

**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 upcoming plans
- Poem written by our members in Unique Beats
- A new group starting - social butterflies!
- Our current services and our catering service
- Weekly timetable and available spaces
- Events coming up
- Community gardening
- How to get involved



● **UPDATES FROM FEBRUARY 2024**

February was an exciting month as it brought the start of some new projects, including the launch of the Changemakers Hub, a new project started by 5 local organisations (Uppertunity, Scrapantics, Creative Dundee, Maxwell Centre and Transition Dundee). This is a network to create more opportunities for communities to be healthier, happier and more sustainable! Uppertunity's aim is to raise the voices of individuals with additional needs. We hosted a fun community event on the 1st of March, with other local partners, celebrating what is going well and looking at what the future could be like.

We also hosted a social evening, where individuals were able to make new friends and build confidence in starting conversations. There were lots of laughs, and some phone numbers were even swapped!

Our garden volunteers have also been working really hard, and have finished making the raised beds in our rear gardens. All built from scratch! They have been designed and built so that individuals using wheelchairs are also able to enjoy the gardens.









## ● 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 theatrical fun! We work together, and free our imaginations, to write and make poems, stories, performances and songs. Below is one of the poems:

### DUDHOPE CASTLE

On this bright sunny day  
I am walking up this way  
Towards the beautiful castle  
Watchout for the squirrels, they give you hassle

In I walk, it's so very big  
We would get very lost if we were playing tig  
There is always a friendly face  
I get a welcoming feeling in this place

What goes on? All these faces, who attends?  
Fellow volunteers, fellow colleagues, fellow friends  
Finding our feet, emptying many many stuff  
A few paint footprints, cleaned with a biff

Such an old building, many creeks  
Over the years, many changes, many tweaks  
What a view, what a space, so much scope  
Welcome to our journey, welcome to Dudhope

## ● SOCIAL BUTTERFLIES - A COMMUNITY SOCIAL GROUP (THURSDAY)

We are launching a new addition to our services: Social Butterflies! This will offer supported, real-world experiences, out and about Dundee, and a safe space to make new friends. As a group, we will think about what we want to do, plan the details, and make our trips a reality. We imagine catching buses, exploring parks, visiting museums, relaxing on beaches, even visiting pubs! Together, we will make new friends, enjoy where we live, and learn new skills.

The activities will take place every Thursday, and the times may vary. Activities for April and May will be confirmed soon. Individuals can attend different sessions, even just once a month.

Our first activity will be on **Wednesday the 27th of March**, meeting at 11am at Dundee Science Centre (Tickets are covered by Uppertunity). We will then head for lunch at 12:30pm to Just Bee community café (Clients pay for their lunch). It's a Wednesday as the Science Centre is only open on Wednesday's during the week. 10 spaces available.

# ● OUR SERVICES: [UPPERTUNITY.ORG.UK/OVERVIEW](http://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><b>OUR SERVICES</b></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>

## ● OUR CATERING SERVICE

### **Serendipities - catering**

At Uppertunity, we offer catering for small and large events, including sweet and savoury food, all made from scratch by our talented team. Members and volunteers get involved by baking and cooking food orders, putting food orders together, coming up with recipes, and taking part at catering events. This service provides a safe and inclusive opportunity for learning and developing, as well as supports paid jobs.

It's not one or two people that do the catering, it's a whole team! There are so many steps, and the team get to take part in all the steps every week, learning new skills all the time. So when you support us, you're boosting the opportunities for learning, confidence building and employment!



WEEKLY WARRIORS, AND AVAILABLE SPACES:

Tuesday	Wednesday	Thursday	Friday
<p><b>Totally Stitched</b> 10am-12pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 1</p>	<p><b>Scribbles</b> 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored Spaces: 1</p>	<p><b>Freestyle</b> 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0</p>	<p><b>Doodles</b> 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art pieces Spaces: 1</p>
<p><b>Unique Beats</b> 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><b>Freestyle</b> 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 3</p>	<p><b>Grow Curious</b> 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature &amp; help the environment (Indoor &amp; Outdoor) Spaces: 3</p>	<p><b>Grow Curious</b> 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature &amp; help the environment (Indoor &amp; Outdoor) Spaces: 0</p>
<p><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>Freestyle</b> 1pm-3pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0</p>	<p><b>Unique Beats</b> 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><b>Scribbles</b> 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 1</p>	<p><b>Scribbles</b> 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 0</p>
	<p><b>Totally Stitched</b> 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><b>UppBakes</b> 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><b>UppBakes</b> 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><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>Lunch Club</b> 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><b>UppBakes</b> 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><b>Clothes UppCycling</b> 1pm to 3pm Volunteering (UppSkills) Come and play with our stash of clothes &amp; fabrics. Use your creativity to turn them into upcycled pieces for sale when we attend markets. Save textile waste, share skills &amp; ideas, get experimental, and socialise. Spaces: 2</p>	<p><b>UppBakes</b> 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><b>General UppCycling</b> 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: MARCH, APRIL & MAY 2024



## MASQUERADE BALL

**Fri 15th March 6pm - 11pm (Invercarse Hotel)**

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, and must be bought beforehand.



