

We are a registered charity, working with individuals (16+) with learning disabilities, who are neurodiverse and mental health barriers. 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 and thoughts from the year; our current services and available spaces; featured groups; events coming up; how to support us; and plans for next year.



● UPDATES FROM LAST MONTH AND 2023

What a year it's been here at Uppertunity. In August, we sadly had to make the difficult decision to close our café and shop in Dundee City centre due to rising running costs. However, we regrouped and amplified what we do at our main base!

In the last year:

- We've increased our weekly activities, and run 20 different weekly therapeutic and skill focused workshops, offering 116 spaces per week
- We've developed our menu for our daily lunch club, and now offer a community cupboard to our members and volunteers
- We support over 50 different individuals on a weekly basis, attending our therapeutic based workshops. As well as over 20 volunteers on a weekly basis for our skill based services
- We've developed our community events programme, and now monthly events. In the last year, we hosted 6 different events, with one being a week long festival at The Keiller Centre
- Our catering orders increase each month, and in the last year, we've helped prevent over 3 tonnes of food waste
- We also support paid roles, and 65% of current paid staff have barriers to employment, acting as role models and mentors



● OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

<p><u>Weekly Warriors</u> Weekly creative, social and therapeutic groups</p>	<p><u>UppSkills</u> Weekly skill focused workshops including upcycling, baking, sewing</p>	<p><u>Changemakers Volunteering</u> Different opportunities to support skill development and achieve our aims</p>
<p><u>Elephant Wellbeing</u> One to one mentoring, and creative therapy</p>	<p>OUR SERVICES</p>	<p><u>Serendipities Catering</u> We provide catering for large and small events, offering skill development opportunities</p>
<p><u>Serendipities Mini Café</u> Food served to all attendees at The Circle, Dudhope Castle, and for take away</p>		<p><u>Growing Places</u> Community-based green project for helping local nature</p>



● FEATURED GROUPS

Unique Beats:

Unique Beats is an inclusive, encouraging and safe environment where we use a wide range of art-making techniques to create a great deal of theatrical fun! We work together, and with our imaginations, to write and make poems, stories, performances and songs.

We have recently delved into the experimental world of film-making, as we follow an alien called Geo as he learns all about community. We have covered a wide range of topics so far, including magic, mystery, cafés, castles and cows! All whilst laughing & joking with our friends.

Mini Entrepreneur:

A group to plan, promote and run events that will take what we do at Uppertunity out into the world! Bring your ideas, skills and enthusiasm along, and work with others to create opportunities for our members to showcase, sell and celebrate their creations.

Learn about the business aspects of running events, design, make and distribute marketing materials, communicate with outside venues and be there at the events to make things happen! You will have the freedom and support to bring your ideas to life.

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</p>	<p>Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored (2 spaces)</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 (1 space)</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 (8 spaces)</p>	<p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week (2 spaces)</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) (5 spaces)</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) (2 spaces)</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>
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	<p>Totally Stitched 1pm-3pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing (3 spaces)</p>		



WEEKLY TIMETABLE: UPPERTUNITY.ORG.UK/TIMETABLES-1

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</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</p>
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		<p>Mini Entrepreneur 1pm to 3pm Volunteering (UppSkills) A skill development workshop that involves planning small and large events including research, marketing, and communicating with the rest of the team (4 spaces)</p>	

EVENTS IN 2024 - FIRST HALF

We have lots of fun events planned, open to adults with additional needs and Uppertunity members. Unless otherwise stated, the events are based at: Scrimgeour Room, The Circle at Dudhope Castle, Barrack Road, DD36HF



BURNS' LUNCH

Sun 21 January 12pm - 3pm

Join in for a Burns-themed lunch, bagpipe performance, address to the haggis performance and socialising. Lunch includes soup, veggie haggis with neeps and tatties and sticky toffee pudding. Hot drinks will be available, as well as GF options. This is open to all. Tickets are £10.



TWO'S COMPANY

Wed 21st February 6pm - 9pm

Come along to a fun social evening where you can meet new friends. This is a safe environment for adults with additional needs to form new friendships. The evening will involve speed meeting, where you'll have 5 minutes to chat to new people, with question prompts on the tables. The evening includes music, a buffet, mocktails, games and socialising. . Tickets are £5.



MASQUERADE BALL

Fri 15th March 6pm - 11pm

This will be a glitzy evening with a red carpet, photo booth, sit-down dinner and after-dinner dancing with a live band providing the soundtrack. Dress up in your best suit or gown and either a tied-on or hand-held mask for a glamorous evening to remember! Tickets are £10.



KARAOKE & DISCO!

Wed 17 April 6pm - 9pm

Come along for a fun night of singing and dancing to your favourite hits! There will be a light buffet and non-alcoholic drinks included. Tickets are £5.



