

## 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.

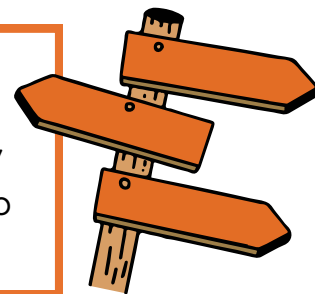
Our mission is to create safe, supportive, and creative spaces that encourage growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection.



# ANNOUNCEMENTS AND UPDATES!

## Our History & Nature Trail is now open!

We had an amazing trail launch at Dudhope Castle! The trail is now open to everyone, available at all times. Pick up a trail sheet and map from The Circle reception or download it from our website.



## Our new groups have launched!

This summer we're excited to offer three new groups:

- Moving On Upp - Fun and accessible physical activities (Fridays, 10-12)
- UppSkills - 4-week, hands-on taster workshops (Thursdays, 10-12)
- Real Talk - A drop-in support and discussion group (Thursdays, 10-12)

Check out our updated timetable on page 4, and ask about joining in!



## Catering News - Pop-Ups & Events!

Our catering has been very busy, and we have lots of exciting events we're attending. If you would like to volunteer at any events, get in touch. It's a great way to learn new skills! Catch us next at The Yard Market at The Steeple on Saturday 5th July!



## Our very own recipe book is finally ready!

We officially launched our very own recipe and wellbeing book, Mix It Upp, created by and for our community. A big thank you to everyone who contributed and joined the celebration! Books are now available to buy at Uppertunity. Find out more on page 7.



## Updated social events calendar!

We have lots of exciting events coming up for July, August and September. Our big events are our mini festival, volunteer celebration and our 10<sup>th</sup> birthday! Check out our updated calendar on page 5.



# REAL TALK - NEW SUPPORT GROUP ON THURSDAYS

We have launched a new safe and welcoming drop-in group where you can talk about anything on your mind. Bring your questions, share your experiences, and support each other to explore the next steps.

**Thursdays 10am to 12pm, donations. Starting July 3rd. No need to book, just drop in.**

Advocating Together will join us once a month to help us explore answers to our questions:

**24th July | 21st August | 18th September | 16th October | 13th November | 11th December**

The Scottish Assembly will be joining us on the 31<sup>st</sup> of July. The Assembly makes politics, current affairs and news fun, accessible and interactive for individuals with learning disabilities and who are autistic.



## COMMUNITY CONNECTIONS - FIND OUT ABOUT OTHER GROUPS

Uppertunity is launching a new monthly group where you can discover what's happening around Dundee! Each month we'll welcome different guest speakers and organisations to tell us about the great services, activities, and support they offer. It's a chance to explore new opportunities, ask questions, and feel more connected to your community. Below are the upcoming speakers visiting us.

✨ **Tuesday 22nd July, 1-3pm, Dudhope Castle, Free**

👤 **The Assembly & Tayside Police**

Find out how The Assembly helps amplify voices in Dundee, and hear from Tayside Police about the support they offer and what to do if you need help.

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

👤 **Enable & DVVA (Dundee Volunteer and Voluntary Action)**

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

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

👤 **National Involvement Network**

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

# UPPSKILLS - NEW GROUP ON THURSDAYS

Uppertunity is launching a new group which involves tasters of different fun things!

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

**Thursdays, 10AM-12PM | £5**

## SMARTPHONE PHOTOGRAPHY

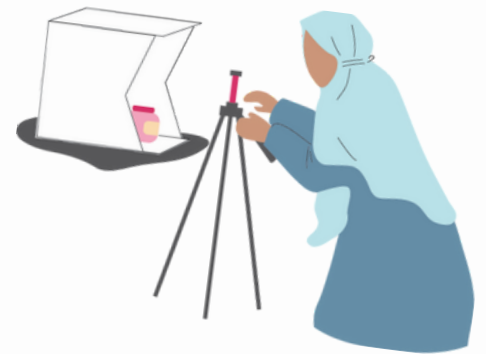
**Starts 3<sup>rd</sup> July | 4 weeks | £20**

On this course you will learn about photography, looking into exposure, shutter speed, depth of field and more.

You will explore composition and get more creative with the kind of pictures you take.

Practice and play with capturing photos, both inside at Uppertunity and out in Dudhope Park.

Bring your own phone.



