



MONTHLY NEWSLETTER: NOVEMBER

We are a registered charity, working with individuals (16+) with learning disabilities, autism 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 lead fuller lives. We create safe and reflective environments where individuals feel comfortable to explore their capabilities, challenge themselves, and develop transferable life skills.



UPDATES FROM LAST MONTH

We've had a busy month here at Uppertunity!

We hosted a spooktacular Halloween party, all tickets sold out! We danced, giggled, played games, ate food, & had fun!

Our mini café inside Dudhope Castle has been getting busier and busier, and our volunteers have been doing a great job of cooking prepping and serving food. If you're out and about in the park, come grab a take away hot drink and treat. We're open Tuesday to Friday, 9:30am to 3:30pm.



UPDATES FROM PREVIOUS MONTH



Our volunteers have also been busy with lots of catering orders. Thank you to everyone who's been supporting us. Our catering service not only provides skill development opportunities for our clients and volunteers, but it also helps us continue to do all the things we do.

"Just wanted to let you know your cakes & treats were amazing! Thank you so much for fitting my requests in, will definitely be back!" - mix of tray bakes.

"Food went down really well as always 😊" - Abertay Students Association, ordering for the 5th time!



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 Mini Café</u> Food served to all attendees at The Circle, Dudhope castle, and to take away</p>	<p><u>Growing Places</u> Community-based project for helping local nature</p>	<p><u>Serendipities Catering</u> We provide catering for large and small events, offering skill development opportunities</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>

DID YOU KNOW ABOUT OUR MENTORING AND THERAPY SERVICE?

Wellbeing is very important to us at Uppertunity, this is throughout our services. We also offer specific wellbeing services to all our members and volunteers...all free!

- Boundless Blooming: A one to one service, helping with goal setting and personal development
- Wellbeing Check In's: Uppertunity staff will check in with our members from time to time to check how our members and volunteers are, and members and volunteers are encouraged to check in with the colour wheel
- One to one creative therapy: This is supported by a qualified Art Therapist. A range of different techniques are used, with the aim to support overall wellbeing. There is no charge for this service, but donations of your choice

UPCOMING EVENTS

<p><u>Fair Fashion</u> Locally made and sustainable fashion sale, and meet the makers. There will also be cakes, hot food, drinks, and upcycling workshops including screen printing and visible mending</p>	<p>4th November 10am-4pm Dudhope Castle https://shorturl.at/zCT18</p>
<p><u>Brawnches Festival (See next page for full programme)</u> A week long celebration of our community, based within the Keiller Centre building, with a range of workshops for the whole community. Some are drop in and some are bookable. Lots of fund activities!</p>	<p>18th to 24th November Keiller Centre https://uppertunity.org.uk/brawnches-festival</p>
<p><u>Christmas Party & Quiz Night</u> Come along for a night of festive fun! Join in with a festive themed quiz, Christmas games, and socialising. Santa may join ;) There will be a light buffet and non-alcoholic drinks, with prizes for best dressed and cheesiest jumper. This is for adults with additional needs and Uppertunity members. Tickets are £5</p>	<p>13th December 6-9pm Dudhope Castle uppertunity.org.uk/monthly-events-1</p>
<p><u>Events happening in 2024</u> We are planning some exciting events for next year including a volunteer celebration day, community picnic, friendship/meeting new people night, outdoor art, retro game show, and a masquerade ball. The ball, held in March, will be a dressy occasion, with gowns and suits, a band, a meal, photo booth, and red carpet! We will be raising money to help cover costs of tickets.</p>	<p>To be confirmed</p>





BRAWNCHES FESTIVAL

Sat 18th to Sat 25th November
Keiller Centre, Dundee

A week long celebration of our community, based within this iconic building. There will be various events, workshops and activities, encouraging you to connect and reset for the changing season. Below is a breakdown of activities, a mixture of pop-up shops, drop-in sessions and others that need advance booking (scan QR code below for booking links).

Saturday 18th Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Innerdance: 11am to 1pm, with Caroline. Join in an eyes-closed, lying down journey through the cosmos, £10, must be booked
- Dinosaur Messy Play: by Cake or Dice, 11:30am to 1pm, £5, must be booked
- Decoupage Pebble Set Workshop: by Cake or Dice, 5pm, £15, must be booked

Monday 20th Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Upcycled jewellery-making by ReBoutique: 10am to 4pm. Play & create with beads and other pre-loved materials. Relax & grab some non-alcoholic mulled wine to warm you up. Free, drop-in.

Wednesday 22nd Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Uppertunity inclusive art activities: 10am to 3:30pm. Come find out what we do and the type of activities we offer at our main base. We will have art activities to take part in. Free, drop-in.
- Spoken Word by poet & author Mark Richardson, and other poets: 6pm to 8pm. Listen to the renowned urban poet Mark Richardson, hear about his book, & hear from other artists. Enjoy some non-alcoholic mulled wine. Free.

Friday 24rd Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Lantern Making: by Dundee City Council and Thingumajig, 11am to 1pm and 4pm to 6pm. Free but spaces must be booked. You and your lantern are invited to be a part of the grand finale at The Dundee Hooley parade on Saturday 25th.

