

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 🌟

January Highlights

We started 2026 with some exciting work on our first exhibition! We had a fun and colourful photo session with Kathryn Rattray and Penny, posing with our soft wearable sculptures from the Hooley. The next week we explored expression through dance and movement with "What Moves You". We took part in an anxiety and mental health workshop, thanks to Grow Counselling. Our amazing kitchen team fulfilled a catering order for over 150 people! Finally, thank you to Forgan Art Centre for hosting our team day, where we learned some new ceramic techniques!

Two Uppertunity Exhibitions in February!

Uppertunity is proud and very excited to present two exhibitions showcasing artwork created by our community! These exhibitions celebrate creativity, care, difference, and togetherness. More info on dates and venues on the next page. We would love for you to join us at our launch on Tuesday 17 February, 11am - 2pm, Central Library Victoria Road Entrance (Wellgate).



Volunteer Information

For our wonderful volunteers, we have two important dates coming up in February: All kitchen volunteers are requested to attend a session on food hygiene, kitchen safety & skills. **Monday 2nd February, 1pm-3pm**, at Uppertunity, Dudhope Castle

For all volunteers, on **Thursday 12th February** we are holding our Volunteer Celebration at Innoflate. We'll have some fun, followed by food & awards! 3pm to 5pm, Innoflate, Ethiebeaton Park, Dundee DD5 4HB. If you need help getting to Innoflate, we can help with transport, please let us know!

Tuesday Morning Groups

Totally Stitched is being reworked into Unique Beats: Backstage. This will be a relaxed performance art themed group looking at making props and costumes, writing activities and relaxed drama games. Perfect for those who are interested in storytelling, costume and set design, and other aspects of performance arts, who aren't so interested in on stage performance!



🌟 Sign Up to Our Online Newsletter! 🌟

Remember to sign up for our online newsletter!

Scan the QR code or follow the link to join our mailing list – it only takes a moment: uppertunity.org.uk/monthly-newsletter



DIFFERENT TOGETHER

Paintings celebrating diversity,
creativity, and belonging.

17th February — 14th March 2026

ScrapAntics Window, Third Floor,
Wellgate Centre



FORMING CARE

Exploring Care through
sculpture, movement, and
community.

17th February — 6th March 2026

Central Library Entrance, Wellgate



Join us for a double exhibition launch

Tuesday 17th February, 11am — 2pm, Central Library

Welcome drink • Meet the artists • Pick up a copy of our zine • Create
art that will be featured in our next exhibition!

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 lunch menu.			
MORNING Unique Beats: Backstage 10am-12pm, £5 A chill performance art group where we make props, write stories and poetry, and more.	MORNING Scribbles 10am-12pm, £5 A social and therapeutic arts group where different senses are stimulated and explored	MORNING Freestyle 10am-12pm, £5 A social group where we explore new creative projects, and experiment with art	MORNING Moving on Upp 10am-12pm £5 A fun active and social group offering different activities including dance, yoga and ball sports
MORNING Unique Beats 10am-12pm, £5 A performance art group where we explore dramatics, write scripts, filmmaking, and more	MORNING Freestyle 10am-12pm, £5 A social and creative group where we take part in different creative projects every week	MORNING Upp Skills 10am-12pm, £5 A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website	MORNING Doodles 10am-12pm, £5 A social and creative based art group, where we learn to design and create different art
AFTERNOON Freestyle 1pm-3pm, £5 A social group where we explore new creative projects, and experiment with art	AFTERNOON Unique Beats 1pm-3pm, £5 A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more	AFTERNOON Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	MORNING Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3 A fun music singing group, led by Ed from Face the Music
AFTERNOON Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	AFTERNOON Totally Stitched 1pm-3pm, £5 This group uses fabrics and textiles in different ways to create art, including sewing	AFTERNOON Wise Upp - Life Skills 1pm-3pm, £5 An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	MORNING Grow Curious (Garden Volunteering) 10am-12pm A fun nature based workshop where we tend to our gardens
			AFTERNOON Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored

UPPSKILLS - NEW COURSES COMING UP

UppSkills is a series of 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 a 4-week block

PRACTICAL GREEN LIVING - FEBRUARY

Starts 5th February | 4 weeks | £20

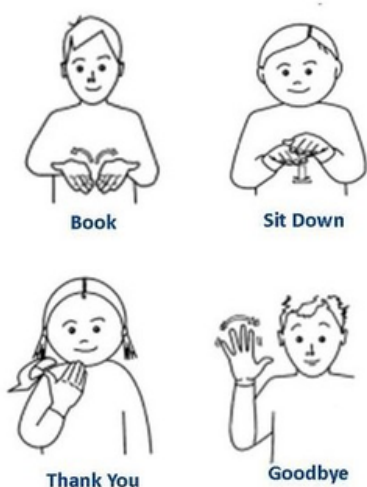
Join 4 weeks of fun, where we will make things that help us be more environmentally friendly. We'll make useful, everyday items like natural air fresheners, soaps, and indoor herb planters, as well as learn how to fix items like clothes. We'll explore simple swaps we can use at home including cooking ideas! The sessions will be hands-on, creative, and focused on small changes that make a difference.



HAVE FUN WITH MAKATON - MARCH

Starts 5th March | 4 weeks | £20

Over 4 weeks, we'll learn Makaton with a guest tutor. Makaton uses signs and symbols alongside speech to support communication. We'll learn signs through movement and play, and explore different ways to express ourselves and share what we think and feel. Themes will include feelings and emotions, hobbies and interests (such as music, sport, art, and favourite activities), and people and relationships (friends, family, staff, and kindness).



