

## 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

## ★ December Highlights ★

December was bursting with creativity and festive fun! We proudly took part in Dundee's Hooley Parade, dressed in our handmade soft sculptures and soaking up the amazing atmosphere. We celebrated the year with our end-of-year festive party, full of laughter, music, and togetherness. Over at Roundhouse, we ran a fun batch-cooking session, learning new skills and sharing delicious food. And to finish off the month, our WiseUpp group enjoyed a games workshop at Cake or Dice, the perfect cosy activity for winter days.

## ★ Looking Ahead to 2026 ★

As we look ahead to 2026, we'll be taking time to review what we do – including our programmes, our space, and how we support people. We'll be running vision days and planning one-to-one catch-ups. If you have ideas or feedback, please have a chat with Danielle or Caroline, we're always happy to listen.

## ★ Volunteers Needed ★

We're looking for friendly volunteers to help run sessions and support our members across our programmes. If you'd like to get involved, or know someone who might be interested, please email [daniellepd@uppertunity.co.uk](mailto:daniellepd@uppertunity.co.uk).

More information on the next page.

You  
can  
**HELP**

## ★ Exhibitions - Get Involved ★

We're planning a series of exhibitions and are looking for spaces and specialist support to help bring them to life. If you can offer a venue, skills, or would like to be involved in any way, we'd love to hear from you. More information on page 9.

## ★ 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](http://uppertunity.org.uk/monthly-newsletter)



# WE'RE LOOKING FOR VOLUNTEERS!

Our volunteers are at the heart of Uppertunity, we genuinely couldn't do what we do without them. From performers to quiet supporters, from social butterflies to creative experimenters, we're lucky to work with an amazing mix of people who bring energy, care, and joy into our spaces.

**We do have a few specific roles we'd love to fill...**

## **Volunteer for Unique Beats Tuesdays, 10am-12pm**

Do you love getting into character, being weird, and imaginative? Unique Beats is our performance art group where we dive into dramatics, play with characters, write scripts, create small films, and explore all kinds of expressive storytelling.

We're looking for someone who can bring a little fun and weird, and support members to join in at their pace, and help us keep the sessions fun, inclusive, and full of creativity.

## **Volunteer for Scribbles Thursdays, 1pm-3pm**

Do you enjoy chatting, getting creative, and helping others relax into a bit of playful making? Scribbles is our gentle craft group, lots of experimenting, lots of colour, and lots of chilled-out conversation.

We're looking for someone who loves supporting people to try new things, socialise, and enjoy a calm space to unwind and be creative.

## **Garden Volunteer Friday, 10am-12pm**

Do you enjoy being outdoors? Do you have green fingers? Our garden project is all about supporting biodiversity, the environment, curiosity and encouraging people to get out and about. We're looking for someone who is enthusiastic and can support our member volunteers with garden and outdoor tasks. Physical outdoor tasks required, and have the ability to work with garden tools safely and support others.



Interested? Email Danielle (Manager) at [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk). Feel free to ask any questions.

All volunteers are welcome to a free soup and/or 50% on our menu!

All roles are subject to completed disclosures before starting.

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

## MENTAL HEALTH AND WELLBEING - JANUARY

**Starts 8<sup>th</sup> January | 4 weeks | £15**

January is all about wellbeing! We'll explore ways to understand and manage anxiety, find different ways to express ourselves, and learn how to care for ourselves and others. Sessions will also include play, creativity, and different activities to help us feel calmer and more confident.



## PRACTICAL GREEN LIVING - FEBRUARY

**Starts 5<sup>th</sup> February | 4 weeks | £20**

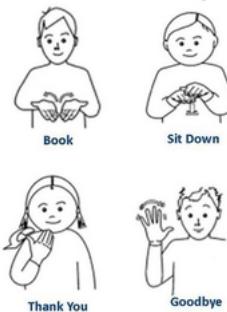
Join 4 weeks of fun, where we will make things that help us be more environmentally friendly. We'll make useful, everyday items like natural air fresheners, soaps, and indoor herb planters, as well as learn how to fix items like clothes. We'll explore simple swaps we can use at home including cooking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



