



# MONTHLY NEWSLETTER: AUGUST 2025

## WHO IS UPPERTUNITY?

Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives. We work with people aged 16 and over who have an additional support need of any kind, including learning disabilities and autism.

Our mission is to create safe, supportive, and creative spaces that encourage growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection.



# ANNOUNCEMENTS AND UPDATES!

Uppertunity is turning 10 years old on the 15<sup>th</sup> of September!

To celebrate, we're throwing a party on Friday 12th September.

## What's happening?

There will be no regular morning groups that day. Instead, join us for joint art activities, live performances, and a big celebration together! Find out more on page 9.



## New opportunities in the kitchen!

We've received funding from the NHS Charitable Trust, and that means more ways to get involved! Starting in August, we're launching evening cooking & baking skills workshops. We are also expanding our catering for events and the community

### Want to get involved? You can:

Help run evening workshops; support at catering events; and assist with weekday cooking sessions.

We currently have 2 spaces available in our daytime cooking & baking group. No experience needed, just the ability to chop and stir.

 **Speak to an Uppertunity staff member if you're interested.**



## Real Talk is changing to Wise Upp!

Following your feedback, we're changing Real Talk sessions to another Wise Upp group, starting 7th August.

Wise Upp is an interactive space to learn everyday life skills.

 17 Thursdays, 10AM-12PM |  £5 per session

Get in touch to book your space.



## New groups you can join:

Don't forget about our new groups now running each week:

-  **Moving On Upp** - active fun including dance, yoga and movement
-  **UppSkills** - hands-on workshops with new topics each month
-  **Community Connections** - meet local organisations and learn what's happening in Dundee



# WEEKLY TIMETABLE AT UPPERTUNITY

Spaces must be booked ahead of time. Get in touch to find out about available spaces.

| Tuesday   | Wednesday  | Thursday  | Friday  |
|---|--|---|---|
| Lunch Club 12pm to 1pm - all welcome. Bring your own lunch or buy from our mini café  |  |   |   |
| <p><b>MORNING</b><br/> <b>Totally Stitched</b><br/>           10am-12pm, £5</p> <p>This group uses fabrics and textiles in different ways to create art, including sewing</p>     | <p><b>MORNING</b><br/> <b>Scribbles</b><br/>           10am-12pm, £5</p> <p>A social and therapeutic arts group where different senses are stimulated and explored</p>                     | <p><b>MORNING</b><br/> <b>Freestyle</b><br/>           10am-12pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>                                | <p><b>MORNING</b><br/> <b>Moving on Upp</b><br/>           10am-12pm £5</p> <p>A fun active and social group offering different activities including dance, yoga and ball sports</p>      |
| <p><b>MORNING</b><br/> <b>Unique Beats</b><br/>           10am-12pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, filmmaking, and more</p>        | <p><b>MORNING</b><br/> <b>Freestyle</b><br/>           10am-12pm, £5</p> <p>A social and creative group where we take part in different creative projects every week</p>                   | <p><b>MORNING</b><br/> <b>Upp Skills</b><br/>           10am-12pm, £5</p> <p>A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website</p>                 | <p><b>MORNING</b><br/> <b>Doodles</b><br/>           10am-12pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>                    |
| <p><b>AFTERNOON</b><br/> <b>Freestyle</b><br/>           1pm-3pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>                    | <p><b>AFTERNOON</b><br/> <b>Unique Beats</b><br/>           1pm-3pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more</p> | <p><b>MORNING</b><br/> <b>Wise Upp</b><br/>           10am-12pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc</p> | <p><b>MORNING</b><br/> <b>Unique Rhythm</b><br/>           10am-10:50am, £3<br/>           11am-11:50am, £3</p> <p>A fun music singing group, supported led by Ed from Face the Music</p> |
| <p><b>AFTERNOON</b><br/> <b>Scribbles</b><br/>           1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p> | <p><b>AFTERNOON</b><br/> <b>Totally Stitched</b><br/>           1pm-3pm, £5</p> <p>This group uses fabrics and textiles in different ways to create art, including sewing</p>              | <p><b>AFTERNOON</b><br/> <b>Scribbles</b><br/>           1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>             | <p><b>MORNING</b><br/> <b>Grow Curious (Garden Volunteering)</b><br/>           10am-12pm</p> <p>A fun nature based workshop where we tend to our gardens</p>                             |
|   |  | <p><b>AFTERNOON</b><br/> <b>Wise Upp</b><br/>           1pm-3pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc</p> | <p><b>AFTERNOON</b><br/> <b>Scribbles</b><br/>           1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>         |
|   |  |   | <p><b>AFTERNOON</b><br/> <b>Upp Makes</b><br/>           1pm-3pm, £5</p> <p>An advanced art group learning skills such as woodburning, specific painting styles, and more</p>             |

# WHAT DO WE DO AND OFFER?

There's always something happening at Uppertunity! Here's a handy guide to everything we offer: from weekly workshops to outings, volunteering, and more. Come join the fun, learn new things, and be part of our amazing community.