## FURNITURE UPCYCLING

**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.





# WEEKLY TIMETABLE AT UPPERTUNITY - NEW





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




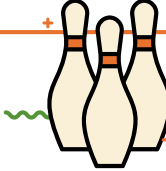



Tuesday	Wednesday	Thursday	Friday
Lunch Club 12pm to 1pm - all welcome. Bring your own lunch or buy from our mini café			
<b>MORNING</b> <b>Totally Stitched</b> 10am-12pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>MORNING</b> <b>Scribbles</b> 10am-12pm, £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>MORNING</b> <b>Real Talk</b> 10am-12pm, Donations  A safe drop-in space where you can ask questions, explore life topics, and support one another	<b>MORNING</b> <b>Unique Rhythm</b> 10am-10:50am, £3 11am-11:50am, £3  A fun music singing group, supported 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>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>MORNING</b> <b>Grow Curious (Volunteering)</b> 10am-12pm  A fun nature based workshop where we tend to our gardens
		<b>AFTERNOON</b> <b>Wise Upp</b> 1pm-3pm, £5  An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	<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>Upp Makes</b> 1pm-3pm, £5  An advanced art group learning skills such as woodburning, specific painting styles, and more

# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

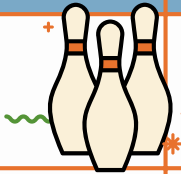



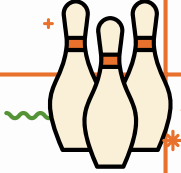

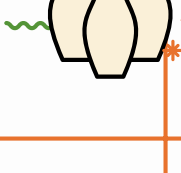

Uppertunity offers a programme of weekly social activities

**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
July 4 <sup>th</sup> Fri / 5 <sup>th</sup> Sat	<b>Serendipities Pop up Cafe at The Yard, Steeple Church, Saturday 5<sup>th</sup> July, 11am - 4pm</b> - Open to everyone! Come enjoy fancy baguette and cakes!	<b>Boccia at Boomerang, Friday 4<sup>th</sup> July, 1pm-3pm</b> - Meet at Boomerang for 12:30pm, enjoy some Boccia, £1.50	
July 12 <sup>th</sup> Sat	<b>Upperfest, Saturday 12<sup>th</sup> July, 11am-3pm</b> - Join in a fun-filled day at Uppertunity, our vibrant summer mini festival open to everyone! £10 a ticket. Open to all.		
July 18 <sup>th</sup> Fri			 <b>Bowling League, (18<sup>th</sup> July) 10am to 12pm, Tenpin</b>
July 22 <sup>nd</sup> Tue / 24 <sup>th</sup> Thu	<b>Community Connections with The Assembly and Tayside Police, Tuesday 22<sup>nd</sup> July 1-3pm</b> - Come find out about what is on offer in Dundee. Free	<b>Yoga at Ninewells Community Garden - Thursday 24<sup>th</sup> July, 1pm-1:45pm</b> . Join in for some relaxing yoga. Free.	
Aug 2 <sup>nd</sup> Sat		<b>Music &amp; Arts Festival at Forgan Arts Festival - Saturday 2nd Aug, 2-9pm.</b> 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.	
Aug 5 <sup>th</sup> Tue / 6 <sup>th</sup> Wed	<b>Uppertunity Volunteer Celebration and Awards night, Wednesday 6<sup>th</sup> Aug, 6pm-9pm</b> - Join us for a celebration of all our volunteers! There will be food, music, games and fun awards!	<b>Community Connections with Enable and DVVA, Tuesday 5<sup>th</sup> Aug 1-3pm</b> - Come find out about what is on offer in Dundee. Free	
Aug 15 <sup>th</sup> Fri / 16 <sup>th</sup> Sat	<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 a stall too. Free entry.	<b>Community Connections with National Involvement Network, Friday 15<sup>th</sup> Aug 1-3pm</b> - Come find out about what is on offer in Dundee. Free	

# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

Date	Event at Uppertunity	Social Outing	Bowling League
Aug 22 <sup>nd</sup> Fri			 <b>Bowling League, (22<sup>nd</sup> Aug) 10am to 12pm, Tenpin</b>
Aug 29 <sup>th</sup> Fri		<b>Walk &amp; Talk at Baxter Park, Friday 29<sup>th</sup> Aug 11am</b> - Join in for a walk around Baxter Park, followed by Soup & Roll at Boomerang, £2	
Sep 4 <sup>th</sup> Thur		<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	
Sep 12 <sup>th</sup> Fri	<b>Uppertunity's 10<sup>th</sup> Birthday celebration! Friday 12<sup>th</sup> at Dudhope Castle</b> - Uppertunity is turning 10! We are having a big celebration. Details to come.		
Sep 19 <sup>th</sup> Fri			 <b>Bowling League, (19<sup>th</sup> Sep) 10am to 12pm, Tenpin</b>
Oct 17 <sup>th</sup> Fri			 <b>Bowling League, (17<sup>th</sup> Oct) 10am to 12pm, Tenpin</b>
Oct 29 <sup>th</sup> 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, music and food! £5		
Nov	<b>Sports dinner, November, details coming soon</b> - We are celebrating our bowling league with a dinner and awards night. All welcome.		
Dec 10 <sup>th</sup> 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		

