

THE ABINGDON BRIDGE (TAB)



TAB received £11,300 from Well Together to provide tailored one-to-one coaching and counselling for young people, and deliver safe-space group sessions to bring young people together.



The Well Together programme has enabled TAB to run 139 one-to-one sessions for identified vulnerable young people living in and around South Abingdon, offering targeted support to address their wellbeing, resilience, and personal goals.

In addition, they have run 39 safe-space group sessions designed to bring young people together in a supportive and non-judgemental environment. These sessions have focused on building confidence, peer connection, and healthy coping strategies, while also providing opportunities for open discussion around the challenges they face.

“There is a high level of demand for The Abingdon Bridge’s support, and our services are needed more than ever.”



TAKING POSITIVE ACTION

The TAB activities have created both individualised support pathways and community-based opportunities for connection, ensuring that young people are able to access the right type of help for their needs. They provide support to young people to build resilience, strengthen their sense of belonging, and take positive action in their lives and communities.





MEASURABLE IMPACT ON WELLBEING

TAB have shown that there has been a measurable impact on young people's wellbeing and resilience through their services funded by Well Together. They report that:



- Over 70% of young people demonstrated increased resilience and reported being less likely to engage in risky behaviours
- Around 70% showed improved aspirations and expressed greater confidence in their futures
- Over 70% reported a stronger sense of emotional wellbeing, with reductions in feelings of stress and anxiety



These outcomes indicate the positive difference the programme has made to individual lives, and also the wider value of creating safe, consistent support for young people.

TAB are rightly proud of their work providing one-to-one and group support to young people to build resilience, strengthen their sense of belonging, and helping them to take positive action in their lives and communities. They are giving young people hope for their future.

"At first, I was really nervous about joining the group, but it's been so helpful and I now feel safe and supported. It's made a big difference in my life. I've become better at connecting with others, and it helps a lot knowing that there are people who feel the same way I do."

(TAB attendee)

"The sessions are helping me understand ways I can improve how I feel about myself and also how I can make others feel better. I'm also thinking about training to become a youth worker one day because I want to give back and help others too."

(TAB attendee)