

# Infinity



*A Mentoring Programme  
brought to you by Infinity*



# The

**01**

THE PROGRAMME

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**02**

OUR APPROACH

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**03**

OUR IMPACT

---

**04**

THE 8 PRINCIPLES

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**05**

GET IN TOUCH

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**06**

FEEDBACK

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# Intro

*A push for excellence and a tool  
for empowerment  
EmpowerU support services are  
everything you might need.*

*What is the best version of you?  
Let's find out together!*



**It's About  
Connection,  
Community,**

**Empowerment**

**And Excellence**

**For Young People**

01

# The Programme



*EmpowerU is a transformative mentoring and outreach programme designed to support young people facing significant personal and social challenges. Our mission is to provide guidance, encouragement, and practical skills to help them navigate life's difficulties and build a positive, purpose-driven future.*

*The programme focuses on young individuals exhibiting behaviours such as low self-esteem, emotional struggles, challenging and disruptive behaviour, gang affiliation, anti-social tendencies, and general disengagement from education or society. We recognise that these behaviours often stem from deeper issues, including family breakdowns, trauma, peer pressure, and a lack of positive role models. Through targeted mentoring, outreach activities, and structured interventions, we aim to break negative cycles and instill confidence, resilience, and ambition in every participant.*

# Our Approach

## One-to-One Mentoring

Each young person is paired with a trained mentor who provides consistent support, guidance, and encouragement. These mentors serve as role models, helping mentees set personal goals, manage emotions, develop problem-solving skills, and build a vision for their future. Through regular check-ins, our mentors create a safe and non-judgmental space for young people to express themselves, seek advice, and gain perspective.

## Group Workshops & Life Skills Development

We offer dynamic group sessions that focus on key areas such as:

- Emotional Intelligence & Self-Regulation – Helping young people understand and manage their emotions effectively.
- Conflict Resolution & Anger Management – Teaching constructive ways to handle disputes and frustrations.
- Self-Esteem & Confidence Building – Encouraging self-worth, self-belief, and a positive mindset.
- Career & Educational Support – Assisting with job readiness, CV writing, interview skills, and educational guidance.
- Financial Literacy – Teaching money management, budgeting, and financial responsibility.

## Outreach & Community Engagement

Our team actively reaches out to young people in schools, youth centres, and local communities, engaging them through positive interactions and interventions. We collaborate with schools, social services, and local organisations to identify at-risk youth and provide timely support. Street-based outreach also allows us to connect with those who may not seek help themselves.

## Gang Prevention & Intervention

For those at risk of or already involved in gang-related activities, we offer specialised support that includes:

- Exit Strategies – Helping young people leave gang life safely through alternative pathways.
- Violence Reduction Programmes – Addressing the root causes of violence and providing conflict resolution tools.
- Peer Influence & Positive Role Models – Introducing mentors and speakers with lived experiences to guide and inspire change.



# 02

## Mental Health & Wellbeing Support

We recognise the importance of mental health and provide tailored support through:

- Counselling & Therapeutic Interventions – Access to professional counselling for those struggling with trauma, anxiety, or depression.
- Mindfulness & Wellbeing Activities – Techniques such as meditation, creative arts, and sports to promote emotional well-being.

## Recreational & Personal Development Activities

Young people engage in structured activities such as sports, music, creative arts, and team-building exercises, all designed to provide healthy outlets for expression and self-discovery. These activities foster discipline, teamwork, and personal growth.





# 03





# Our Impact

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*EmpowerU is committed to making a lasting difference in the lives of young people by:*

- *Reducing youth involvement in crime and gang activity*
- *Increasing school attendance and academic engagement*
- *Boosting confidence, self-esteem, and motivation*
- *Improving emotional regulation and decision-making skills*
- *Building stronger community ties and positive peer relationships*

*By creating a supportive and nurturing environment, EmpowerU empowers young people to overcome their struggles, find their purpose, and work towards a brighter future.*

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# The Eight Principles

Young people should always be at the centre of the work that we do, they deserve to be respected, heard and supported to grow and develop. To Ensure that this is always the case we have built our services around the 8 key principles laid out by Ofsted.

