

**About Uppertunity:**

We are a registered charity, working with individuals (16-65+) with additional support needs, mental health barriers & who are neurodiverse. We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and skills. 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 photos
- Updated weekly timetable & spaces, and our new group
- Social Butterflies monthly timetable
- Upcoming events: UpperFest, Nature Day, and Carers Wellbeing Day
- How to get involved



● UPDATES FROM JUNE 2024

June brought slightly warmer weather which meant we were able to do more gardening, and enjoy some outdoor activities in our Social Butterflies. We went to the Deer Centre in Fife, Camperdown Zoo in Dundee, and Maxwell Gardens.

We boogied at our disco at Coldside Parish Church for our monthly social, and a volunteer celebration night at Casa where we enjoyed a meal together and sang our hearts out in the karaoke booth! Thank you to all our volunteers for all you do!

Uppertunity also helped host the Manyways Soup at V&A as part of Dundee's Changemakers Hub. Manyways is the inclusive community that Uppertunity is helping to lead, and we gave away £1000 in microgrants! We are in the process of creating a garden at St Paul's Cathedral that will be used by 4 local support organisations. We're excited for this project, and to be working with many wonderful organisations.

We are very excited to announce that we've received funding from NHS Charitable Trust, which will allow us to run additional skill development activities, such as our new Wise Upp group!







# WEEKLY TIMETABLE: [UPPERTUNITY.ORG.UK/TIMETABLES-1](http://UPPERTUNITY.ORG.UK/TIMETABLES-1)

## 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: 0</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: 0</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: 0</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>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: 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: 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: 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>	<p><b>Wise Upp</b> 1pm-3pm, £4 An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more Spaces: 8</p>	

# SOCIAL BUTTERFLIES - A COMMUNITY SOCIAL GROUP

A community based social activity, where we go out and about the community as a group, taking part in different social activities. It offers supported, real-world experiences, out and about in Dundee and nearby, and a safe space to make new friends.

**All activities are wheelchair accessible. Spaces must be booked.**

<u>Date</u>	<u>Activity</u>	<u>Costs</u>
10th July, Wed	<b><u>World Lunch and Fun at Uppertunity:</u></b> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with a South African food theme at 12pm-1pm.	Lunch: £4
18th July, Thurs	<b><u>Dundee Open Top Bus Tour:</u></b> Meet at V&A at 10:30am to join bus. Enjoy the sights and get off at The Law for lunch for an hour (bring a packed lunch), then head back to V&A on the bus. Accessible on bottom.	Bus: £9 with concession card. Carers pay, but Uppertunity can help if needed. Lunch: packed lunch
25th July, Thurs	<b><u>World Lunch and Fun at Uppertunity:</u></b> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with a Greek food theme at 12pm-12:45pm.	Lunch: £4
31st July, Wed	<b><u>Play pool at McGurty's sports hall:</u></b> Get bus from Uppertunity to McGurty's (Unit 4, Douglas Road) or meet there for 11am. Play pool and enjoy lunch there.	Bus: free with bus pass Lunch: £5-10
8th Aug, Thurs	<b><u>World Lunch and Fun at Uppertunity:</u></b> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with an Italian food theme at 12pm-12:45pm.	Lunch: £4
15th Aug, Thurs	<b><u>Dinner and Karaoke:</u></b> Enjoy dinner at Brae's (Perth Road) at 5pm, then head to Casa for Karaoke at 6:30pm. Casa is accessible from the back.	Dinner: £8-15 Karaoke: £2, plus drinks
22nd Aug, Thurs	<b><u>World Lunch and Fun at Uppertunity:</u></b> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with an American food theme at 12pm-12:45pm.	Lunch: £4
28th Aug, Wed	<b><u>St Andrews Aquarium:</u></b> Get 99 bus (9:58am) from Dundee bus station to St Andrews Aquarium. Enjoy the aquarium, and then lunch. Bring packed lunch.	Bus: free with bus pass, or £9 Aquarium: £14. Uppertunity can help if needed
5th Sep, Thurs	<b><u>World Lunch and Fun at Uppertunity:</u></b> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with a Mexican food theme at 12pm-12:45pm. .	Lunch: £4

