



Uppertunity is a charity based in Dundee focused on empowering our community.

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.

We work with individuals (16 years and over) with additional needs, learning disabilities, autism and mental health barriers.

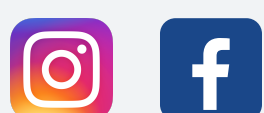
We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and employability.

Visit Us:

Uppertunity, Ground Floor Left, The Circle at
Dudhope Castle, Barrack Road,
DD3 6HF

Contact us:

07931 560936
info@uppertunity.co.uk
uppertunity.org.uk
SC515689/SC052608



Our Values

Creativity

We believe creativity engages the mind, enables broader thinking and problem solving, and connects us to hidden parts of ourselves

Empowerment

We 'work with', not 'do for'. We support individuals to develop confidence to lead the life they want to lead. We do this through mutual respect, and by encouraging individuals to take ownership of their own lives

Curiosity

We advocate progress not perfection, encouraging individuals to explore and learn, and to always give something a go

Community

True change happens when the community and its members take action and responsibility as a collective. It is the responsibility of all of us to build our community

Sustainability

Everything we do is in the aim to create social, economic and environmental sustainability. We do this through practical environmental activities, support, and engagement with our community

Our services:

Weekly Warriors Programme

A programme of therapeutic and creative based activities that take place each week at our main base at Dudhope Castle. This programme is aimed at individuals with additional needs who want to socialise and develop positive wellbeing. Activities include art, sewing, active and drama groups.



UppSkills Programme

A skill focused programme aimed at individuals facing some form of barrier who wish to learn new skills and develop themselves. We have a range of workshops that take place each week: upcycling furniture, clothes upcycling, baking, and event planning



Serendipities Mini Café at The Circle

We offer lunches to our members at Uppertunity at Dudhope Castle, as well as all the tenants and other service users of the Castle. Our members and volunteers help bake and serve the food. We also offer barista coffee and teas, as well as handmade cakes and traybakes.



Change Makers Volunteering

We offer a range of volunteering opportunities to help individuals develop skills and confidence, while supporting us to achieve our mission aims. These suit different abilities, and also provide opportunities to bring the community together.



Community Events

Community engagement is very important to us. We host and take part in regular events and markets. Examples include karaoke night, Halloween discos, fashion events, food markets, burns lunch and much more!



Serendipities Catering

We offer catering for small and large events, as well as take part in markets. Members and volunteers can get involved by baking and cooking food orders, putting food orders together, coming up with recipes, and taking part at catering events.



The Elephant Wellbeing Space

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 including one to one creative therapy, and one to one personal development



Growing Places

Our community-based green project. This provides an opportunity for people from all backgrounds to gain volunteering experience, learn gardening skills, give back to the environment, learn practical skills and socialise.



Weekly Warriors and UppSkills Timetable

Prior referral and booking is required as our activities are not drop in. Due to the number of individuals wishing to attend, if an individual does not attend for 2 consecutive sessions and has not been in touch, their space will be offered to someone on the waiting list. This is to ensure fairness. We also look at the dynamic of the group, so we will always have an initial chat to understand the person's needs: <https://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 |
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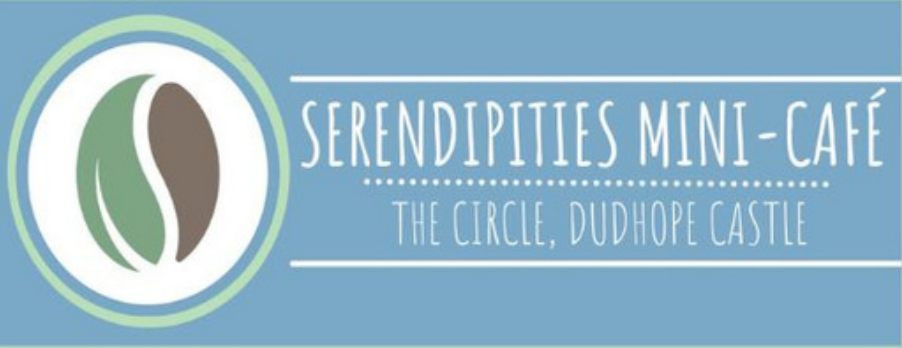
UppSkills Programme Timetable

| 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 |
| 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 |
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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 | |

Serendipities Mini Café Menu

We offer lunches to our members at Uppertunity at Dudhope Castle, as well as all the tenants and other service users of the Castle. Our members and volunteers help bake and serve the food. We also offer barista coffee and teas, as well as handmade cakes and traybakes. The public is also welcome to order and take away. We are open Tuesday to Friday 9:30am to 3:30pm.