## CREATIVE INSPIRATION - Supporting young people to be Changemakers

**Fri 22nd March 9:30am - 12pm (Dudhope Castle)**

Join us in a youth focused creative morning, all about being a Changemaker! The morning will involve 4 different local organisations, each offering different fun and creative activities. You'll find out about different ways to think about your future, as well as share what you would like your future to look like, and if there are gaps in Dundee. Get in touch if you would like to get involved.



## VEGAN MARKET AT THE YARD

**Sat 23rd March 11am - 4pm (The Steeple)**

Serendipities, our food and catering project, will be taking part at The Yard's Vegan Market, based at The Steeple in Dundee. We'll be selling our yummy hand made cakes, tray bakes and pies, as well as some upcycled goodies. Come along and support us!



## KARAOKE & DISCO!

**Wed 17 April 6pm - 9pm (Dudhope Castle)**

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.



## DESTINATION DUNDEE - What helps & hinders inclusion

**Wed 1st May 10am - 1pm (V&A)**

We are doing research on disability, accessibility and inclusion, running a yearlong action-based research project, focused on looking at what helps and hinders accessibility and inclusion for all. More details in the following pages.



## CONFETTI FESTIVAL - an inclusive celebration of creativity

**Wed 22-26 May 11am - 4pm (Scrapantics, Wellgate)**

A 5 day inclusive art festival, celebrating the talent and creativity of our community! Art of different forms will be displayed throughout the festival, as well as different performances to watch and workshops to take part in. All free, and all art is by individuals with additional needs. More details in the next pages.



## 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.

# 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 details of the evening are below. It is aimed at individuals with additional needs, mental health barriers and who are neurodiverse. Carers and family welcome. Tickets are on sale until Monday the 11th of March, and we have just a handful of tickets left.

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

## MASQUERADE BALL

FRIDAY 15TH OF MARCH 2024, 6-11PM, INVERCARSE HOTEL

### MENU

#### Welcome drink:

Glass of prosecco or orange juice

#### Main:

(Buffet, one table will be called up at a time)

Macaroni and cheese (V)

Chips (V)

Garlic bread (V)

Sweet potato, cauliflower, spinach and coconut curry (VG, GF)

Rice (VG, GF)

Naans (V)

Poppadom's (VG, GF)

#### Dessert:

Platter of mini desserts (VG and GF options available)

## EVENING PLANS

**6pm** - arrival of guests, enjoy your welcome drink, and take a seat

**6:20pm** - welcome speech, and announcement of raffle prizes available to purchase tickets for

**6:30pm** - Food is served, photobooth will be open, and bar is available to purchase more drinks

**8pm** - Coconut Groove start the music performance, and the grooving and dancing starts

**11pm** - Goodnight and safe travels back home

On each table, there will be conversation starters and photo props. Throughout the night, there will be a photographer taking photos. They will check beforehand if you would like your photo taken. Electronic photos will be available the week after.



# 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

A 5-day inclusive art festival, celebrating the talent and creativity of our community! Art of different forms will be displayed throughout the festival, as well as different performances to watch and workshops to take part in. The Festival, including performance viewing and workshops, is all free of charge, and there will be teas, coffees and snacks available throughout! All the artwork is created by adults with learning disabilities, who are neurodivergent and have mental health barriers.

**When:** 11am to 4pm, Wednesday 22nd - Sunday 26th of May

**Where:** Scrapantics in The Wellgate, Dundee

## **Wednesday 22nd May, 11am to 4pm:**

Opening day and meet the artists.  
Nibbles and welcome drinks being served,  
and viewing of the artwork

## **Thursday 23rd May, 11am to 4pm:**

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

## **Friday 24th May, 11am to 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 to 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 to 4pm:**

11:30am-12:30pm: Dance performance from Uppertunity, and a chance to dance  
1:30pm-3:30pm: Interactive music making  
11:30am to 1:30pm: Extra mini exhibition by children aged 5 to 10, who created art of their  
journey through the universe

## **Would you like to enter art? We want you!**

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 then perform written  
poetry or short stories on Saturday 1:30pm to 3:30pm. Uppertunity staff are happy to read  
these out as well.

### **How to enter:**

Contact [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk) with the person's name, a photo or description of  
the art piece, and rough size. Artworks need to be dropped off to Uppertunity, Dudhope  
Castle by Friday the 17th of May with the artist's name and description of the art piece.  
Artwork can then be collected from Tuesday the 28th of May from Uppertunity.



# ● 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 the community can come and enjoy. We run 2 weekly groups 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. These are aimed at groups who would like to come for the day together, have some fun and help a local community project. 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 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

**DANIËLLE DU PLOOY**  
Co-Manager and Founder  
[danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk)  
07544984289

**CAROLINE BENTLEY**  
Co-Manager  
[carolineb@uppertunity.co.uk](mailto:carolineb@uppertunity.co.uk)

**UPPERTUNITY LIMITED**  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)  
07931560936  
The Circle, Dudhope Castle  
Barrack Road, Dundee  
DD3 6HF