## **Weekly Warriors**

We have over 18 creative and confidence-building workshops every week, all fun, friendly, and inclusive! All workshops are designed for adults with additional support needs, learning disabilities and who are neurodiverse.

 **Tue-Fri, 10am-3pm, at Uppertunity.**

See full timetable on page 2 or visit our website. Most of our groups are full, but we have some spaces available.



## **Social Butterflies**

Fun and inclusive social activities and events aimed at adults with additional support needs.

### **What different activities happen?**

#### **Monthly Themed Events & Gatherings**

- From discos to mini festivals to more  
  **Group Outings** - Explore Dundee together

 **Bowling Stones League** - Our friendly monthly bowling league

 **Community Connections** - Meet others and find out about local services

 **Lunch Club** - Tues to Fri, 12-1PM (bring your lunch or buy something from us!)

### **How to join?**

Check our social calendar for what's coming up next and book a space.

## **UppLift - Explore Your Potential**

A space for personal growth, skill development, and support. Here's what's included:

 **Achievements & Awards:** We love celebrating your achievements, from badges to annual awards! All achieved through our volunteering roles.

 **UppSkills:** Try hands-on skills like music, photography, upcycling & more!  
Thursdays, 10AM-12PM | £20 for 4 weeks. See page 5 for upcoming courses.

 **Volunteer With Us:** Help in the kitchen, garden, events, or creative groups. Learn new skills and meet new people.

# WHAT DO WE DO AND OFFER?

## Serendipities Enterprise

Did you know that Uppertunity runs a catering business? Serendipities helps us do three great things:

1. Give our members (you!) chances to learn new skills in a real kitchen.
2. Show the world that everyone has something to offer, we just need the right space and support.
3. Earn money to keep our core Uppertunity services running.

### How can you get involved?

Be part of our kitchen team and learn useful food skills:

- Help with cooking, baking, and food prep for daily lunches, events and orders
- Help serve food at events or pack up catering orders

**Interested?** Just ask to join the Serendipities team by speaking to a staff member!



## Dudhope Castle History & Nature Trail

We've created a beautiful trail around Dudhope Castle for everyone to enjoy!

The History & Nature Trail is a self-guided walk through one of Dundee's most historic spots. With 15 creative stops, the trail includes: Hidden objects to spot; sensory and mindful reflections; poems and nature-inspired prompts; and fun things to interact and play with

**Open all the time, take a walk whenever you like!**

Want to help us look after the trail? Let us know!

## Power of Diversity

A new Uppertunity project building brave, inclusive and creative communities.

### What will it include:

- Workshops and events with different people and places
- Helping businesses be more inclusive
- A new campaign called 'Plant a Conversation' to celebrate difference, and encourage people to try something new

 More exciting news coming soon, stay tuned!

# UPPSKILLS - NEW COURSES COMING UP

UppSkills is hands-on workshops that change every 4 weeks. We'll explore a new skill in each block such as photography, music, digital creativity and more. It's a great way to try new things, learn new skills and build confidence!

**Thursdays, 10AM-12PM | £20 for 4 week block**

## FURNITURE UPCYCLING - AUGUST

**Starts 7<sup>th</sup> August | 4 weeks | £20**

Work on a piece of furniture together! Learn how to choose a good piece and prepare it for upcycling.

Practice decorative techniques like paint washes, stencilling and decoupage. Have a go at distressing a piece and finishing it so it can be used in your home.



## SING UPP! - SEPTEMBER

**Starts 4<sup>th</sup> September | 4 weeks | £20**

Join our joyful singing group and make music together!

This course includes singing in a group (no experience needed!), playing with rhythm, movement and percussion instruments, and using Makaton to support inclusive singing. We'll work towards a fun group performance at the end.



## JEWELLERY SKILLS - OCTOBER

**Starts 2<sup>nd</sup> October | 4 weeks | £20**

Get creative and make your own personalised jewellery!

You'll learn simple stringing techniques to create bracelets and necklaces, how to choose and combine beads and colours, and ways to design pieces that reflect your own style. A great way to express yourself, relax, and create something unique to take home.



# COMMUNITY CONNECTIONS

## Want to know what's happening in Dundee?

Come along to our new Community Connections group and meet local organisations, ask questions, and discover exciting opportunities near you! We kicked things off on 22nd July with two great visits:

### **The Assembly**

Debbie & Ebi shared how they help people with disabilities get their voices heard.

They gave us free keyrings and "3 Things About Me" cards, helpful for travel, appointments or everyday life. They also told us about their fun weekly meetings in Dundee.