# EVENTS FOR 2024

<u>MONTH</u>	<u>SOCIAL EVENT</u>	<u>FOODIE POP UP</u>	<u>GARDEN DAYS</u>	<u>OTHER</u>
July	<b>UpperFest - mini festival</b> Sat 27th Dudhope Castle, 12-4pm	<b>Dundee Food Festival</b> City Centre Sat 6th	Thurs 11th & Thurs 25th	
Aug	<b>Nature &amp; Outdoor Wellbeing</b> Sat 17th Dudhope Castle, 12-4pm		Thurs 15th & Thurs 29th	<b>Recharge for Unpaid Carers</b> Sat 3rd Dudhope Castle, 9:30am-4pm
Sep	<b>Bake Off</b> Wed 18th Dudhope Castle, 6-9pm		Thursday 26th	<b>Destination Dundee</b> Thurs 5th, 10-1pm, V&A  <b>Uppertunity's 9th Birthday Celebration!</b> Wed 11th, Dudhope Castle, 12:30-3:30pm
Oct	<b>Halloween Disco</b> Wed 30th Dudhope Castle, 6-9pm		Thursday 31st	
Nov	<b>Ceilidh</b> (Details to be confirmed)		Thursday 28th	<b>Destination Dundee</b> Wed 13th, 10-1pm, V&A
Dec	<b>Christmas Party</b> Wed 11th Dudhope Castle, 6-9pm		Thursday 19th	<b>Closed for Holidays</b> Friday 20th Dec - Sun 5th Jan



# A NEW GROUP... WISE UPP!

Wise Upp is our new weekly group where we will learn new things together. The workshops are interactive and involve games and discussions. Topics include getting out and about, keeping safe online, different types of relationships and how to create them, healthy eating, money management, numeracy skills and much more! We will be working with other local organisations to run the workshops as well, including Enable, NHS, and Lead Scotland. We will also be creating a healthy living book together, which will include recipes & mental health activities.

**When:** Every Thursdays 1pm to 3pm

**How to get involved:** Spaces are limited to 8 people per workshop. You do not need to attend each week, but you do need to book ahead. Our full timetable of activities can be found on our website. Each workshop is £4, which helps cover material costs.

<u>DATE</u>	<u>TOPIC</u>
25 July	Healthy living - learn about what healthy living and eating is, and plan meals and recipes
1st August	Mental health - learn about what mental health is, and how you can support yourself and others
8th August	Healthy living - learn about the importance of exercise, & ways to be active
15th August	Relationships - learn about different types of relationships, keeping safe online, and how to make friends
22nd August	Active Travel with Enable - this is a 4 week block, where we'll learn how to plan journey's, looking up bus routes, and manage anxieties around travel.
29th August	Active Travel with Enable - this is a 4 week block, where we'll learn how to plan journey's, looking up bus routes, and manage anxieties around travel.
5th Septem	Active Travel with Enable - this is a 4 week block, where we'll learn how to plan journey's, looking up bus routes, and manage anxieties around travel.
12th Septem	Active Travel with Enable - this is a 4 week block, where we'll learn how to plan journey's, looking up bus routes, and manage anxieties around travel.
19th Septem	Money management - learn about numbers and budgeting
26th Septem	Relationships - learn and explore what a romantic relationship is

# EVENTS: UPPERFEST, SATURDAY 27TH JULY

## UPPERFEST



LIVE MUSIC



### WHEN?

Saturday 27th  
July, 2024  
12pm to 4pm

### WHERE?

Uppertunity,  
Dudhope Castle,  
Dundee

### WHAT?

Join a mini festival where there will be....

- Live music from local artists
- Face painting
- Outdoor games
- Art activities
- A photo booth
- Food to buy to enjoy in your picnic
- And lots of mingling and laughing!

Entry to the event is **free**, and no need to book. There will be snacks and cold drinks to buy on the day. You are welcome to bring your own packed lunch or picnic.

FACE  
PAINTING



WHO IS THIS  
OPEN TO?

This event is **only** open to all adults with additional needs and those who support them. This includes individuals who are neurodiverse and have additional support needs.

Contact [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk) or [carolineb@uppertunity.co.uk](mailto:carolineb@uppertunity.co.uk) for more information.

# Nature & Outdoor Wellbeing



NATURE  
WORKSHOPS



FRESH PIZZA



YOGA



ART



## WHEN?

Saturday 17th  
August 2024  
12pm to 4pm

## WHERE?

Uppertunity,  
Dudhope Castle,  
Dundee

## WHAT?

Join us in day filled with outdoor goodness! There will be various nature based activities, from various local organisations...

- Nature art printing by 'Uppertunity'
- Various nature activities from 'RSPB'
- Seed bombing & other gardening from 'Nature & Nurture'
- Various activities from 'Maxwell Garden'
- Yoga and mindfulness from 'Simpli Yoga'
- And more!

