



# FORMING CARE

**Exploring Care through art, movement, and community.**

Exhibition on display 17th February — 6th March 2026  
Dundee Central Library

# WELCOME

Forming Care is a collaborative art project by Uppertunity about how we care for ourselves, each other, and our community.



This work was created by Uppertunity members, volunteers, and staff, all working together. Contributors include people with additional support needs, learning disabilities, and neurodivergent experiences.



This zine showcases the journey we went on together, from sharing ideas, to making art, to wearing our sculptures out in the world.



# WHAT IS CARE?

Being kind

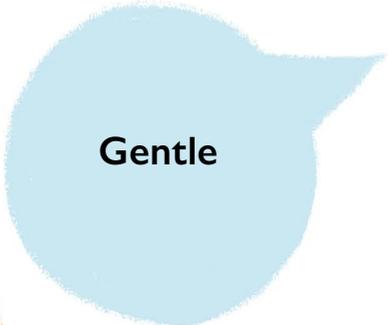
Putting someone else first

Looking out for each other

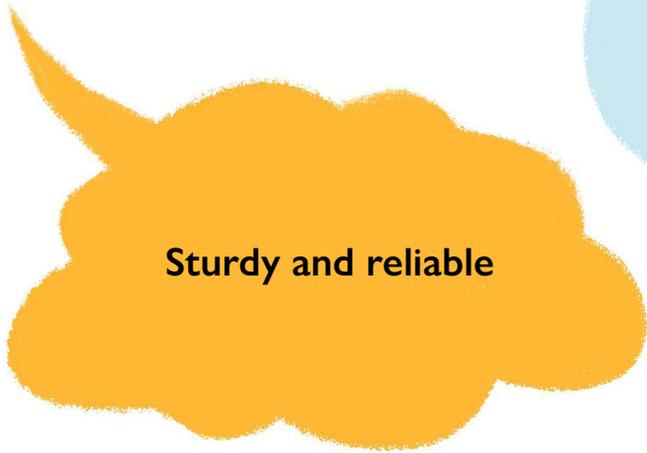
Spending time together

Being approachable

Everyone needs very different approaches when it comes to care.



Gentle



Sturdy and reliable

# HOW DOES IT FEEL?



Safe



Wanted

# SELF-CARE

**Looking after yourself matters. You are a being, not just a doing.**

There are many ways to practise self care. At Uppertunity, one of our favourite ways is through art and using our creative muscles. Making art can help us feel calmer, more present, and more connected to who we are. It reminds us that we are all unique. When we create, we make something that didn't exist before, just like us. What matters most is the process, not the finished piece.





# CARING TOGETHER

**Another important way we practise self care is through caring together.**

Being part of a community helps us feel supported and creates a sense of belonging. Sometimes we make art to give to each other. Sometimes we talk. Sometimes we sit side by side, making things quietly together. All of this is care.

The more time we spend together, the more connected we feel. When we feel cared for, we feel stronger, happier, and more confident in ourselves. Together, we flourish.



## Joint effort

We worked in mixed groups of Uppertunity members, carers, and families to build our sculptures.



# WORKING TOO

## Recycled textiles

We reclaimed old fabrics and yarn that was no longer needed.



## Sharing is caring

No sculpture belongs to one person or even one group - all of them were passed around, altered, and added to over the weeks.

## Parade couture

We stepped out together in our sculptures at the Dundee Hooley parade.



# ING GETHER



## Group movement

We explored how our sculptures look in motion with a creative movement workshop.



Visit our website to watch a video of the workshop.





“Being creative makes me happy. I like to chat while I’m doing art.”

# THE SCULPTURES



“Care is how you feel about someone and how you make them feel.”





“I like meeting people and I’d like to do this more. I like being around others like me.”



## Bedazzlement

We listened to music while we got decked out with sculptures and face gems.



# TAKING CARE IN THE CI



## Illuminated art

We wound fairy lights around our sculptures so the sequined fabric sparkled in the dark!

## Joining the parade

We participated in the Dundee Hooley wearing our sculptures.



# ITY

## Feeling proud

This parade gave us the chance to show off our work and share our message of care and community!