SING UPP - APRIL

Starts Thurs 4th April | 4 weeks | £20

A joyful singing group where we'll explore rhythm, movement & percussion, and build confidence in your voice. No experience needed, just come ready to make music together! We'll work towards a fun group performance at the end.



MOVING ON UPP - SPACES AVAILABLE!

Are you looking for a fun active group? We have a few spaces in our Moving on Upp group!
We do active games, yoga, and dance activities with an instructor!

Once a month we also go bowling as part of our Bowling Stones League!

Fridays, 10AM-12PM | £5 per session (£5.70 for Bowling)



TUESDAY MORNING - GROUP UPDATE

Starting from February, Totally Stitched on a Tuesday is becoming another Unique Beats. This is because Totally Stitched is not well attended with only a few members attending. We instead have large amounts of requests to join a drama group. Both of our Unique Beats groups are full and attendance is very good. By turning Totally Stitched into another Unique Beats, more people will be able to join.

The two groups will do slightly different activities to cater to different goals and tastes.

Art Room 1 - Unique Beats: Backstage

This group will focus on hands on crafts, creating costumes and props for the performance art groups. Members will come up with ideas for props and how to make them, experiment with materials and getting involved in performance days if wanted. They can shape the activities of the group, if they want to try story writing, poetry and calm drama games.



Art Room 2 - Unique Beats

This group will remain a performance focused group, with a faster pace and lots of movement and interaction. Members work together to write performances, stories and act out roleplays. The group plays games that engage the imagination, get the body moving a bit, and encourage members to listen and work with each other's ideas.



SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

Join us for fun gatherings, themed parties, creative workshops, and seasonal celebrations, all designed to bring people together in a safe, welcoming space full of laughter, fun, and community.

DATE	DETAILS	WHERE & COSTS
February 13 th Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling! 	Tenpin, Kingsway £5.70
February 17 th Tuesday - 14 th March	Different, Together Exhibition Our collaborative art project will be on display in Scrapantics Space at the Wellgate!	Scrapantics, Wellgate Centre Free to View
February 17 th Tuesday - 6 th March	Forming Care Exhibition Come see our soft sculptures, professional photos and videos from our dance session!	Central Library, Wellgate Centre Free to View
February 20 th Friday 12pm-5pm	Dates-n-Mates Event Uppertunity is joining a larger event with interactive relationship workshops and a daytime disco!	Fairmuir Social Club, Balgray Street Booking required. See poster.
March 19 th Thursday Meet at 10am	Dundee Museum of Transport Explore the past, present and future with the Museum's guides. Enjoy lunch together in the museum café or bring a packed lunch.	 Market Street Unit 10 Dundee DD1 3LA Entry £6, Carers free.
March 13 th Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling! 	Tenpin, Kingsway £5.70
April 17 th Friday 10am start	Botanic Garden Visit Join in some outdoor games, explore the spring gardens, followed by lunch at Uppertunity.	Botanic Gardens, Dundee £3.50 per person, +1 carer free
April 10 th Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling! 	Tenpin, Kingsway £5.70

BOOK YOUR SPACES!

RELATIONSHIPS MATTER

We want to find out what is important about relationships, love and friendships for people with learning disabilities living in Dundee.

**Join us on Friday 20th February 2026
for workshops, information sessions,
followed by a Bar, Buffet and Disco!**

12PM - 2PM

Workshops on Relationships for people with Learning Disabilities, their Support and Carers

2PM - 5PM

Buffet • Entertainment from DJ Stephen Crumlish

FAIRMUIR SOCIAL CLUB

17 BALGRAY STREET • DUNDEE DD3 8HL

TICKET PRICES

£6 • £3 for Support & Carers

OVER 18 YEARS OLD ONLY

To book scan QR code
or call **01382 435 338**



BOWLING STONES LEAGUE!



An inclusive bowling league for adults (16+) with additional support needs.

Next League Dates (2025/26)

Fridays | 10am sign-in 10:30am start | 12pm finish

£5.70 for two games

Tenpin, Kingsway Retail park, Dundee

14th Nov	12th Dec
16 th Jan	<u>13th Feb</u>
13th Mar	10th Apr
22nd May	19th Jun
17th Jul	14th Aug
11th Sep	9th Oct



Contact info@uppertunity.co.uk for more info or to join. You can join the league any time.

☀️WANT TO SUPPORT US?☀️

There are several different ways you can support Uppertunity to continue our activities!

Volunteering

Our volunteers are at the heart of Uppertunity, we genuinely couldn't do what we do without them. We're lucky to work with an amazing mix of people who bring energy, care, and joy into our spaces. Volunteering opportunities range from helping out in our creative workshops, supporting activities at events, supporting our catering service in the kitchen, and building and maintaining our gardens.



Sharing Experience and Expertise

We work with people and organisations to run workshops and activities such as music, movement, crafts, wellbeing, life skills, and more. If you have a skill or idea that could fit well with our community, please get in touch. We value people's time and usually have a budget to support collaboration.

Donations

Your generosity helps us create inclusive, empowering spaces for adults with additional support needs. Every donation, big or small, makes a difference. A one-off or regular donation helps us run creative workshops, offer inclusive events, and maintain our space. You can donate securely through PayPal via our website! We also welcome donations of art and craft supplies.



Every donation, volunteer and supporting collaborator supports us to build confidence in our members, help them learn new skills, and feel part of a community. Thank you for helping us grow a more inclusive and creative world!

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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