## HAVE FUN WITH MAKATON - MARCH

**Starts 5<sup>th</sup> 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).



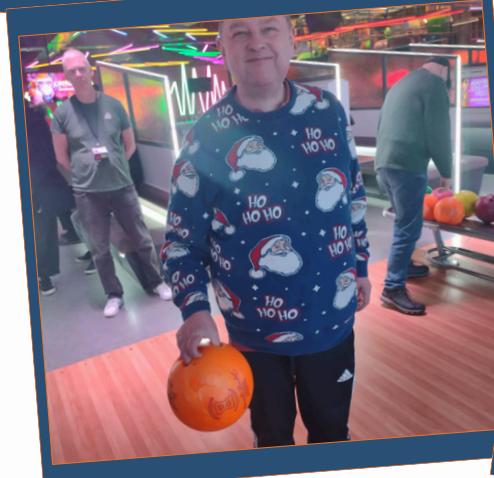
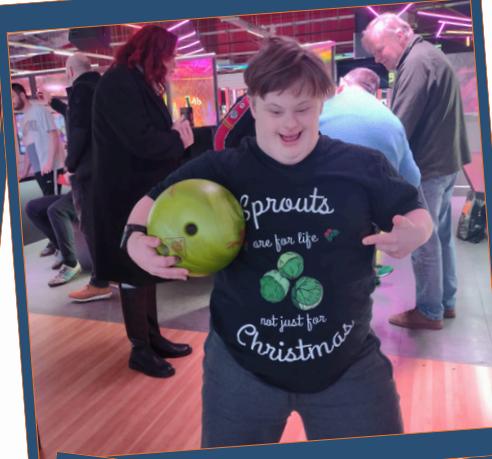
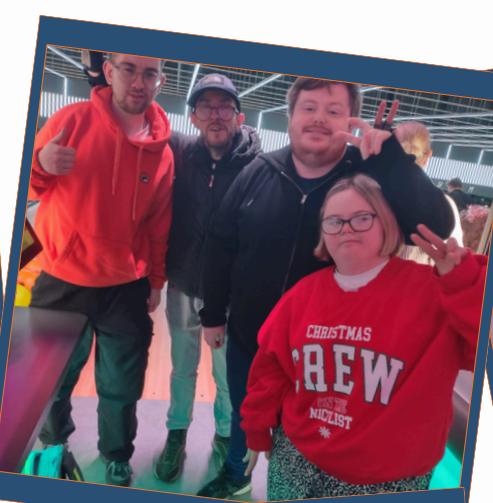
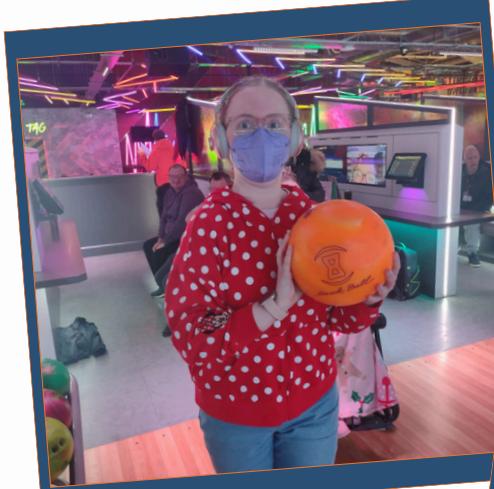
# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