Entry to the event is **free**, and no need to book. There will be freshly made pizza and drinks available to buy on the day. You are welcome to bring your own packed lunch or picnic.

WHO IS THIS  
OPEN TO?

This event is open to all.

Contact [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk) or [carolineb@uppertunity.co.uk](mailto:carolineb@uppertunity.co.uk) for more information.



# Connect & Recharge

for parents, family caregivers & unpaid carers of supported adults

9:30am - 4pm, Saturday 3rd August 2024  
at Dudhope Castle, Barrack Road

FREE WELLBEING TREATMENTS FOR UNPAID CARERS.  
5 therapists on the day, each offering 6 treatments  
(See treatments on next page)

Reiki

Reflexology

Indian Head  
Massage

and more!



A day just for you, with art activities for the person you support while you relax.  
There will also be soup, snacks and hot drinks.  
All free, funded by Uppertunity.

To book a space, please message:  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)

# Connect & Recharge

for parents, family caregivers & unpaid carers of supported adults

9:30am - 4pm, Saturday 3rd August 2024  
at Dudhope Castle, Barrack Road

Treatments are 45 minutes each, at:  
9:30am, 10:30am, 11:30am, 1pm, 2pm, 3pm

## Therapist 1

Innerdoodle:

A combination of unique soundscapes & meditative drawing, exploring & creating new pathways

## Therapist 2

Reiki; Indian Head Massage; Shamanic Energy Healing (Feather Stone); and Sound Healing

## Therapist 3

Angelic Reiki; Indian Head Massage; Reflexology; and combination of Reiki & Reflexology

## Therapist 4

Indian Head Massage; On-Site Massage; and Reflexology

## Therapist 5

Indian Head Massage; On-Site Massage; and Reflexology

To book a space, please message what treatment you would like and what time. First come, first served.

[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)

# ● SWAP SHOP AND COMMUNITY CUPBOARD

We are always looking at ways we can help fight waste as well as show ways to others how to fight waste. We have a Swap Shop in our space. This is a free shopping corner where you can take, borrow or donate items. ALL FREE!

We also have a food cupboard where we sell reduced food items such as snacks, pasta, cereal, soups and cooking ingredients. This is to help reduce waste and help support those who have reduced incomes. This is open to all, and we ask that you are mindful of how much you take. Let's support each other.



# ● VOLUNTEERING OPPORTUNITIES



Are you a home-baker?  
Love cooking and want to use your powers for good?

Become a cook or baker volunteer

Are you a creative person?  
Would you like to help others to express their ideas?

Become a volunteer group facilitator



Are you a sewer?  
Would you like to explore our stash and sew for change?

Become an upcycle or sewer volunteer



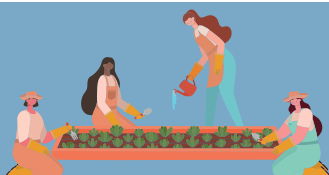
Do you enjoy planning events?  
Would you like to create unique experiences for people?

Become an event planner volunteer



Do you have green fingers?  
Would you like to help shape our outdoor spaces?

Become a garden volunteer



## ● OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

<b><u>Weekly Warriors</u></b> Weekly therapeutic and creative based workshops	<b><u>UppSkills</u></b> Weekly skill based workshops	<b><u>Social Butterflies</u></b> Community based social activities and outings
<b><u>Events</u></b> Monthly socials, foodie pop up's and social gardening	<b><u>Catering</u></b> Climate conscious catering offering inclusive skill opportunities	<b><u>Mini Café</u></b> Café based in Dudhope Castle for members and other tenants
<b><u>Volunteering</u></b> Meaningful volunteering opportunities for all	<b><u>Elephant Wellbeing</u></b> 1-to-1 creative therapy, and 1-to-1 personal development	<b><u>Growing Places</u></b> Garden space for the community

## ● HOW TO GET INVOLVED

### **Referral for weekly groups and volunteering:**

A formal referral is not needed; our process is very simple.

1. Have a look at our newsletter or brochure to see what we have on offer.
2. Then email or phone us, sharing what your interests are.
3. We'll then arrange a chat with Danielle or Caroline, and for you to see the space.
4. You'll sign up for the agreed services, complete a referral form, and fill in a community member postcard with a polaroid photo. You then join the Uppertunity community!

We are not a drop-in service, and look at the dynamic of each group to ensure there is a good fit for everyone to work harmoniously.

## ● CONTACT DETAILS

**DANIËLLE DU PLOOY**  
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07544984289

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