



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