

About Uppertunity:

We are a registered charity, working with individuals (16+) with learning disabilities, mental health barriers and who are neurodivergent. We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and employability. Our mission is to empower individuals in our community to be the best versions of themselves. We create safe and reflective environments where individuals feel comfortable to explore their capabilities, challenge themselves, and develop transferable life skills.

In this newsletter:

- Updates from last month, including photos from our masquerade ball
- Updated weekly timetables and spaces
- Social Butterflies monthly timetable
- Information on our art festival in May
- Information on our research project, Destination Dundee
- Volunteering opportunities and how to get involved



● UPDATES FROM MARCH 2024

March was another fun month, with something happening every weekend! We held our first masquerade ball, at the Invercarse Hotel in Dundee. With 150 people attending, all dressed in absolute glam. We had a live band, delicious food, a professional photographer, and a photo booth. It was a great night, and we plan to make it an annual event.

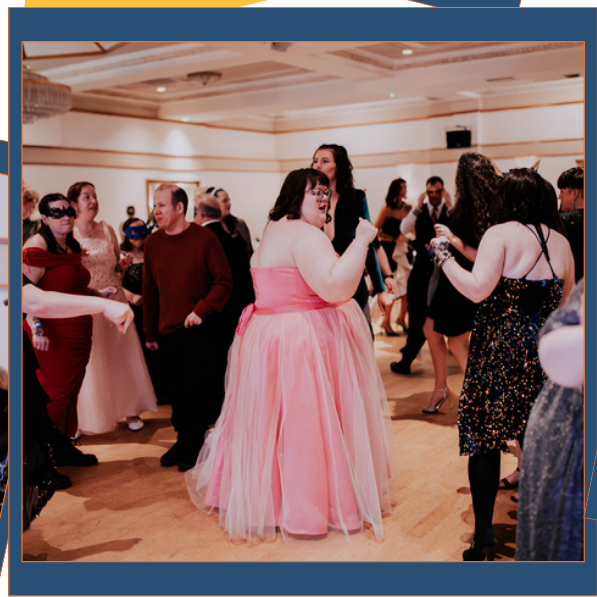
We also launched our Social Butterflies programme, with our first outing going to the Science Centre and enjoying a yummy lunch at Just Bee. We're looking forward to all our other fun outings and antics. Alongside this, we held 2 community events to find out what is happening and needed in our community. We had many many catering orders, for small gatherings and big events such as the Scotonomics weekend and the vegan festival at The Steeple. Thank you to everyone's support in our catering service. It not only provides inclusive learning opportunities, but all profits help fund our core activities.

We also welcomed Wellbeing works in our group gardening day, where we made an interactive outdoor musical instrument, and had a music session with the talented Mark!

April brings more fun activities, including our karaoke day, and planning for our exciting art festival and exhibition in May!







SOCIAL BUTTERFLIES - A COMMUNITY SOCIAL GROUP

A community based social activity, where we go out and about the community as a group, taking part in different social activities such as bowling, visiting museums, going to the pub, enjoying music. It offers supported, real-world experiences, out and about in Dundee, and a safe space to make new friends.



| <u>Date</u> | <u>Activity</u> | <u>Costs</u> |
|----------------------|--|--|
| 11th April, Thursday | McManus Gallery and lunch: Meet at McManus at 10:30am, where we'll explore the galleries and draw some art on the way. We'll then head for lunch at Wetherspoons from 12pm to 1:30pm, and walk back to Uppertunity. | McManus: Free Lunch: £5-£15 Bus: cost if individuals are using bus to return to Uppertunity, and no bus pass. |
| 18th April, Thursday | Botanic Gardens and lunch: Meet at the Botanic at 10:30am, and walk around the garden and do some nature art. Then go for lunch 12pm to 1pm, and head back to Uppertunity by bus. | Botanic Gardens: Free Botanic Cafe: £5-£15 Bus: cost if individuals are using bus to return to Uppertunity, and no bus pass. |
| 25th April, Thursday | Pub and music: Meet at Old Bank Bar on Reform Street at 5pm for food, drinks and giggles. Then we'll head to some local music. Music venue to be confirmed. | Pub: £10 - £20 Music: Free, but pay for drinks (To be confirmed) Bus: cost if individuals are returning home by bus, and no bus pass |
| 2nd May, Thursday | Bowling and lunch: We'll meet at Tenpin Bowling for 10:30am, play 2 games of bowling, and then grab lunch at 12pm. We'll then stay and play games for an hour or so if anyone wishes, and head back to Uppertunity. | Bowling: £5.50 for 2 games with concession card Lunch: £5-£10 Bus: cost if individuals are returning to Uppertunity, and no bus pass |
| 16th May, Thursday | Visit to The Ferry and lunch: We'll meet in the city centre to grab the 73 or 75 bus to the Ferry at about 11am. We'll grab lunch at Jolly's, then go for a walk around Broughty Centre and head back to Dundee at 2:30pm. | Lunch: £5-£10 Bus: £5 roughly for return if no concession card |
| 23rd May, Thursday | Open Tour Bus and lunch: Times and costs to be confirmed, lunch at Wetherspoons | Bus: price to be confirmed Lunch: £5-£10 |
| 30th May, Thursday | Verdant Works: Meet at Verdant Works at 10:00am to explore the museum, garden photographer exhibit, and interactive galleries, and do some art. Then walk back to Uppertunity, and have either an indoor or outdoor picnic. | Verdant Works: £6 Lunch: £3 |