UPPERFEST - SATURDAY 12<sup>TH</sup> JULY

# UPPERFEST

Saturday 12<sup>th</sup> July 2025

11am to 3pm

## Mini Festival at Dudhope Castle!

Get ready for a fun-filled day at UpperFest, our vibrant summer mini festival open to everyone! Join us for a celebration of community, creativity, and connection in the beautiful gardens at Dudhope Castle.

 Live Music | 12PM - 3PM

 Shamanic Drumming | 1PM - 2PM

  Playful Yoga Session | 1PM - 2PM


 Face Painting & Nail Art

 Mocktail Bar

 Art & Nature Activities by Art for All (Art Van)

 Tombola & Pop-up Photo Booth with dress-up fun

 Sweet Stall

 Street Food by Uppertunity

**Bring your friends, your picnic blanket, and your good vibes - let's celebrate summer together!**

 Garden at Dudhope Castle

\$ £10 entry (Food & drink sold separately. Packed lunches welcome!)





# WE HAVE A NEW RECIPE BOOK!

## INTRODUCING.... MIX IT UPP

We're thrilled to share that **Mix it Upp**, our very own recipe and wellbeing book, has officially launched!

Created by and for adults with additional needs, **Mix it Upp** is packed with recipes, tips, and creative ideas to build confidence, independence, and joy in the kitchen. It's more than just a recipe book, it's a celebration of creativity, community, and independence.

We held a launch event Tuesday 24<sup>th</sup> of June, at Dudhope Castle. We enjoyed yummy food from the recipe book and games! Thank you to everyone who came!

### Where can you buy the book now?

If you didn't get a copy of our book at the launch, you can get a copy at our space in Dudhope Castle. We will also be selling it at pop-up events, and online soon. Stay tuned! All profits go towards running our core services at Uppertunity. The book is on sale for £20.

### A big thank you!

From the illustrations to the recipes, every page reflects the voices and talents of our amazing community and team. A big thank you to everyone who contributed, supported, and celebrated with us!



# BOWLING STONES UPDATE - 8<sup>TH</sup> GAME

Our 8th Bowling Stones League game rolled out in June, and what a fantastic day it was! All 9 teams brought their A-game, with plenty of cheers and friendly competition. A whopping 18 strikes were scored across the board!

## What is Bowling Stones?

Bowling Stones is an inclusive bowling league for adults (16+) with additional support needs, including neurodivergence, learning disabilities, physical disabilities, and mental health barriers.



Upcoming League Dates (Fridays):

18th Jul | 22nd Aug | 19th Sep | 17th Oct



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



£5.70 for two games



**End-of-League Sports Dinner - Coming this November!**

We'll be wrapping up the league season with a special celebration, trophies included! Everyone is invited! More details to follow soon.

## BOWLING STONES: LEADERBOARD

	TEAM	TOTAL SCORE	STRIKES	Nov 24	Dec 24	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	Aug 25	Sep 25	Oct 25
1	Four Leaf Clover	7562	32	1182	848	-	1014	1345	1128	978	1067				
2	Super Bowls	6565	26	712	1020	-	879	1148	649	1213	944				
3	Disney	6067	7	892	999	-	693	807	905	879	928				
4	3 Musketeers	5692	8	795	896	-	792	836	755	880	740				
5	Chenco 44 - Westlands	5759	15	796	871	-	605	947	854	776	910				
6	Wellgate Wonders	4470	11	-	-	-	822	928	993	829	900				
7	Sense	3495	5	-	-	-	618	826	495	788	768				
8	Baddies - Capability	3360	4	880	843	-	712	-	150	-	775				
9	Ellen Mhor - Cygnet	2676	3	895	879	-	-	-	-	-	902				
10	Spare	1788	1	-	-	-	-	846	942	-	-				
11	Lillybank Team	624	-	-	-	-	-	624	-	-	-				



# BOWLING STONES UPDATE - 8<sup>TH</sup> GAME



# 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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Community Engagement  
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