### **Tayside Police**

Ross & Craig answered lots of our questions, including what all the bits on their yellow vests are for! They reminded us to call 999 in an emergency, and 101 if something's worrying us. Their main message: The police are here to help, you can always ask them a question.

### **What's Next?**

Each month, we'll invite new guest speakers to talk about services, events, and support available across Dundee. See upcoming workshops below.

## ENABLE & DVVA (DUNDEE VOLUNTEER AND VOLUNTARY ACTION)

🌟 **Tuesday 5th August, 1-3pm, Dudhope Castle, Free**

Learn about Enable's support for learning and work, and discover volunteering opportunities and community events from DVVA.

## NATIONAL INVOLVEMENT NETWORK

🌟 **Friday 15th August, 1-3pm, Dudhope Castle, Free**

Hear how they support individuals to have more choice and control in their lives and get involved in shaping the services they use.

## DUNDEE LIBRARY

🌟 **Wednesday 3<sup>rd</sup> September, 11am-12pm, Dudhope Castle, Free**

Find out what Dundee Library has to offer beyond books, from Lego robotics and 3D printing to free workshops, learning resources, IT support and more.

## ACTIVE DUNDEE

🌟 **Wednesday 17<sup>th</sup> September, 10am-12pm, Dudhope Castle, Free**

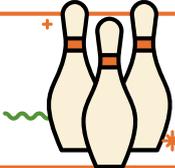
Discover local sport, leisure, and wellbeing opportunities across Dundee, including free and low-cost activities to help you stay active and connected.

# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

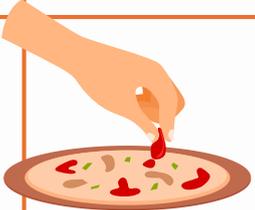
Uppertunity offers a programme of weekly social activities

## These alternate between:

-  Events at Uppertunity - fun gatherings, creative sessions, and themed socials
-  Social Outings - exploring new places in Dundee as a group
-  Bowling Stones League - our friendly and inclusive bowling league
-  Community Connections - find out about other local services and organisations

| Date   | Event at Uppertunity  | Social Outing   | Bowling League  |
|--|---|---|---|
| Aug<br>2 <sup>nd</sup> Sat                               |    | <p><b>Music &amp; Arts Festival at Forgan Arts Festival - Saturday 2nd Aug, 2-9pm.</b><br/>Live music and art activities. Reduced ticket price £15 with free carer, book in advance online at <a href="http://forganartscentre.co.uk/all-events">forganartscentre.co.uk/all-events</a>. Uppertunity will be serving food.</p> |   |
| Aug<br>5 <sup>th</sup> Tue<br>/ 6 <sup>th</sup><br>Wed   | <p><b>Uppertunity Volunteer Celebration and Awards night, Wednesday 6th Aug, 6pm-9pm</b> - Join us for a celebration of all our volunteers! There will be food, music, games and fun awards! This is open only to Uppertunity volunteers.</p>                   | <p><b>Community Connections with Enable and DVVA, Tuesday 5th Aug 1-3pm</b> - Come find out about what is on offer in Dundee. Free</p>  |   |
| Aug<br>15 <sup>th</sup> Fri<br>/ 16 <sup>th</sup><br>Sat | <p><b>Dudhope Park Fun Day, Saturday 16<sup>th</sup> Aug 11am to 3pm</b> - Lots of fun activities, open to all! Uppertunity will have outdoor nature activities at the Castle, and mocktails. Free entry to main event, and activities free at Uppertunity.</p> | <p><b>Community Connections with National Involvement Network, Friday 15th Aug 1-3pm</b> - Come find out about what is on offer in Dundee. Free</p>   |  |
| Aug<br>22 <sup>nd</sup> Fri                              |    |    | <p><b>Bowling League, (22<sup>nd</sup> Aug) 10am to 12pm, Tenpin</b></p>              |
| Aug<br>29 <sup>th</sup> Fri                              | <p><b>Walk &amp; Talk at Baxter Park, Friday 29th Aug 11am</b> - Join in for a walk around Baxter Park, followed by Soup &amp; Roll at Boomerang, £2</p>  |   |   |
| Sep<br>3 <sup>rd</sup><br>Wed /<br>4 <sup>th</sup> Thu   | <p><b>Community Connections with Dundee Libraries, Wed 3<sup>rd</sup> 11am - 12pm</b><br/>Explore what the libraries have to offer. It's much more than just books! Free</p>  | <p><b>Chair Yoga at Boomerang, Thursday 4<sup>th</sup> Sep 11.30am-12.15pm</b> - Join in some gentle yoga, £2, followed by Lunch Club £4</p>  |  |

# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

| Date  | Event at Uppertunity  | Social Outing  | Bowling League  |
|---|---|--|---|
| Sep<br>12 <sup>th</sup> Fri   | <b>Uppertunity's 10<sup>th</sup> Birthday celebration!</b><br><b>Friday 12<sup>th</sup> at Dudhope Castle, 10am to 1pm</b> - Uppertunity is turning 10! There will be art activities, live performances, lunch, and cake. Free, and everyone is welcome!                            |   |   |
| Sep<br>17 <sup>th</sup><br>Wed /<br>19 <sup>th</sup> Fri<br>/ 20 <sup>th</sup><br>Sat | <b>Community Connections, Wed 17<sup>th</sup> 10am - 12pm</b><br>The team from Active Dundee are visiting Uppertunity! Find out what they offer even try out some activities! Free.   | <b>Stobswell Community Harvest, Sat 20<sup>th</sup></b><br>Join in a day of making and sharing food. Details coming soon.  | <b>Bowling League, (19<sup>th</sup> Sep)</b> 10am to 12pm, Tenpin   |
| Sep<br>23 <sup>rd</sup><br>Tues /<br>26 <sup>th</sup> Fri                             | <b>Pizza making workshop, Friday 26<sup>th</sup> 1pm to 3pm</b> - Come along to Uppertunity and find out about different ways to make pizzas that are affordable, good for you, and good for the planet. You'll be making your own pizza! Spaces must be booked. Free, open to all. | <b>V&amp;A Garden Futures exhibition and picnic, Tuesday 23<sup>rd</sup>, 11:45am to 2pm</b> - Enjoy a guided tour of the V&A's Garden Futures exhibition, followed by a picnic at Urban Beach. Meet at V&A at 11:45am for a 12pm start. Bring a packed lunch. Free. Book with Uppertunity staff by 22 August. |    |
| Oct<br>4 <sup>th</sup><br>Sat   |    | <b>Live Music at Clarks on Lindsay Street, 5.30pm to 9pm</b> - Meet at Clarks to enjoy 'The Interceptors' (Rock through the eras from the 60s to 00s). £3 entry. Bring snacks & money for drinks.  |   |
| Oct<br>17 <sup>th</sup> Fri   |   |   |  <b>Bowling League, (17<sup>th</sup> Oct)</b> 10am to 12pm, Tenpin |
| Oct<br>29 <sup>th</sup><br>Wed  | <b>Halloween Party Wednesday 29<sup>th</sup> October, 6-9pm</b> - Join in some Halloween fun with a party at Fairmuir Bowling Club, Games, DJ music and food! £5  |  |   |
| Nov<br>27 <sup>th</sup><br>Thur   | <b>Sports dinner, Thursday 27<sup>th</sup> November, 6pm to 9pm</b> - We are celebrating our Bowling Stones bowling league with a dinner and awards night, at Fairmuir Bowling Club. All welcome. Dinner, music and awards. Free.   |   |   |
| Dec<br>10 <sup>th</sup><br>Wed  | <b>End of year festive party, Wednesday 10<sup>th</sup> Dec 6-9pm</b> - Join in some festive celebrations, with games, music and food! £5   |    |   |

**UPPERTUNITY IS TURNING 10 YEARS OLD!**

# UPPERTUNITY IS 10<sup>th</sup> TURNING 10!

Friday 12th September  
10.00am to 1.00pm

 **Celebrate 10 Years of Creativity and Community at Uppertunity!** 

Join us for a fun-filled day!

## **Event Schedule:**

- 10:00am** - Interactive drumming with Face the Music
- 10:45am** - Dance show & try-it-yourself activities
- 11:30am** - Poetry & drama performances
- 12:00pm** - Thank you's, followed by lunch & cake

## **Throughout the morning:**

Get creative with art activities on the tables  
Explore our member photography & art exhibition  
Discover handmade props and behind-the-scenes displays from our drama groups  
Sneak peek: Watch clips from a film-in-progress by our members

 Learn what we've been up to over the past year and share your ideas for the future!

**Free Entry | Scrimgeour Room | All Welcome**

# BOWLING STONES LEAGUE – GAME 9 RECAP!

9 teams. 9 strikes. And loads of laughs! We held our 9th league game in July, and everyone brought the energy, the cheers, and lots of impressive throws!

We've got just 3 games left before we wrap up the league year with a celebration sports dinner, but there's still time to join in the fun! Whether you're a seasoned bowler or just in it for the good times, you're welcome.

## **Upcoming League Dates (Fridays):**

22nd August | 19th September | 17th October

 Meet at 10AM at Tenpin Bowling Dundee (Kingsway Retail Park)

 £5.70 for two games

## **What's next?**

As we near the end of the season, we'd love your thoughts: Should we continue with bowling? Or would you like to try a new league like pool, or something totally different? Share your thoughts with us.



# JOIN US

## Joining 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. 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 joining form, and fill out a community member postcard with a 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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