

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: our current services and available spaces; featured groups; and events coming up.



● UPDATES FROM DECEMBER 2023

Our last month for 2023 was a fun filled month, getting us excited for what 2024 will bring! Uppertunity is back open with our usual activities from Tuesday the 9th of January 2024.

Our cooks and bakers were busy again with various catering orders including for DCC, Abertay, a pop up in Keiller Centre, The Circle and many more! Well done to all the team for all their hard work, and to everyone for using our catering service!

We hosted our Christmas Party too, which was a blast! Lots of great dance moves, Christmas outfits and fun filled games. We always love our monthly social events.

We also started fundraising for our Masquerade Ball in March 2024, and received a £400 donation! Part of the fundraising is walking a route around Dudhope Park, looking for surprises along the way. Some of our members completed their routes already! We're hosting a team walk day on the 19th of January.

We also received funding from DVVA to launch our Disability, Inclusivity and Accessibility exploration project. We're very excited to launch this, stay tuned!





● OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

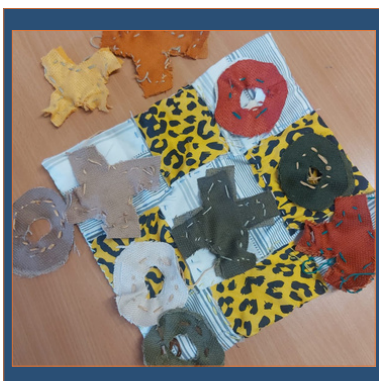
<p><u>Weekly Warriors</u> Weekly creative, social and therapeutic groups</p>	<p><u>UppSkills</u> Weekly skill focused workshops including upcycling, baking, sewing</p>	<p><u>Changemakers Volunteering</u> Different opportunities to support skill development and achieve our aims</p>
<p><u>Elephant Wellbeing</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 GROUPS

Totally Stitched:

Totally Stitched is our social and creative textiles class, that is aimed to be very relaxing and calming. We learn how to design ideas and then form them into beautiful pieces using various materials and fabrics.

Activities include bunting, stuffed fabric ornaments, noughts and crosses game, and cushions. We get creative using various types of fabrics and materials, putting them together to create unique pieces. Totally Stitch runs twice a week, and goes at a slower pace.



Boundless Blooming and

Creative Therapy:

Wellbeing is very important to us at Uppertunity, this is throughout our services. We also offer specific well being services, all free:

Boundless Blooming: This is a one to one service between an Uppertunity staff member and a member/volunteer. Each person has their own folder, and the staff member and individual meet once a month or every second month to explore how things are going, future plans and next steps. We do this all through creative methods.

One to one creative therapy: This is supported by a qualified Art Therapist, and is normally attended once a week. A range of different techniques are used including art making, storytelling, talking etc with the aim to support overall wellbeing.

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</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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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 JANUARY AND FEBRUARY

Fundraising Walk

Friday 19th of January
10am to 1pm

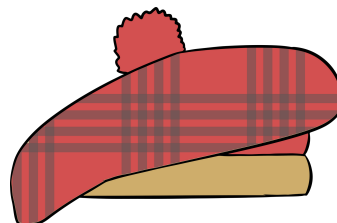
Join us for a group walk around Dudhope Park to fundraise for our ball! join anytime during 10am and 12pm and do as many laps as you want. Then join at Uppertunity's main base at 12pm for soup, bread and cakes. All welcome, free.



Burns Lunch

Sunday 21st of January
12pm to 3pm

Join in for a Burns themed lunch, bagpipe performance, address to the haggis performance and socialising. All at Dudhope Castle. 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, please book ahead.



Your Rights, Your Best Life

13th to 16th of February

We'll be running short workshops all week, within all our weekly workshops. The workshops, lasting about 20 to 30 minutes, are all about your rights, your life and living it in the best way possible. The workshops are about empowering and providing more knowledge for our members to understand their rights, and where to go for more support. This includes the Charter for Involvement.



Two's Company

Wednesday 21st of February
6pm to 9pm

Come along for 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, and staff to help. The evening includes music, a buffet, mocktails, games and socialising. Tickets are £5.



MASQUERADE BALL - 15TH OF MARCH

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.

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!

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!

● COMMUNITY GARDENING DAYS

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

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

DANIËLLE DU PLOOY
Co-Manager and Founder
danielledp@uppertunity.co.uk
07544984289

CAROLINE BENTLEY
Co-Manager
carolineb@uppertunity.co.uk



UPPERTUNITY LIMITED
info@uppertunity.co.uk
07931560936
The Circle, Dudhope Castle
Barrack Road, Dundee
DD3 6HF