

About Uppertunity:

We are a registered charity, working with individuals (16+) with learning disabilities, mental health barriers and who are neurodiverse. 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 photos
- Poem written by our members for Burns
- Our current services and available spaces
- Events coming up
- Community gardening
- How to get involved



● UPDATES FROM JANUARY 2024

Our first month for 2024 was a busy one. We kicked it off with our Walk and Wheel fundraiser around Dudhope Park, where our members, family and friends walked laps to raise funds for our masquerade ball. Together we raised £400! Well done everyone! So far we've raised £1100 of our £3200 target. We then had a Burns Lunch where we enjoyed a yummy lunch made by our talented cooks and bakers, and a performance from our Unique Beats group. We also had lots of catering orders (thank you for the support!), and took part in the first Changemakers event. More info on page 8 on the Changemakers Hub.



● PLANS FOR FEBRUARY 2024

February brings lots more fun such as our Two's Company event, as well as short mini workshops around your life, your rights, and living your best life. We received funding from DVVA to launch a year long action based research project looking at what helps and stops inclusion and accessibility. We will be running various workshops and activities throughout the year to hear your thoughts, and how we can make Dundee a destination for everyone!





● POEM WRITTEN BY OUR UNIQUE BEATS GROUP

At Uppertunity, we offer 2 weekly performance based workshops called 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.

Last month, the members of Unique Beats wrote a poem for our Burns lunch with a wee twist, an address FROM a haggis!

ADDRESS FAE A HAGGIS

Hunner's mebbe, or in their thousands perhaps
From the highlands they came in their wee tartan caps
Singing '500 miles', some atop Nessie's back
To a castle on the Tay, their place of attack

And so quietly they lie, so still the wait
Beside neeps and tatties, each one in their place
As Rabbie's ode ends and as the knife is raised
A wee voice rings out that draws every gaze

Great chieftain o' the puddin' race, Boab his name, sonsie his face
Stands to make his address from his grand silver plate:
"Ye've no heard haggis talk, I can see by yer face!
But we've much to say and a request to be made

Grand, hearty and warming, some spice to us too
Nothing quite like us we're Scot's through and through!
No to abodys taste, we accept, this is true
Brothers and sisters, we're as Scottish as any of you!

"In future we hope you can acknowledge we're kin,
And next time try haggis that's vegetarian?
Sometimes it's a big change, sometimes the smallest thing,
Where tradition might end so that friendships begin."

So goodwill is toasted with a Bennie wee dram,
From human to haggis, haggis to man.
We share and we celebrate, dance hand in hand,
The joyous expansion of the Uppertunity clan.

SLÁINTE!

● 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>	<p><u>Community Events</u> We host and take part in regular events and markets such as food markets, fashion, bake offs and more!</p>

● FEATURED SERVICE

Lunch Club, and mini-café:

Did you know that our favourite time of day at Uppertunity is our lunch club? Not just because there's yummy food, but because we get to come together, enjoy some food, and chat! Between our morning and afternoon creative sessions, we have a lunch club in our space where members can either order from our menu or bring their own food. This runs every Tuesday to Friday.

We also offer our menu to all the tenants and clients of The Circle at Dudhope Castle, giving our members more volunteering opportunities. Our lunch menu includes soups, pies, toasties, baked potatoes, curry's, lasagne, cakes, and other weekly specials.

And did you also know we have a barista coffee machine?! We offer cappuccinos, lattes, hot chocolates and mochas, all made with love!





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

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: 0</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: 2</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: 4</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: 2</p>	<p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 0</p>
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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>
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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 Spaces: 3</p>	

● EVENTS: TWO'S COMPANY, 21ST OF FEBRUARY

Wednesday 21st February 2024

6pm to 9pm

Uppertunity, Dudhope Castle, Barrack

Road

£5



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, supported by staff, where you'll have a set amount of minutes to chat to new people, with question prompts on the tables. This will be followed by group games.

The evening includes music, a buffet, mocktails, games and socialising.

EVENTS: CHANGEMAKERS, 1ST OF MARCH

Changemakers is a hub, being designed and delivered by five local community organisations: Transition Dundee, The Maxwell Centre, ScrapAntics, Uppertunity and Creative Dundee. The Hub will offer support, events, workshops and micro-grants to connect and amplify collective community action. Uppertunity is leading the 'Manyways' community, supporting groups who have additional needs.

More info here: <https://www.dundee-changemakers.net/>

1st of March 2024, 09:30am - 13:00pm

The Circle at Dudhope Castle, Dudhope Castle, Barrack Road, Dundee

Join us to celebrate and explore community connections through food, music, play, art and more! This is a drop-in event, which is specifically aimed for individuals (and organisations supporting those) with learning disabilities, mental health and physical barriers, and who are neurodiverse.

We want to hear from you - it will be a great opportunity to connect with the amazing organisations already doing brilliant work with and for communities, and share your thoughts on how you would like to shape tomorrow.

The venue is fully accessible, and there will be food and drinks to share together. Stay as long as you like, and take part in various activities, including:

- Interactive music
- Art activity from Uppertunity
- Talking Mats activity from Advocating Together
- Storytelling activity from Pamis
- Shopmobility presentation
- Pamiloo (Mobile changing places toilet)



EVENTS: MASQUERADE BALL, 15TH OF MARCH AT THE INVERCARSE

We are hosting an inclusive ball on the 15th of March 2024! This is inclusive, and very fancy! It is being held at the Invercarse Hotel and will include a red carpet, a band, a photo booth, dinner and welcome drinks. It is aimed at individuals with additional needs, mental health barriers and who are neurodiverse. Carers and family welcome.

You can support this event by donating here: <https://gofund.me/f39449c2>

UPPERTUNITY IS HOSTING... MASQUERADE BALL

15TH OF MARCH 2024, 6-11PM

INVERCARSE HOTEL

DRESS CODE: GLITZ AND GLAMOUR!



Come join in an inclusive masquerade ball!

This event has been created for adults (16+) with additional needs, including individuals who are neurodivergent, have learning disabilities and/or mental health barriers.

The night, and your ticket, includes:

- Red carpet entrance
- Photo booth
- Welcome drink (Non alcoholic available)
- Hot buffet food from Invercarse Hotel, including mains & dessert
- Live band performance (Coconut Groove)

There is a bar to enjoy more drinks if you wish. Wear your fanciest formal wear, and a masquerade mask either tied or held by a stick! Uppertunity have some gowns and suits (Free) if anyone needs it, and will also run 'make your own mask' workshops before the night.

Tickets - £10

Cost is reduced as we are all working to fundraise for this event! Carers are required to book a ticket as well. To book or more info, contact danielledp@uppertunity.co.uk



● COMMUNITY GARDENING AT UPPERTUNITY

At Uppertunity, we have a beautiful big garden that we've been building and expanding. We do various things in our garden, but the main thing is to make it somewhere where the community can come and enjoy it. We run 2 weekly sessions as well as monthly sessions. Our weekly sessions are on Thursday's and Friday's 10am to 12pm, and we currently have spaces on Thursday mornings. We also run monthly themed sessions which are one day a month from 10am to 3pm. This is aimed at groups who would like to come for the day together, have some fund and help a local community. Free soup and hot drinks on these days! Get in touch to find out more or to get involved!



● 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 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! 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 and make sure there is a good fit for everyone to work harmoniously.

● CONTACT DETAILS

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