Members and volunteers can get involved by baking and cooking meals, and serving meals. We have a daily lunch club for our members to come together and blether, 12pm to 1pm. Carers and support staff are also welcome to join in, and order from the menu:
<https://uppertunity.org.uk/lunch-menu-1>



Serendipities Mini-Café is the inclusive training programme of Uppertunity, providing skill development for individuals with additional needs. We offer yummy sweet and savoury food, all made by us. We also offer barista coffee.

Please order at Uppertunity's space. Payments can be made by cash or card. We will be working with our clients (Individuals with additional needs) to prep, serve and deliver orders. Please be patient with us, and give us as much notice as you can. Food will be offered in reusable or compostable single use packaging. Please return reusable items, and help us fight waste.

We aim to create an inclusive community, and this is reflected in our menu and space. All our food is 100% vegan and can be enjoyed by everyone.

SNACKS

CAKES (SEE OUR CAKE FRIDGE FOR DAILY SELECTION) PRICE ON FRIDGE

PIES (SEE OUR CAKE FRIDGE FOR DAILY SELECTION) £2.50

CRISPS (SEE ON TOP OF FRIDGE).....50P

LUNCH

SOUP & BREAD (SEE SPECIALS BOARD)£2.50

BAKED POTATO WITH BEANS AND CHEESE£3.50

CHEESE TOASTIE£3.00

(CONTAINS GLUTEN, GF OPTION)

CHEESE AND HAM TOASTIE£3.50

(CONTAINS GLUTEN)

MAC & CHEESE, SERVED WITH GARLIC BREAD...£4.00

(CONTAINS GLUTEN, SOYA & MUSTARD)

SPECIALS

WE HAVE A SPECIALS BOARD, FULL OF YUMMY HOMEMADE FOOD OPTIONS NOT AVAILABLE ON THIS MENU. WE GET CREATIVE TO HELP FIGHT FOOD WASTE, AND PROVIDE LEARNING EXPERIENCES FOR OUR TEAM AND VOLUNTEERS.

WRAP/BAGEL OF THE DAY£3.50

(CONTAINS GLUTEN, GF OPTION)

BAKED POTATO WITH TOPPING£4.00

SALAD OF THE DAY.....£3.00

CURRY SERVED WITH A BREAD.....£4.50

LASAGNE SERVED WITH GARLIC BREAD.....£4.50

(CONTAINS GLUTEN)

OTHER SPECIALS (SEE BOARD FOR DETAILS & PRICES)

DRINKS

AVAILABLE MILKS

OAT, SOYA, ALMOND & COCONUT

AMERICANO£1.50

FLAT WHITE£2.00

CAPPUCCINO£2.30

LATTE£2.30

MOCHA£2.80

ICED LATTE£2.30

HOT CHOCOLATE£2.30

ADD CREAM40P

ADD MARSHMALLOWS40P

CHAI TEA LATTE£2.30

DIRTY CHAI LATTE£2.80

EXTRA SYRUP (SEE SPECIALS BOARD FOR FLAVOURS)30P

BREAKFAST TEA£1.20

HERBAL TEA (SEE SPECIALS BOARD FOR FLAVOURS)£1.20

CANSPRICE ON FRIDGE

SMOOTHIE (SEE SPECIALS BOARD)£2.20

We can not guarantee that items are 100% free from allergens due to working in the same area. Food prepared here has been made in a kitchen that uses nuts, soya, gluten, mustard & celery.

Serendipities Catering



We offer catering for small and large events, as well as take part in markets. Members and volunteers can get involved by baking and cooking food orders, putting food orders together, coming up with recipes, and taking part at catering events.

<https://serendipities.co.uk/>



Changemakers Volunteering

We offer a range of volunteering opportunities to help individuals develop skills and confidence, while supporting us to achieve our mission aims. These suit different abilities, and also provide opportunities to bring the community together.

Volunteering provides a range of benefits including: learning new skills, making friends, improved mental and physical wellbeing, feeling valued and part of a team, increased confidence, and making a positive difference to other people's lives, to your community and to your world.