WEEKLY WARRIORS, AND AVAILABLE SPACES:

| 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 Spaces: 1</p> | <p>Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored Spaces: 1</p> | <p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0</p> | <p>Doodles 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art pieces Spaces: 1</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 Spaces: 3</p> | <p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 3</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) Spaces: 3</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) Spaces: 0</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 Spaces: 0</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 Spaces: 0</p> | <p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 1</p> | <p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 0</p> |
| | <p>Totally Stitched 1pm-3pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 0</p> | | |



UPPSKILLS, AND AVAILABLE SPACES:

| Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|
| <p>UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</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>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 2</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> |
| | <p>Clothes UppCycling 1pm to 3pm Volunteering (UppSkills) Come and play with our stash of clothes & fabrics. Use your creativity to turn them into upcycled pieces for sale when we attend markets. Save textile waste, share skills & ideas, get experimental, and socialise. Spaces: 1</p> | | <p>General UppCycling 1pm to 3pm Volunteering (UppSkills) A skill development opportunity to learn to upcycle small items such as candles, small furniture, and jewellery to sell in our pop-up markets Spaces: 1</p> |



EVENTS FOR 2024

| Month | Social event | Foodie Pop Up | Garden Days | Other |
|-------|--|---|----------------------------|--|
| April | Karaoke Night Wed 17th, 6-9pm Dudhope Castle | | Thursday 25th | |
| May | Retro Game Show Wed 29th, 6-9pm Dudhope Castle | | Thursday 30th | Wed 1st, 10-1pm, V&A Destination Dundee. Art Exhibition Wed 22nd- 26th. |
| June | Games Day (Details to be confirmed) | Saturday 22nd, 11am-4pm The Steeple | Thurs 13th & Thurs 27th | Fri 21st, 10-1pm, V&A Community Soup, Wed 26th, 10-1pm, V&A Destination Dundee, |
| July | Community Picnic Sat 20th Dudhope Castle | | Thurs 11th & Thurs 25th | |
| Aug | Outdoor Art Sat 17th Dudhope Castle | | Thurs 15th & Thurs 29th | |
| Sep | Bake Off Wed 18th Dudhope Castle | Saturday 21st, 11am-4pm The Steeple | Thursday 26th | Thurs 5th, 10-1pm, V&A Destination Dundee |
| Oct | Halloween Disco Wed 30th Dudhope Castle | | Thursday 31st | |
| Nov | Ceilidh (Details to be confirmed) | | Thursday 28th | Wed 13th, 10-1pm, V&A Destination Dundee |
| Dec | Christmas Party Wed 11th Dec Dudhope Castle | | Thursday 19th | |

EVENTS: DESTINATION DUNDEE

Uppertunity is doing research on disability, accessibility and inclusion, and are running a yearlong action-based research project, focused on looking at what helps and hinders accessibility and inclusion for all.

The aim is for us to capture first-hand what hurdles and barriers people face in living, learning and working, and then use this to create or bring together opportunities to overcome these hurdles.

We are hosting 4 events at the V&A, across the year, to gain insight. Details below:

[BIT.LY/3UZLL5A](https://bit.ly/3UZLL5A)



Destination Dundee

At each event, there will be key note speakers, including individuals with lived experience, as well as creative and fun activities to stimulate thoughts and ideas.

These events will run across the year, all at the V&A. The dates and theme are below. Please make sure you book tickets for your chosen event.

1st of May, 10am to 1pm - Awareness of Inclusion: what helps and hinders

26th of June, 10am to 1pm - Living and Socialising: accessibility for all

5th of September, 10am to 1pm - Working and Learning: opportunities for all

13th of November, 10am to 1pm - Traveling and Visiting: experiences for all

The event will include information from key note speakers, individuals with lived experiences, business who are combating barriers, and interactive activities to explore the themes and give attendees opportunities to share their experiences and hopes. Speakers will be confirmed in the eventbrite link.

