



Uppertunity is a charity based in Dundee focused on empowering our community.

Our mission is to empower individuals in our community to lead fuller lives. We create safe and reflective environments where individuals feel comfortable to explore their capabilities, challenge themselves, and develop transferable life skills.

We work with individuals (16 years and over) with additional needs, learning disabilities, who are neurodiverse and have mental health barriers.

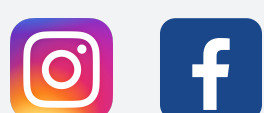
We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and employability.

Visit Us:

Uppertunity, Ground Floor Left, The Circle at
Dudhope Castle, Barrack Road,
DD3 6HF

Contact us:

07931 560936
info@uppertunity.co.uk
uppertunity.org.uk
SC515689/SC052608



Our Values

Creativity

We believe creativity engages the mind, enables broader thinking and problem solving, and connects us to hidden parts of ourselves

Empowerment

We 'work with', not 'do for'. We support individuals to develop confidence to lead the life they want to lead. We do this through mutual respect, and by encouraging individuals to take ownership of their own lives

Curiosity

We advocate progress not perfection, encouraging individuals to explore and learn, and to always give something a go

Community

True change happens when the community and its members take action and responsibility as a collective. It is the responsibility of all of us to build our community

Sustainability

Everything we do is in the aim to create social, economic and environmental sustainability. We do this through practical environmental activities, support, and engagement with our community

Our services:

Weekly Warriors Programme

A programme of therapeutic and creative based activities that take place each week at our main base at Dudhope Castle. This programme is aimed at individuals with additional needs who want to socialise and develop positive wellbeing. Activities include art, sewing, active and drama groups.



UppSkills Programme

A skill focused programme aimed at individuals facing some form of barrier who wish to learn new skills and develop themselves. We have a range of workshops that take place each week: upcycling furniture, clothes upcycling, baking, and event planning



Serendipities Mini Café at The Circle

We offer lunches to our members at Uppertunity at Dudhope Castle, as well as all the tenants and other service users of the Castle. Our members and volunteers help bake and serve the food. We also offer barista coffee and teas, as well as handmade cakes and traybakes.



Change Makers Volunteering

We offer a range of volunteering opportunities to help individuals develop skills and confidence, while supporting us to achieve our mission aims. These suit different abilities, and also provide opportunities to bring the community together.



Community Events

Community engagement is very important to us. We host and take part in regular events and markets. Examples include karaoke night, Halloween discos, fashion events, food markets, burns lunch and much more!



Serendipities Catering

We offer catering for small and large events, as well as take part in markets. Members and volunteers can get involved by baking and cooking food orders, putting food orders together, coming up with recipes, and taking part at catering events.



The Elephant Wellbeing Space

Wellbeing is very important to us at Uppertunity, this is throughout our services. We also offer specific wellbeing services to all our members and volunteers including one to one creative therapy, and one to one personal development



Growing Places

Our community-based green project. This provides an opportunity for people from all backgrounds to gain volunteering experience, learn gardening skills, give back to the environment, learn practical skills and socialise.



Weekly Warriors Timetable

As we are dedicated to improving confidence and building up life skills, we are not a drop in service. A formal referral is not needed, our process is very simple. Please email or phone us, and share with us what you or the person wishing to join would like to gain from our services. Then come see our space, we have a further chat about what is available and suitable, a form is completed, and you join!

Tuesday	Wednesday	Thursday	Friday
<p>Totally Stitched 10am-12pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing</p>	<p>Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored</p>	<p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week</p>	<p>Doodles 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art pieces</p>
<p>Unique Beats 10am to 12pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more</p>	<p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week</p>	<p>Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment (Indoor & Outdoor)</p>	<p>Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment (Indoor & Outdoor)</p>
<p>Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches</p>	<p>Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches</p>	<p>Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches</p>	<p>Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches</p>
<p>Freestyle 1pm-3pm, £4 A social and creative group where we take part in different creative projects every week</p>	<p>Unique Beats 1pm to 3pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more</p>	<p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>
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UppSkills Timetable

Tuesday	Wednesday	Thursday	Friday
	<p>UppBakes 10am-12pm</p> <p>Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>		<p>UppBakes 10am-12pm</p> <p>Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>
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		<p>Mini Entrepreneur 1pm to 3pm</p> <p>Volunteering (UppSkills) A skill development workshop that involves planning small and large events including research, marketing, and communicating with the rest of the team</p>	



Serendipities Mini Café

We offer lunches to our members at Uppertunity at Dudhope Castle, as well as all the tenants and other service users of the Castle. Our members and volunteers help bake and serve the food. We also offer barista coffee and teas, as well as handmade cakes and traybakes. The public is also welcome to order and take away. We are open Tuesday to Friday 9:30am to 3:30pm.

