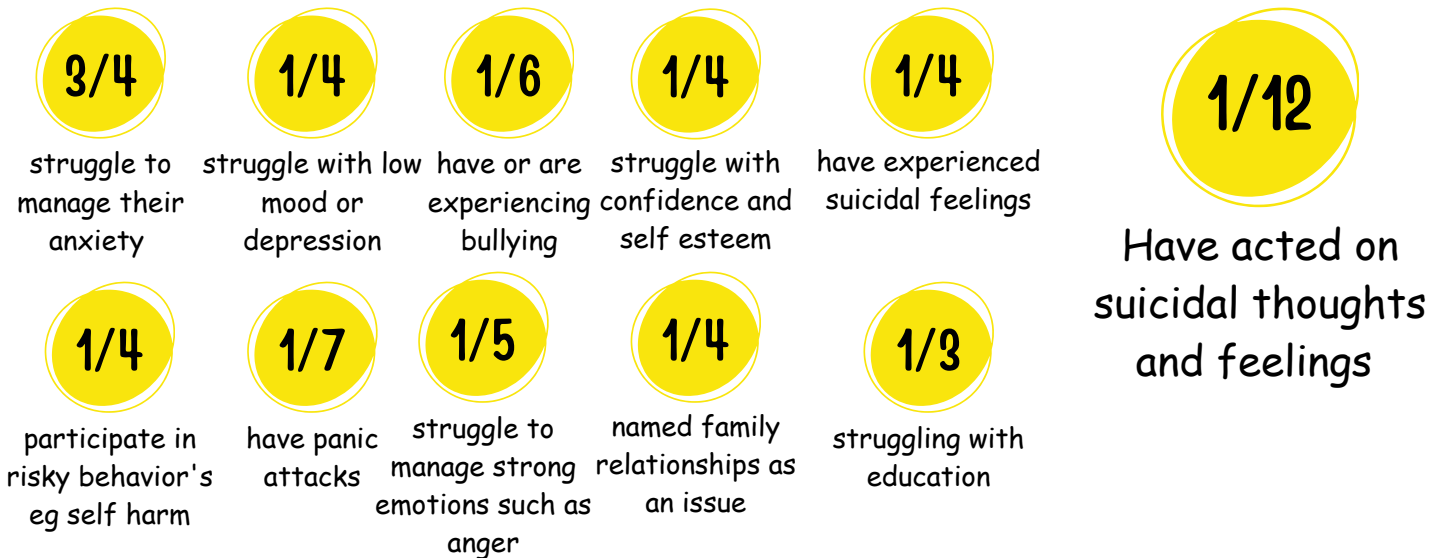


WHAT TAB DELIVERED IN THE FINANCIAL YEAR 2023/24

Numbers indicate total annual attendance



The main issues affecting young people using our service 2023 - 2024



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

- 88%** of clients have a greater sense of emotional wellbeing and are less anxious.
- 82%** of clients have improved their aspirations and confidence.
- 78%** of clients who engaged in risky behaviours or Self-Harm now showed increased Resilience and participate less in these behaviours.
- 36** Parents attended our Parents' groups and **100%** found them useful.

Voices behind

Behind the numbers

10 Youth ambassadors trained 2023/2024

"I have been involved with TAB for 2-3 years. I met TAB on the streets, attended drop-ins and been on the purpose and potential project. TAB has had a big, good impact on me and continues to. I would like to be able to share my story to help others and educate young people about risky behaviors. I would like to organize a trip for other young people who are struggling." Jemma 16 years old



"I've been with TAB on and off for 4 years. Every Time I've felt the need to receive support from TAB, they've been amazing and welcoming, and it all happened very quickly. TAB have really supported me over the years to find coping mechanisms for my anxiety, dealing with school and coping generally with life. With everything that I've learned through TAB and how far I've come since I started with them. I'd love to pass on everything I've learned, to share my knowledge whilst learning lots more skills." Emma 19 years old



"I find it hard to focus on school and I get in trouble a lot. I have always felt different and like I don't fit in. School said that the Abingdon bridge would be a good place to go to. All the staff are so friendly and nice. There are groups all the time you can just go to and speak to someone who really listens. I even go to the gym with them. I feel like they support me and now I want to do better things and stop getting in trouble."

- Sam 14 years old