These principles are:

1. I feel safe and secure where I live and in my wider environment.
2. My voice is respected, heard and advocated for, so I can influence the support I receive.
3. I have confidence that the adults who support me understand me, are skilled and work effectively together to best meet my needs.
4. I have my own space that I feel proud of and live in a comfortable, well maintained, and stable accommodation.
5. I receive high quality, tailored support that sustains my health and wellbeing.
6. I have strong, trusting, and meaningful relationships within my support system and can rely on the adults around me.
7. I feel empowered to learn and apply skills for independent adult living.
8. I feel positive about my future and opportunities as a result of the support I receive.





**Committed  
to making  
a lasting  
difference in  
the lives of  
young people**



# 05



## Get In Touch.

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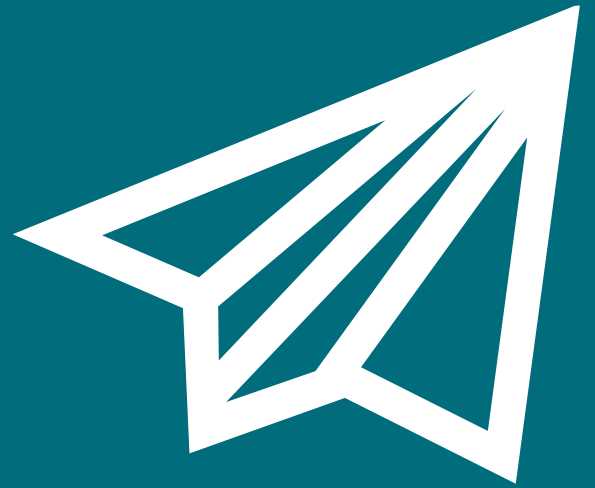
We're here to help

*We are here to support young people from all walks of life, dont hesitate to get in touch with us if you feel as though you need support in any areas or if you know someone who would benefit from additional mentoring and support.*

*Email: [info@infinityalliance.co.uk](mailto:info@infinityalliance.co.uk)*

*Phone: 01322 325525*

*Website: [www.infinityalliance.co.uk/EmpowerU](http://www.infinityalliance.co.uk/EmpowerU)*



*"I found that the staff were always very accommodating and supportive. Easy to communicate with and supportive of my young person."*

- Hounslow  
- R.R



06





# Feedback

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J.M

## NOTTINGHAM

My time working with affinity alliance was short, however they were very supportive for my young person and made him feel welcome at the home. They kept in touch with myself and ensured that all information was shared and the safety plan was followed.

H.O

## BARNET

My experience with Infinity Alliance has been a positive one. Communication with staff has been effective. They are responsive to emails, will attend meetings and share their views on any concerns. Any issues are looked into and addressed and updates provided. A child who I placed in this placement stated that the home was her 'sanctuary' and she had built a positive relationship with staff and felt safe enough to share her worries and anxieties.

R.H

## BARNET

I have found Infinity Alliance very child focused, caring and great at listening to the voice of my young person. They were highly motivating and challenged appropriately whenever necessary. The staff were really good at tapping into my young person's strengths to enable her to have a more positive outlook and support building her self-esteem. She later found her voice. They also supported her in understanding how to manage her emotions and to find a better way of communicating in a more mature way.

H.G

## KENT

The staff worked extremely hard to ensure the YP was supported and safe. All members of staff were put in extremely difficult situations with this YP and I personally feel the staff did amazing work with this YP and really got to know her quickly. Unfortunately, this placement broke down due to the YP's mental health difficulties. Staff continued to support her whilst in the hospital, even past the notice period really showing how dedicated and caring they were. The YP was able to form close relationships with staff and really enjoyed the time she spent with staff in the community.



*Infininty  
EmpowerU*