We are also collecting data from online surveys. Details of which will be given out at the event, where you can stand a chance to win £100 Dundee Love Local voucher at the end of 2024.

EVENTS: CONFETTI FESTIVAL

WED 22 MAY -
SUN 26 MAY 2024

CONFETTI

AN INCLUSIVE FESTIVAL OF CREATIVITY

ALL FREE!

COME AND EXPLORE VARIOUS FORMS OF ART IN OUR EXHIBITION, WATCH PERFORMANCES AND TAKE PART IN WORKSHOPS.
TEA, COFFEE, JUICE & SNACKS PROVIDED!

WEDNESDAY 22ND MAY, 11AM - 4PM

Opening day and meet the artists.
Enjoy nibbles & welcome drinks, and the first viewing of the art.

THURSDAY 23RD MAY, 11AM - 4PM

Art activities for all, and time to play.
Activities include painting, drawing, paper art, and jewellery making.
Drop in.

FRIDAY 24TH MAY, 11AM - 4PM

11:30am-12:30pm: drama performance from Uppertunity's members
Film made by Uppertunity, showing all day
1:30pm-3:30pm: Drama workshop, including improv activities

SATURDAY 25TH MAY, 11AM-4PM

11am-12:30pm: poetry workshop, learn how to write a poem and perform
1:30pm-3:30pm: Open mic and poetry performances by anyone who wants to join and share

SUNDAY 26TH, 11AM-4PM

11:30am-1pm: Uppertunity music and movement workshop
11:30am-1:30pm: "Adventures of the Little People" exhibition. A mini exhibition of children aged 5 to 10, showing art related to their imaginary journey through the universe

WED 22 MAY -
SUN 26 MAY 2024

CONFETTI

AN INCLUSIVE FESTIVAL OF CREATIVITY

WOULD YOU LIKE TO SUBMIT YOUR ARTWORK TO THE FESTIVAL?

This exhibition is specifically for adults with additional needs. Anyone aged 16 and over, with a disability can enter.

Below is a list of artwork that can be displayed:

- Drawing (pencil, pens, crayon)
- Painting (oil, acrylic, watercolour)
- Sculpture
- Mixed media

The above will be displayed throughout the festival. Individuals can also perform written poetry or short stories on Saturday 1:30pm to 3:30pm. Uppertunity staff are happy to read these out for you as well.

HOW TO ENTER

Contact danielledp@uppertunity.co.uk with the person's name, a photo or description of the art piece, and rough size. Artwork needs to be dropped off to Uppertunity, Dudhope Castle by Friday 17th May with a note of the artist's name and a description of the piece. Artwork can be collected from Uppertunity after Tuesday 28th May.

VOLUNTEERING OPPORTUNITIES



Are you a home-baker?
Love cooking and want to use your
powers for good?

Become a sewer or baker volunteer

Are you a Creative person?
would you like to help others
to express their ideas?

Become a volunteer group facilitator



Are you a sewer?
would you like to explore our
stash and sew for change?

Become a upcycle volunteer



Do you enjoy planning events?
would you like to create unique
experiences for people?

Become an event planner volunteer



Do you have green fingers?
Would you like to help shape
our outdoor spaces?

Become a garden volunteer



Share skills and learn
new skills, and gain
confidence. Improve
your physical and
mental wellbeing

Meet new people
and be part of a
supportive team,

● OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

| | | |
|--|--|---|
| <u>Weekly Warriors</u> Weekly therapeutic and creative based workshops | <u>UppSkills</u> Weekly skill based workshops | <u>Social Butterflies</u> Community based social activities and outings |
| <u>Events</u> Monthly socials, foodie pop up's and social gardening | <u>Catering</u> Climate conscious catering offering inclusive skill opportunities | <u>Mini Café</u> Café based in Dudhope Castle for members and other tenants |
| <u>Volunteering</u> Meaningful volunteering opportunities for all | <u>Elephant Wellbeing</u> 1-to-1 creative therapy, and 1-to-1 personal development | <u>Growing Places</u> Garden space for the community |

● HOW TO GET INVOLVED

Referral for weekly groups and volunteering:

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 you're referring would like to gain from our services. Then come to see our space, when we have a further chat about what is available and what's suitable. We have a simple form to complete, and then you join! We are not a drop-in service. We ask that individuals attend regularly and arrive on time to all groups and workshops after being referred. We also look at the dynamic of each group to ensure there is a good fit for everyone to work harmoniously.

● CONTACT DETAILS

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