

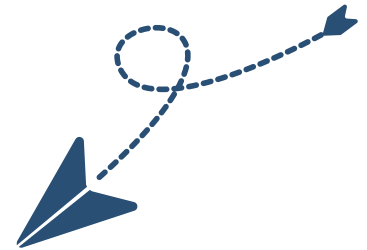
### ● ABOUT UPPERTUNITY



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 skills.

### ● WHAT'S IN THIS MONTH'S NEWSLETTER...

- Updates on our current services
- New groups with spaces: Wise Upp, and Unique Rhythm
- Weekly timetables: Weekly Warrior and UppSkills programmes
- Social Butterflies events
- Community event: Uppertunity's 9th Birthday celebration
- Community event: Bake Off! Enter your cake!
- New Bowling League: Bowling Stones!
- Volunteering opportunities



### ● ANNOUNCEMENTS

We're excited to announce that we have received funding from NHS Charitable Foundation to create a recipe and wellbeing book! This will be led and shaped by our members and volunteers, and we'll be in touch to gather ideas and starting making our book!

We're even more excited to announce the launch of Bowling Stones! An inclusive bowling league specifically for adults (16+) with additional support needs! Enter your team!

We have also received funding from Community Lottery Awards for All to create and develop a trail around Dudhope Castle Gardens. If your organisation would like to be involved in creating a section, please get in touch.



# ● UPDATE ON OUR SERVICES: OVERVIEW OF WHAT WE DO

## Weekly Warriors

Weekly therapeutic and creative based workshops for adults with additional needs



## UppSkills

Weekly cooking and upcycling skill based workshops for adults with additional needs



## Social Butterflies

Various inclusive weekly social activities ranging from group outings to bigger events



## Big Best Life

Personal development opportunities including life skills groups, therapy & skill programmes



## Catering

Climate conscious catering for everyone and all occasions, also offering inclusive skill opportunities



## Mini Take Away

### Café

Café based in Dudhope Castle for members and other tenants



## Volunteering

Meaningful volunteering opportunities for all: supporting groups, cooking, gardening, events and more



## Growing Places

Garden project at Dudhope Castle, involving a trail and growing. Open to all to get involved in



## Bowling Stones

Inclusive bowling league for adults with additional support needs across Dundee



## Changemakers Hub

Community hub run by 5 local organisations, helping to amplify and link existing projects



# ● UPDATE ON OUR SERVICES: NEW GROUPS



## Wise Upp

We offer a weekly life skills group where workshops are interactive and involve discussions. Topics include healthy living, active travel, keeping safe online, healthy relationships, money management, and more. We will be working with other local organisations to run the workshops as well, and will be creating a healthy living book.

**Thursdays, 1pm to 3pm, £4**

We have some spaces available.

## Unique Rhythm

We are offering a fun, interactive and therapeutic music and singing group for adults with additional support needs. This group is supported and led by Ed from Face the Music.

Spaces are limited to 10 individuals each session. We have two sessions:

**Friday's, 10am to 10:50am, £2**

**Friday's, 11am to 11:50am, £2**

We have some spaces available.