RETRO GAME SHOW NIGHT

Wed 29 May 6pm - 9pm

Come along for a night of fun and games with old favourites like Play Your Cards Right and Wheel of Fortune! There will be a light buffet and non-alcoholic drinks included. Tickets are £5.

Tickets must be booked. To book or for more info, please contact Danielle at danielledp@uppertunity.co.uk, or Caroline at carolineb@uppertunity.co.uk.

EVENTS IN 2024 - MASQUERADE BALL AND SPONSORED WALK

We are hosting an inclusive ball in March 2024, details below. We are also fundraising for it, and you can get involved by doing our sponsored walk.

It's really simple: 1. email us, 2. decide how many loops you would like to go around Dudhope Park, 3. ask people to donate, for example a one of £10 or £2 for every loop, 4. complete the loops, 5. join us on the 19th of January for a joint walk and celebration.

More info here: uppertunity.org.uk/sponsored-walk-%2F-wheel

UPPERTUNITY IS HOSTING... MASQUERADE BALL

15TH OF MARCH 2024, 6-11PM

INVERCARSE HOTEL

DRESS CODE: GLITZ AND GLAMOUR!

We are hosting an inclusive masquerade ball for adults (16+) with additional needs, including individuals who are neurodivergent, have learning disabilities and/or mental health barriers. Uppertunity will have some gowns and suits if anyone needs it, and will also run 'make your own mask' workshops before the event.

Wear your fanciest formal wear, and a masquerade mask either tied or held by a stick!

We will have a red carpet entrance and a photo booth for showing off your style and making memories!

The Coconut Groove will be performing live for us to watch and dance to.

A two course meal and welcome drink (alcoholic or non-alcoholic) will be served at arrival.

Tickets - £10

Cost is reduced as we are all working to fundraise for this event!



GARDENING AT DUDHOPE CASTLE

Do you enjoy gardening? Do you want to get involved in your local community? Come join us at Dudhope Castle Gardens!

Our Growing Places project is all about developing Dudhope Castle gardens into a thriving therapy and sensory space, as well as create social opportunities.

We have various gardening activities for all levels.

If very wet weather, we'll have indoor activities.

Weekly:

Thursdays and Fridays 10am to 12pm. We take part in various activities.

Monthly:

Thursdays, 10am to 3pm. We focus on specific projects. See dates below.

These dates include free soup and bread at lunch time.

<p><u>JANUARY 25TH</u></p> <p>Building raised back bed, filling and planting</p>	<p><u>FEBRUARY 29TH</u></p> <p>Building large instruments from wood and metal to go in quadrants</p>	<p><u>MARCH 28TH</u></p> <p>Building and decorating picnic benches</p>
<p><u>APRIL 25TH</u></p> <p>Digging out beds in side path & ponds, lining with stone</p>	<p><u>MAY 30TH</u></p> <p>Planting large shrubs and trees in quadrants</p>	<p><u>JUNE 13TH + 27TH</u></p> <p>Planting summer beds- Front drive and raised beds</p>
<p><u>JULY 11TH + 25TH</u></p> <p>Watering beds and trimming hedges + bushes</p>	<p><u>AUGUST 15TH +29TH</u></p> <p>Watering beds and planting for autumn</p>	<p><u>SEPTEMBER 26TH</u></p> <p>Trees and rock gardens for the back garden</p>
<p><u>OCTOBER 31ST</u></p> <p>Laying flag stone paths through side areas</p>	<p><u>NOVEMBER 28TH</u></p> <p>Planting bulbs for next year, trimming trees, collecting leaves for compost</p>	<p><u>DECEMBER 19TH</u></p> <p>Making tree information and identification signs</p>

● HOW TO GET INVOLVED AND SUPPORT US

Referral for weekly groups:

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!

Donate - uppertunity.org.uk/donate:

Monetary donations can be made in cash, PayPal or bank transfer. Physical donations in the form of art supplies and garden equipment can be dropped off at our base

We are currently raising funds for our ball, which can be made here:

<https://gofund.me/34e25c53>

Volunteer - uppertunity.org.uk/volunteer:

This is the same as our referral process, just get in touch. We like to have a direct conversation with the person joining to understand their needs and wants, and to make sure we can support in the best way possible. We have range of volunteering roles including: group facilitating; baking and catering prep; clothes and general upcycling; gardening; and event planning and facilitating.

● PLANS FOR 2024

We are excited for 2024, and all that it brings! For the new year, we are planning a range of exciting events including a masquerade ball, a week long inclusive exhibition, a human rights awareness week, a community picnic and a bake off! We have recently been accepted for funding to run a Disability, Inclusivity and Accessibility network, and will be launching this in January!

We'll also be developing our wellbeing services, and developing the activities in the garden including making outdoor musical instruments! We can't wait to continue working with everyone, and meet some new lovely people. We are closed from Friday the 22nd of December, and return Tuesday the 9th of January.

● CONTACT DETAILS

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