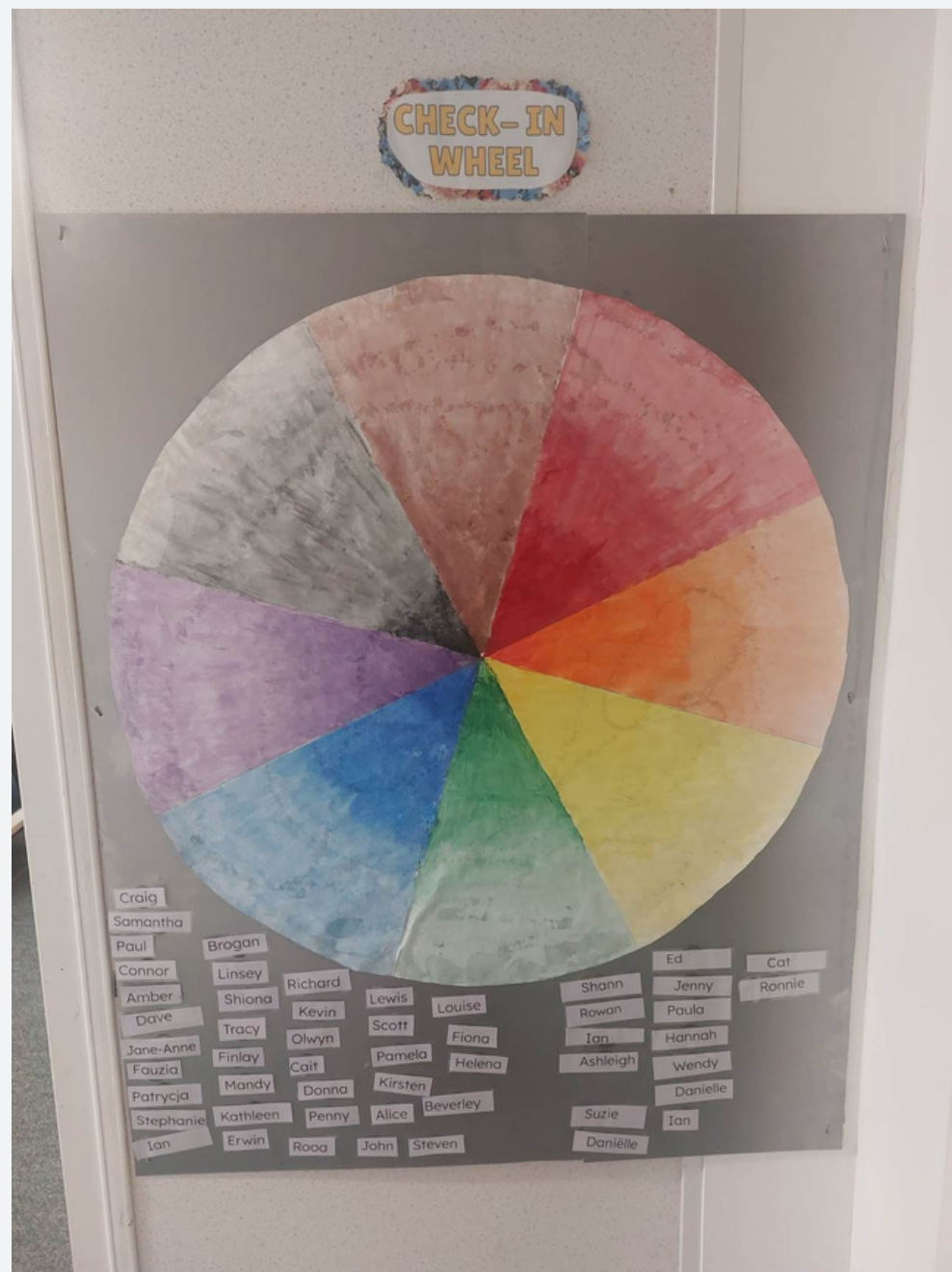
| | | | |
|--|--|---|---|
| <p><u>Group Facilitator</u> We run a weekly programme of creative, therapeutic and physical activity based workshops. You would help to plan and run workshops, supporting our members (Individuals with additional needs) during the sessions.</p> | <p><u>Baking, cooking and volunteering</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> |



Elephant Wellbeing Space

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:

- 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



Growing Places



Our community-based green project. This provides an opportunity for people from all backgrounds to gain volunteering experience, learn gardening skills, give back to the environment, learn practical skills and socialise.

We maintain the gardens at Dudhope Castle, and develop them to be a nature friendly and relaxing sensory space for everyone. This involves regular weeding, planting and plant care, as well as physical development of the space such as planter building.

We have a group volunteer session on Fridays, as well as opportunities for self-lead gardening.

Community events

Community engagement is very important to us. We host and take part in regular events and markets. Examples include karaoke night, Halloween discos, fashion events, food markets, burns lunch and much more!



Contact

See all our websites and inks here:
linktr.ee/upportunity

If you would like to get involved, please contact us:

Founder and co-manager, Danielle du Plooy:
danielledp@upportunity.co.uk

Co-manager, Caroline Bentley:
carolineb@upportunity.co.uk

upportunity.org.uk