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
January 15 <sup>th</sup> Thursday 10am-12pm	<p><b>Photo Shoot with Kathryn Rattray</b>            Take part in a fun photo shoot using our sculptures, lights, and music. Build confidence, enjoy posing, and express yourself in a relaxed way, followed by a community lunch.            Spaces are limited, please get in touch.            Photos will be part of an exhibition.</p> 	Uppertunity, Dudhope Castle Free Join for lunch from 12pm (charged)
January 16 <sup>th</sup> Friday 10am-12pm	<p><b>Bowling Stone League Game</b>            Join in two games of bowling!</p> 	Tenpin, Kingsway £5.70
January 22 <sup>nd</sup> Thursday 10:30am-12pm	<p><b>Creative Expression &amp; Movement</b>            Join a playful session with "How We Move", using movement, props, lights, and music to explore how we express ourselves. We'll try different ways of moving, build confidence, and maybe even try a fun catwalk together.            Spaces are limited, please get in touch.</p>	Uppertunity, Dudhope Castle £5 
January 29th Thursday 12pm-3pm	<p><b>Pamper Party &amp; Gift swap!</b>            Treat yourself to mini-treatments, make your own products to take home and swap unwanted gifts for something you love!</p>	Scrimgeour Room, Uppertunity Free entry   £1 per treatment Soup, hot drinks & treats included.
February 13 <sup>th</sup> Friday 10am-12pm	<p><b>Bowling Stone League Game</b>            Join in two games of bowling!</p> 	Tenpin, Kingsway £5.70
February 20th Friday	<p><b>Dates-n-Mates Event</b>            Uppertunity is joining a larger event with interactive relationship workshops and a daytime disco!</p>	Details to be confirmed. Save the date!
March 19 <sup>th</sup> Thursday Meet at 10am	<p><b>Dundee Museum of Transport</b>            Explore the past, present and future with the Museum's guides. Enjoy lunch together in the museum café or bring a packed lunch.</p>	Market Street Unit 10 Dundee DD1 3LA  Entry £6, Carers free.

## BOOK YOUR SPACES!

# PHOTOS FROM BOWLING STONES - DECEMBER



# BOWLING STONES LEAGUE...NEW SEASON!



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

Teams play from Dundee & surrounding areas. We play once a month, with scores adding up over the year! The league is fun way to meet others & connect services. Each season ends with a special Sports Dinner & Awards Ceremony open to everyone.

## 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 <sup>th</sup> Jan	13th Feb
13th Mar	10th Apr
22nd May	19th Jun
17th Jul	14th Aug
11th Sep	9th Oct



Run and managed by Uppertunity.  
Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more info.



# PAMPER PARTY & GIFT SWAP

Thursday 29<sup>th</sup> January 2026  
12pm - 3pm

**Come along and treat yourself!**

Try out mini-treatments like hand massages, hair-ups, reiki and nail painting.

Make your own products to use at home.

Bring unwanted Christmas gifts to swap with others. Find something you love!

Enjoy a cosy lunch, hot drinks & sweet treats with friends.

**Free Entry | Treatments £1 each  
Scrimgeour Room, Dudhope Castle**

Let a member of Uppertunity staff know if you're coming.

# EXHIBITIONS COMING IN 2026!

We are very excited to share that we have three exhibitions next year. These exhibitions are a chance to show everyone the amazing art and talent in our community. We will also run fun activities and workshops for people to join in.

Exact dates and venues will be confirmed soon.

## 🌟 February 2026 – Forming Care 🌟

This exhibition is all about care – caring for ourselves, caring for others, and caring for our community.

We have been making soft sculptures and will have a photography session on 15 January. This will be a fun day where we take professional photos, pose with our sculptures, and build confidence. These photos will be part of the exhibition.

We also have a movement workshop on 22 January with What Moves You. We will use dance, lights, and our sculptures to express feelings and tell stories.

## 🌟 May 2026 – Drawing Connections 🌟

This exhibition is about how we connect with other people and how we are part of different communities and environments.

We will be using drawing and painting to explore these ideas. We will try new drawing techniques, work with guest artists, and create BIG art pieces together!

## 🌟 August 2026 – Scripts of Courage 🌟

This exhibition looks at brave conversations, identity, and vulnerability (being open and honest about who we are).

We will be making short films, writing poetry, and trying other creative activities. We will also invite special guests to help guide the sessions.



**WE NEED YOUR HELP!**

We are looking for a venue to host our exhibitions. We need:

A window or wall to display artwork, space for the exhibition for about one week, and room for two workshop days

If you have any ideas for a venue, please get in touch!

# DUNDEE HOOLEY PARADE

We had an amazing time taking part in the Dundee Hooley Parade! Our group wore our own handmade soft sculptures, all full of colour, sparkle, and fun. Each piece was made to show care for ourselves, for each other, and for our community. The shapes were quirky, the words were bold, and everyone brought their own personality to the night. It was a joyful way to celebrate creativity and the beauty of being ourselves, together.

We're going bigger next year!



# 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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