# WEEKLY TIMETABLE: WEEKLY WARRIORS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<p><b>Totally Stitched</b> 10am-12pm, £4</p> <p>This group uses fabrics and textiles in different ways to create art, and includes sewing</p>	<p><b>Scribbles</b> 10am-12pm, £4</p> <p>A social and therapeutic arts group where different senses are stimulated and explored</p>	<p><b>Freestyle</b> 10am-12pm, £4</p> <p>A social and creative group where we take part in different creative projects every week</p>	<p><b>Doodles</b> 10am-12pm, £4</p> <p>A social and creative based art group, where we learn to design and create different art</p>
<p><b>Unique Beats</b> 10am to 12pm, £4</p> <p>A performance art focused group where individuals create dramatics, write plans, experiment in film making and more</p>	<p><b>Freestyle</b> 10am-12pm, £4</p> <p>A social and creative group where we take part in different creative projects every week</p>	<p><b>Grow Curious</b> 10am to 12pm Volunteering</p> <p>A fun nature based workshop where we tend to our gardens, learn about nature &amp; help the environment</p>	<p><b>Unique Rhythm</b> 10am to 10:50am, £2 11am to 11:50am, £2</p> <p>A fun, and therapeutic music and singing group, supported and led by Ed from Face the Music</p>
<p><b>Lunch Club</b> 12pm-12:30pm</p> <p>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</p> <p>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</p> <p>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>Grow Curious</b> 10am to 12pm Volunteering</p> <p>A fun nature based workshop where we tend to our gardens, learn about nature &amp; help the environment</p>
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# WEEKLY TIMETABLE: UPPSKILLS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>
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		<p><b>Wise Upp</b> 1pm-3pm, £4</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more</p>	<p><b>General UppCycling</b> 1pm to 3pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn to upcycle small items such as candles, small furniture, and jewellery to sell in our pop-up markets</p>

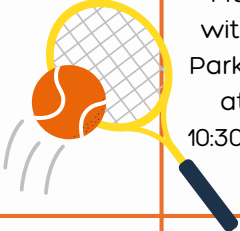






# SOCIAL BUTTERFLIES: WEEKLY EVENTS

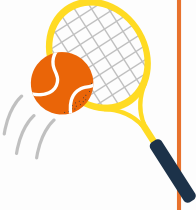

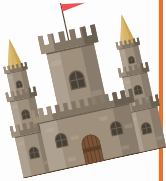


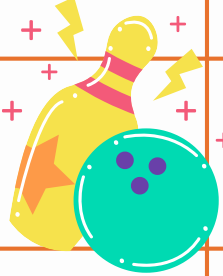

Uppertunity offer a weekly social activity that helps different people connect, have fun and experience new things!

**These alternate between:**

- **Group outings:** these take place across Dundee and surrounding areas
- **World Lunches and Games:** we play some indoor or outdoor games, and then enjoy a themed lunch at Uppertunity, made by our kitchen team
  - **Larger community events:** different themed events
  - **Bowling Stones:** Bowling league starting in November

Date	Community Event	Social Outing	World Lunches	Bowling League
5th Sep Thurs	Destination Dundee workshop: 10am to 1pm, V&A. Come share your ideas and thoughts on how to make Dundee a place for everyone. Free and open to all		Mexican theme lunch, with tennis at Dudhope Park. Meet at Uppertunity at 10am, tennis from 10:30am to 11:30am. Lunch at 12pm, £4	
13th Sep Fri	Uppertunity's 9th birthday celebrations. 12:30pm to 4pm, Dudhope Castle. Take part in activities, watch a drama performance, enjoy food and hear stories! Free and open to all.			
18th Sep Wed	The Great Uppertunity Bake Off. 6pm to 9pm, Dudhope Castle. Enjoy your cake, take part in activities, enjoy fancy tea and mocktails. Free, only open to adults with additional needs.			
26th Sep Thurs			German theme lunch, with tennis at Dudhope Park. Meet at Uppertunity 10am, tennis from 10:30am to 11:30am. Lunch at 12pm, £4	
3rd Oct Thurs		Mixed crafts at Cake or Dice 10am to 12pm, £6. Then lunch at Cake or Dice £8-15		

# SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Community Event	Social Outing	World Lunches	Bowling League
10th Oct Thurs			Indian theme lunch, with tennis at Dudhope Park. Meet at Uppertunity 10am, tennis from 10:30am to 11:30am. Lunch at 12pm, £4	
15th Oct, Tues/ 17th Oct Thurs	Join The Assembly at Uppertunity on the 15th, 10:30am-3pm, and find out about politics, and how to make it fair for people with learning disabilities and who are autistic. Info, games, lunch, all free!		Chinese theme lunch, with indoor games at Uppertunity 10am to 12pm. Lunch at 12pm, £4	
23rd Oct Wed			Visit to Brechin Castle Halloween Trail. Details to be confirmed	
30th Oct Wed	Halloween Party, 6pm to 6pm Dudhope Castle. Dress up and join a night of games, dancing and nibbles. £5, open to adults with additional needs			
6th Nov Wed	Visit to Perth Museum and lunch in Perth. Details to be confirmed			
13th Nov Wed	Destination Dundee workshop: 10am to 1pm, V&A. Come share your ideas and thoughts on how to make Dundee a place for everyone. Free & open to all			
15th Nov Fri				Bowling League begins! 10am to 12pm at Tenpin Dundee
Fri 22nd Nov	Ceilidh, 6pm to 9pm at Coldsides Parish Church. Learn ceilidh dances and have fun with friends. Enjoy stovies and snacks. Wear your best Scottish outfit! £5 for tickets, only open to adults with additional needs.			





# UPPERTUNITY IS TURNING 9 YEARS OLD!



Join us for an afternoon of fun and celebration! There will be various activities...

Interactive music workshop from Face the Music, 12:30pm to 1:15pm

Watch a spooky drama performance at 1:45pm

Get involved in art activities

View some of the work our members make

Enjoy yummy food made by our talented kitchen team

Hear stories from members, volunteers, carers, and staff, as well as hear about our journey

12pm to 4pm, Scrimgeour Room,  
Dudhope Castle, Dundee

Free and open to all. Join in!

Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more information.



# BAKE OFF!

CONTEST!

MOCKTAILS



FUN ART  
ACTIVITIES



CAKE  
DECORATING  
CHALLENGE



## WHEN?

Wednesday  
18th September,  
6pm to 9pm

## WHERE?

Uppertunity,  
Dudhope Castle,  
Dundee

## WHAT?

Wooden spoons at the ready!  
The Great Uppertunity Bake Off 2024 is on!

Bring along your creation and enter it into one of the competition categories below:

- Brownies
- Fruity
- Scones
- Savoury (vegetarian only)

Taste other people's baking, enjoy some fancy teas and mocktails, take part in art and cake decorating activities. This event is free to attend. Entries must be in by 6pm on the day. There will be prizes for each category, plus overall best decorated and most unique. We even have a judge!

WHO IS THIS  
OPEN TO?

This event is only open to adults with additional needs,  
and those who support them.

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



# BOWLING STONES

Bowling League for adults with additional support needs

Teams are made up of 5-10 people, and can be from existing organisations, or you can create your own team.

4-5 individuals from each team will play at each monthly match, with their scores being added to the teams total score for the year.

Join an inclusive bowling league specifically for adults (16+) with additional support needs!

The league is made up of various teams from local organisations from Dundee and surrounding areas. We play once a month, with scores adding up over the year!

This is fun opportunity to meet others and for different services to connect. We will have an annual awards ceremony to celebrate everyone, with specials awards!

The league starts on Friday the 15th of November 2024!

Matches take place on Fridays, 10am to 12pm at Tenpin Bowling, Kingsway Retail Park, Dundee. Each person plays 2 games for £5.50.

Players are welcome to have lunch at Tenpin, and socialise.



Run and managed by Uppertunity.  
Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more info.  
Visit [uppertunity.org.uk](http://uppertunity.org.uk) for more details and rules.



# VOLUNTEERING AT UPPERTUNITY

We are looking for volunteers, aged 16+, to help run our weekly activities and events. These activities all help build confidence and skills, and offer safe socialising opportunities for our clients. Share skills & ideas, get experimental, socialise, learn new things and help us continue what we do!

## **We are looking for:**

- Volunteer group facilitator
- Volunteer cook and baker facilitator
  - Volunteer gardener
  - Volunteer upcycler
- Volunteer event planner

Get in touch to find out more.

# 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. We have a waiting list for most of our services, and we ask that individuals attend regularly and let us know if they can't.

# CONTACT DETAILS

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Co-Manager  
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