Sunday 19th Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Exhibition of the Future: 1pm to 3pm. Come and create a small, fun exhibition through stories. Celebrate the way we live now, discuss how we can create changes for the future. All welcome, free.
- Embroidery for Home Décor & Embellishing: 1pm to 4pm. A relaxing embroidery workshop, crafting and personalising with embroidery, £16, bookable

Tuesday 21st Nov


- ReBoutique upcycle pop-up shop: 10am to 4pm
- Serendipities foodie pop-up: 10am to 4pm, selling 'make your own ramen' including a homemade broth, mixed noodles & veggies, as well as our famous cakes, pies and other treats.
- Inner Bloom: 10am to 12pm, a safe therapeutic exploration of your inner bloom, £10, bookable

Thursday 23rd Nov

- ReBoutique upcycle pop-up shop: 10am to 4pm
- Innerdance: 11am to 1pm, with Caroline. Join in an eyes-closed, lying down journey, through the cosmos, £10, bookable
- Wild bird feeder making: run by DCC Countryside Ranger team, 1pm to 3pm. Free, drop-in.
- Tarot card reading: by Elder and Rowan Tarot reader, 12:30pm to 4:30pm. By donation, drop-in.

Saturday 25th Nov

- ReBoutique upcycle pop up shop: 10am to 4pm
- Lantern Making (paper bag): by Dundee City Council and Thingumajig, 11am to 1pm, free, drop in. Take part in tonight's Dundee Hooley parade.
- Autumn Décor by Uppertunity: 10am to 1pm. Stop in and make some autumn themed décor for your home or as gifts for others. £1, drop-in.
- Dundee Hooley: from 5:30pm, free but spaces must be booked. Join the Torchlight Procession at The Dundee Hooley, starting from Dundee High.



contact info@uppertunity.co.uk to find out more or visit uppertunity.org.uk/brawnches-festival

WEEKLY TIMETABLE: UPPERTUNITY.ORG.UK/FOR-WEEKLY-WARRIORS

Weekly Warriors Timetable

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Totally Stitched 10am-12pm £4 This group uses fabrics and textiles in different ways to create art, and includes sewing	Scribbles 10am-12pm £4 A social and therapeutic arts group where different senses are stimulated and explored	Freestyle 10am-12pm £4 A social and creative group where we take part in different creative projects every week	Doodles 10am-12pm £4 A social and creative based art group, where we learn to design and create different art pieces
Unique Beats 10am to 12pm £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more	Freestyle 10am-12pm £4 A social and creative group where we take part in different creative projects every week	Moving on Upp 10am to 11:30am £4 A fun group where each week we take part in different active groups such as dance, yoga, walking football, nature walks, tennis and more	Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature and help the environment
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	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	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	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
Upp Club 12:30pm to 1pm Either join in with colouring or table games, or help with tasks that need done	Upp Club 12:30pm to 1pm Either join in with colouring or table games, or help with tasks that need done	Upp Club 12:30pm to 1pm Either join in with colouring or table games, or help with tasks that need done	Upp Club 12:30pm to 1pm Either join in with colouring or table games, or help with tasks that need done
Freestyle 1pm-3pm £4 A social and creative group where we take part in different creative projects every week	Unique Beats 1pm to 3pm £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more	Scribbles 1pm-3pm £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Scribbles 1pm-3pm £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored
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UppSkills Programme Timetable

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Clothes Upcycling 10am to 12pm Volunteering (UppSkills) Come and play with our stash of clothes and fabrics. Use your creativity to turn them into upcycled pieces for sale when we attend markets. Save textile waste, share skills and ideas, get experimental, and socialise.	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	Clothes Upcycling 10am to 12pm Volunteering (UppSkills) Come and play with our stash of clothes and fabrics. Use your creativity to turn them into upcycled pieces for sale when we attend markets. Save textile waste, share skills and ideas, get experimental, and socialise.	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
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Mini ReBoutique 1pm to 3pm Volunteering (UppSkills) A skill development opportunity to learn to upcycle small items such as candles, small furniture, jewellery etc, to sell in our pop up craft fairs		Mini Entrepreneur 1pm to 3pm Volunteering (UppSkills) A skill development workshop that involves planning events including research, marketing, and communicating with the rest of the team	

VOLUNTEERING OPPORTUNITIES

<p><u>Group Facilitator</u> We run a weekly programme of creative, therapeutic and physical activity based workshops. You would help to plan and run workshops, supporting our members (Individuals with additional needs) during the sessions.</p>	<p><u>Baking, cooking and volunteering</u> These sessions run in our on-site Changemakers Kitchen. We bake and cook for our in-house mini-café service and also for outside catering and events. You would support our members in all aspects of baking, cooking, kitchen safety, teamwork and cleaning up.</p>	<p><u>Clothes upcycling</u> One of our aims is to prevent waste, create a more circular economy, and challenge people's mindsets on shopping. We do this by turning unwanted clothes and fabrics into new garments. You would join one of our sewing groups and help upcycle clothes using our machines & materials.</p>	<p><u>Furniture and general upcycling</u> We fight waste further by upcycling all sorts of unwanted items into new pieces, including furniture, candles, jewellery and wood. You would help to upcycle various items using our supplies and your creativity and ideas.</p>
<p><u>Community events</u> We host and attend pop-up markets and events to sell our crafts & baking, and to promote our work. We also cater for event at various venues. You would help to plan and run stalls & events.</p>	<p><u>Fundraising and Marketing</u> We have various ongoing costs to do what we do, and are always looking at ways to fund it, as well as bring the community together. You would help plan events, as well as help with online and physical marketing.</p>	<p><u>Storyteller</u> We are looking for creative artists who would like to volunteer their time to create a story board and short animation about Uppertunity, helping to explain what we do and the difference we make.</p>	<p><u>Gardening</u> Based at our community garden at Dudhope Castle, you would help to manage the garden, create new features & care for the planted areas.</p>

CONTACT DETAILS

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