# CONFIDENCE PHOTOSHOOT

Photographers, Penny Muirhead and Kathryn Rattray, captured vibrant portraits in a creative photography workshop. We danced, posed, and shared a meal together, celebrating the achievement of our community.





Penny is an Uppertunity member and part of the disabled community. “I am 22 and I love taking photographs. I really enjoy taking photos of people who are just like me and have a learning disability. “



**“We are all born different but we all deserve the same feelings of love and kindness.”**

*Penny Muirhead,  
photographer*



# A CARING COMMUNITY

Uppertunity is a space where difference is celebrated and creativity nurtured.

## **Making art together**

We make things side by side, not to be perfect but to simply enjoy creating. Every artwork is unique - just like us.

## **Social connections**

Time together matters. In workshops, conversations happen naturally and relationships are nurtured.



**“I feel better with friends around. It makes me feel good and happy.”**

**“Being around others makes me feel like I have a new future.”**



### **Consistency and safety**

Our groups are not drop-in so you can expect the same space, time, and people each week. Clear routines create a sense of safety and security.

### **Giving art to others**

Art is shared, not hidden!  
We take pride in contributing and being generous.



### **Exploring identity**

Uppertunity is a space to explore what you like and how you feel. You bring yourself to each project and make each artwork feel truly YOURS.



“Care makes you feel safe and when you feel safe, that’s when you flourish.”

# CARE IN PRACTICE

## QUOTES



“People feel safe when they’re in a place that’s familiar and know they can ask for help without being judged.”



# ICE

## INSIGHTS FROM STAFF



“We show care by asking about the little things.”

“Knowing and understanding what makes each of our members feel comfortable enough to be themselves.”



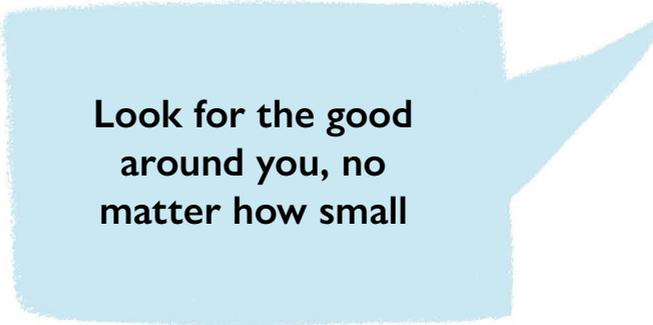
Trust  
yourself.

Listen without  
rushing

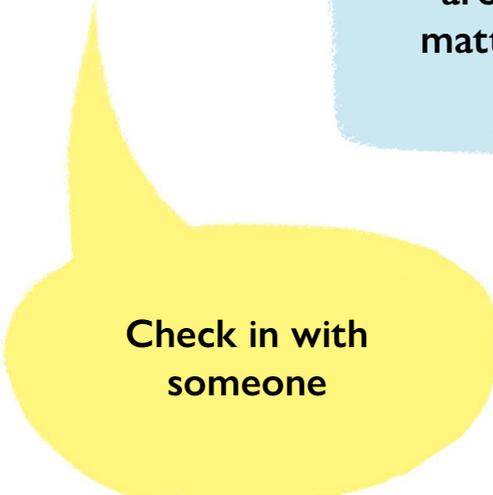
Be  
proud of  
yourself.

**HOW  
DO YOU  
SHOW YOU  
CARE?**

Remind yourself of  
your strengths.



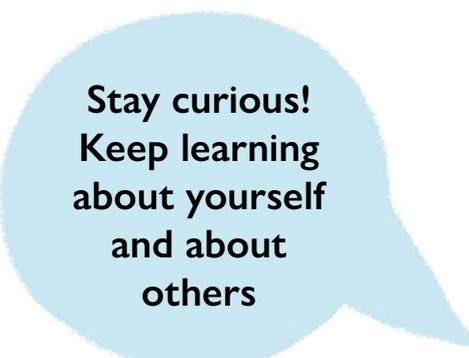
**Look for the good  
around you, no  
matter how small**



**Check in with  
someone**



**Do things  
together**



**Stay curious!  
Keep learning  
about yourself  
and about  
others**



**Kind thoughts  
matter**



**Notice the good things  
in your everyday and in  
other people**



This zine is part of  
Uppertunity's 2026  
exhibition programme.



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