Members and volunteers can get involved by baking and cooking meals, and serving meals. We have a daily lunch club for our members to come together and blether, 12pm to 1pm. Carers and support staff are also welcome to join in, and order from the menu:

uppertunity.org.uk/lunch-menu-1

Serendipities Catering



We offer catering for small and large events, as well as take part in markets. Members and volunteers can get involved by baking and cooking food orders, putting food orders together, coming up with recipes, and taking part at catering events.

<https://serendipities.co.uk/>



Changemakers Volunteering

We offer a range of volunteering opportunities to help individuals develop skills and confidence, while supporting us to achieve our mission aims. These suit different abilities, and also provide opportunities to bring the community together.

Volunteering provides a range of benefits including: learning new skills, making friends, improved mental and physical wellbeing, feeling valued and part of a team, increased confidence, and making a positive difference to other people's lives, to your community and to your world.

GROUP FACILITATOR	COMMUNITY EVENTS & FUNDRAISING	BAKING, COOKING AND CATERING
GARDENING	GENERAL UPCYCLING	CLOTHES UPCYCLING

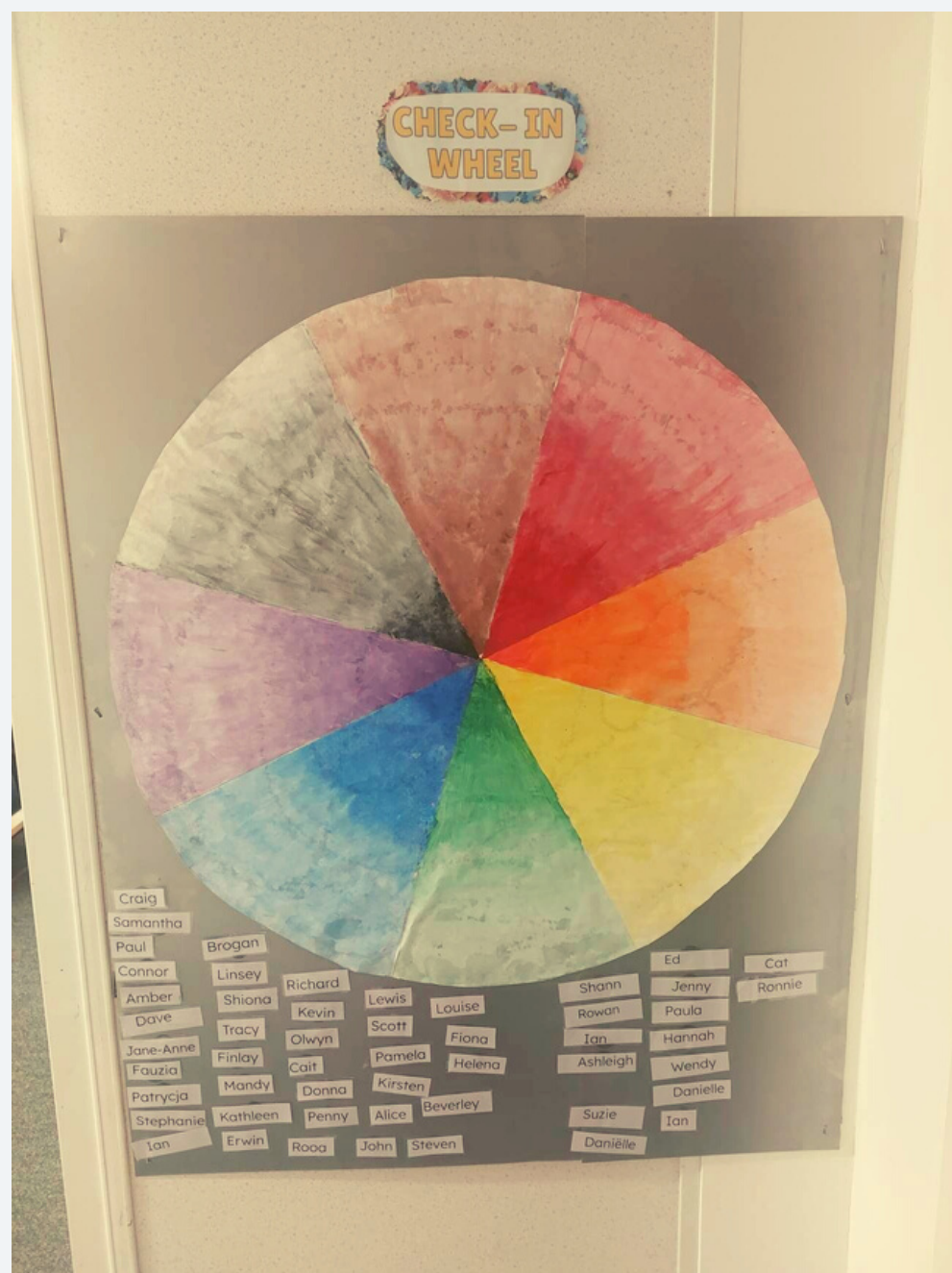
Elephant Wellbeing Space

Wellbeing is very important to us at Uppertunity, this is throughout our services. We also offer specific wellbeing services to all our members and volunteers:

- Boundless Blooming: A one to one service, helping with goal setting and personal development

- Wellbeing Check In's: Uppertunity staff will check in with our members from time to time to check how our members and volunteers are, and members and volunteers are encouraged to check in with the colour wheel

- One to one creative therapy: This is supported by a qualified Art Therapist. A range of different techniques are used, with the aim to support overall wellbeing. There is no charge for this service, but donations of your choice



Growing Places



Our community-based green project. This provides an opportunity for people from all backgrounds to gain volunteering experience, learn gardening skills, give back to the environment, learn practical skills and socialise.

We have weekly sessions on Thursdays and Fridays 10am to 12p,m, as well as monthly sessions.

More details here:

uppertunity.org.uk/growing-places-1

Community events

Community engagement is very important to us. We host and take part in regular events and markets. Examples include karaoke night, Halloween discos, fashion events, food markets, burns lunch, masquarade balls and much more!

See our events calendar:

uppertunity.org.uk/monthly-events-1



Contact

See all our websites and inks here:

linktr.ee/uppertunity

If you would like to get involved, please contact us:

Founder and co-manager, Danielle du Plooy:

danielledp@uppertunity.co.uk

Co-manager, Caroline Bentley:

carolineb@uppertunity.co.uk

uppertunity.org.uk



The difference we make...in a nutshell

We work with 70 individuals on a weekly basis, using our therapeutic based workshops and skill based service. We run 20 different weekly workshops, offering 116 weekly spaces.

We offer 6 different volunteering opportunities, and receive on average 60 volunteer hours on a weekly basis

We ran a successful café, Serendipities, for 4 years (Closing in August 2023), where we supported over 50 volunteers, created 25 paid jobs, and offered a safe space for the community. We also ran an upcycle shop for a year and half (ReBoutique), closing in August 2023, supporting over 30 volunteers, created 8 jobs, and supported local creatives, and met so many wonderful people.

Since starting in September 2015, we have provided 51 paid job opportunities, as well as 48 placements (Through universities, schools, colleges and career programmes)

Since September 2015, we have received over 18 000 volunteer hours from volunteer members, volunteer facilitators and community volunteers for events. This equates to over £196 000 if paid the living wage, or 10 full time staff members

We help fight climate change by absorbing CO2. We use items that would otherwise be thrown away such as fabric, old duvets, furniture, clothes, crafts, paint and much more. We also take food that would otherwise be thrown and turn it into meals, and use it in our member lunch groups. Since September 2019, we have prevented 15000kg of food going to landfill (Approx 49 000kg of CO2, equivalent to 11 petrol cars running for 1 year)

We have supported 10 individuals with additional needs to achieve the Grow and Learn Award, a horticulture award from the Royal Caledonian Horticulture Society.

Our clients report an increase in their confidence, independence, social circle and skill level.

Carer/family members have reported that their relationships with their cared for person has improved since the person started using our services.

Clients have reported that they now attend other services in their community after starting with Uppertunity. Clients, volunteers and staff have all reported that they have learnt new skills, developed confidence and a sense of purpose since starting with us

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70% of paid staff at Uppertunity have barriers to employment, and many started as volunteers, acting as role models and mentors to attendees

Staff have reported that they are more involved in their community since having stable employment, and feel they have more of a purpose.

Through the delivery of our programmes, we support wellbeing, connections, training, development, and employment in our community by providing jobs. Our staff and volunteers are a part of our mission to reduce social isolation and empower individuals to a life of self-determination and growth.

What our clients and volunteers say.

This is just a snippet of what our clients say about us...



"I am learning new skills. I am very proud of what I make and achieve"

"I love the fun & laughter at the groups. I enjoy interacting with everyone"

"I've become more capable and I love helping with everything"

"I love meeting my friends. I have a better social life"

"I love spending time with different people and learning new things"

"I like that I make stuff and can give it to other people"

"I like all the different classes to choose from. I like all the different activities"

"I get a lot of support at Uppertunity"

"Uppertunity has changed my life. It has given me so many opportunities"

"It is a happy place to be learning new things"

"I keep coming back because I get to try new things"

"Uppertunity is a good experience, meeting new people and learning new things"

"I would feel sad and confused if Uppertunity didn't exist"

"It's my own little community. I feel I belong"

"I enjoy coming here. It's a friendly place and very fun"

"I enjoy completing projects and finishing stuff I've started"

"I love Uppertunity as I get to be creative"

"Without Uppertunity, we wouldn't learn something new"

"I get used to meeting other people. I've learnt to be proud of myself"

"Uppertunity changed my life. It saved me."