



WEEKLY NEWSLETTER: 16TH OCTOBER 2023

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 PREVIOUS WEEK



Last week, we had four large catering orders to provide! Well done to all our bakers and cooks! We made some awesome kebabs, wraps, pastries, cakes and more.

We've added new workshops to our Weekly Warriors schedule. We've also confirmed two fun creative workshops for our Fair Fashion event on the 4th of November: screen printing and visible mending.

Some of our members have tried out new activities in groups, branching out from observing to participating in group activities. We love seeing our members confidence grow. In our gardens, we've been preparing our garden for winter with some planting shrubs, small trees and bulbs for next spring.



OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

<u>Elephant Wellbeing Space</u> Safe therapeutic space for anyone facing challenges	<u>Weekly Warriors</u> Weekly creative, social and therapeutic groups	<u>Volunteering</u> Different opportunities to support skill development and achieve our aims
<u>UppSkills</u> Skill focused programme for individuals facing barriers	OUR SERVICES	<u>Serendipities Catering</u> We provide catering for large and small events, offering skill development opportunities
<u>Serendipities Mini Café</u> Food served to all attendees at The Circle, Dudhope castle, and to take away		<u>Pop-Up Stalls & Events</u> We participate in various food & craft markets, as well as set up events to connect the community
	<u>Growing Places</u> Community-based project for helping local nature	

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

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	Upp Bakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering
	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		Grow Curious 10am to 12pm Volunteering (UppSkills) A fun nature based workshop where we tend to our gardens, learn about nature and help the environment
Mini Serendipities Cafe 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	Mini Serendipities Cafe 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	Mini Serendipities Cafe 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	Mini Serendipities Cafe 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
UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering	Totally Stitched 1pm-3pm £4 This group uses fabrics and textiles in different ways to create art, and includes sewing	Mini Entrepreneur 1pm to 3pm Volunteering (UppSkills) A skill development workshop that is part of a larger programme, involving taking part in events. We'll learn about setting up events, marketing etc	Mini ReBoutique 1pm to 3pm Volunteering (UppSkills) A skill development opportunity to learn to upcycle small items such as candles, small furniture, jewellery to sell in our pop-up markets
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		Upp Bakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering	

AVAILABLE SPACES IN WEEKLY GROUPS AND VOLUNTEERING

Weekly Warriors

- Tuesday AM Unique Beats 8 places
- Tuesday PM Freestyle 2 places
- Wednesday AM Scribbles 1 place
- Wednesday AM Freestyle 6 places
- Wednesday PM Totally Stitched 1 place
- Thursday AM Freestyle 1 place
- Thursday AM Moving on Upp 8 places
- Thursday PM Scribbles 2 places
- Friday AM Doodles 1 place
- Friday AM Grow Curious 1 place

Volunteering:

- Mini-ReBoutique: upcycle small items, as well as furniture
- Mini-entrepreneur: help with planning and setting up events and pop ups. this includes marketing, speaking to the community, planning the events, and running the events
- Growing Places: help in our gardens. This is self lead with guidance from the team
- Storyteller: help create a story board and short animation about Uppertunity

UPCOMING EVENTS



<u>Halloween Disco</u> A night of Halloween madness! Come dressed up, and enjoy a Halloween themed disco and buffet. There will also be some games, and prizes for best dress. This is for adults with additional needs and Uppertunity members. Tickets are £5	26th October 6-9pm Dudhope Castle uppertunity.org.uk/monthly-events-1
<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	4th November 10am-4pm Dudhope Castle https://shorturl.at/zCT18
<u>Brawnches Festival</u> A week long celebration of our community, based within the iconic Keiller Centre building, with a range of workshops for the whole community. Some are drop in and some are bookable	18th to 24th November Keiller Centre https://fb.me/e/197SJdplx
<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	13th December 6-9pm Dudhope Castle uppertunity.org.uk/monthly-events-1

CONTACT DETAILS

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

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

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