

ABOUT 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 support growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection.



ANNOUNCEMENTS

A NEW LOOK AT UPPERTUNITY

Over the past few months, we've been asking lots of questions, listening carefully, and thinking about how we can make Uppertunity even better for everyone. We're excited to share some updates to our activities and services, including new groups, some fun changes to existing ones, and our exciting new book launch!

These changes are all about making sure we offer the best support, the most fun, and the right kind of opportunities for learning, growing and connecting.



UPDATED SERVICES AT UPPERTUNITY

At Uppertunity, there's something for everyone! Whether you want to try something new, build your confidence, meet new people or just have fun, you'll find a space to grow here.

Weekly Warriors

Get involved in our weekly programme of fun and friendly workshops! From art and drama to gardening, sports, sewing, and life skills, there's something for everyone here.

These groups are a great way to build confidence, try new things, and be part of a creative, supportive community.

Social Butterflies

Take part in social activities, including group outings, themed events, our inclusive Bowling Stones League and our daily lunch club (Tues-Fri 12-1pm at Uppertunity). Come along to our Community Connections group to meet new people and discover other exciting services and opportunities across Dundee.

UppLift

Explore your potential! Drop in at Real Talk, bring your questions, hear other people's ideas and learn what support is available. Try out volunteering roles like cooking, baking, gardening, helping to run groups, or supporting events. We celebrate everyone's progress and love to recognise your achievements.

Serendipities Enterprise

Be part of our inclusive kitchen and catering team! Learn new cooking, baking, food handling and service skills while helping us prepare food for our community and events. Serendipities is a climate-friendly project using food to promote connection, confidence & care.

Power of Diversity

Help us challenge stereotypes and celebrate uniqueness through creativity. Get involved in creating and promoting our line of bold clothing and merchandise, or take part in creative workshops that open up conversations about diversity and inclusion in fun, meaningful ways.

History and Nature Trail

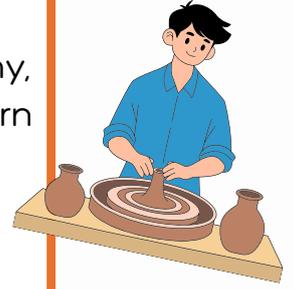
Take time to slow down, explore and connect with nature through our creative trail at Dudhope Castle. Spot hidden objects, learn about local history, enjoy musical play, and use our mindfulness prompts to support your wellbeing. You can also help us look after the trail and use it as part of events!

● NEW WEEKLY GROUPS

NEW: UPPSKILLS – THURSDAYS, 10AM–12PM | £5

UppSkills is our new fun, hands-on workshop that changes every 4 weeks. We'll explore a new skill 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!

Check out our website and noticeboard for current mini-course timetable. Workshops start in July.



UPDATED: MOVING ON UPP – FRIDAYS, 10AM - 12PM | £5



Moving on Upp is becoming even better! The group is now on Fridays, with some new activities to get moving and feel great! Each session will now include different activities to help your body, and mind feel strong and calm. including:

Dance with a dance instructor

~

Yoga with a our relaxing yoga teacher

~

Ball Games with fun, friendly games

The new sessions will start from the 20th of June There are some spaces available, get in touch to join.

NEW: REAL TALK – THURSDAYS, 10AM–12PM | DONATIONS

We are offering a new safe and welcoming drop-in group where you can talk about anything on your mind. Bring your questions on any subject, share your experiences and advice, and support each other to explore the next steps. Advocating Together will join us once a month to help answer questions or talk about different topics.

Spaces don't need to be booked. Sessions will start July 3rd

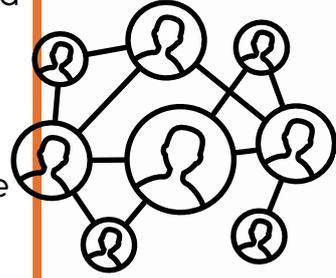


NEW SERVICES

COMMUNITY CONNECTIONS

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. Check our website or noticeboard for upcoming dates and themes.



OUR NEW BOOK – MIX IT UPP!

We've made a book, and YOU helped create it!

Mix It Upp is full of easy, tasty recipes and helpful tips for your health and wellbeing. It was made with the help of our members, staff, partners, and our very own team illustrator! We're so proud of it, and we want to celebrate with you!

Join us for the Launch Party on Tuesday 24th June. Details on page 8.



POWER OF DIVERSITY

All through 2024, we've been exploring what helps and what gets in the way of inclusion. We gathered lots of amazing insights, and one big message stood out: **Fear is the biggest barrier to inclusion.**

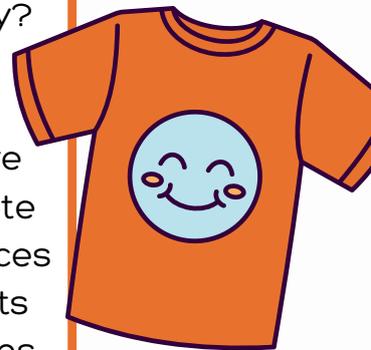
So we asked ourselves: How do we reduce fear?

The answer? More conversations.

And how do we start those conversations in a fun, creative way?

With clothing!

We've been working on a special project that celebrates who we are and challenges stereotypes. We're designing t-shirts, hoodies and tote bags featuring a bold new logo, created by us and inspired by the voices of our community. Thank you to everyone who shared their thoughts and helped shape this! We'll be announcing the full brand and designs very soon.



As part of this exciting launch, we'll also be running creative workshops to bring people together, spark conversations, and keep spreading the message: **Inclusion is for everyone.**

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

SOCIAL BUTTERFLIES: WEEKLY EVENTS

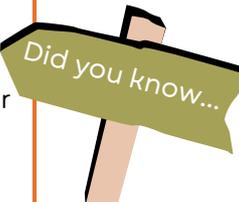
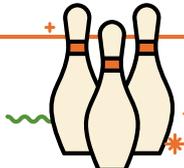
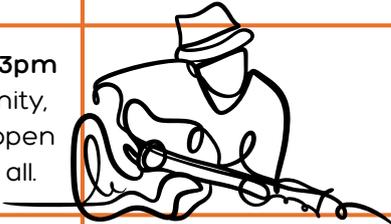
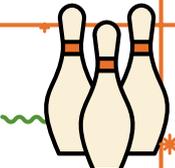
Uppertunity offers a programme of weekly social activities

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

Date	Event at Uppertunity	Social Outing	Bowling League
June 6th Fri	<p>History and Nature Trail Launch - Friday 6th, 11am to 1pm</p> <p>Join us in celebrating the launch of our trail! There will be games, music, and food! Free, open to all.</p>	<p><i>Did you know...</i></p> 	
June 10 th Tue		<p>Tea Dance at Boomerang - Tues 10th, 1:30pm to 3pm</p> <p>Meet at Boomerang for 1pm, enjoy some tea dancing, £1.50</p>	
June 20 th Fri		<p>Garden Party at the V&A - Saturday 21st 1pm to 4pm</p> <p>Join in some fun at the V&A with mocktails, garden activities and find out about local gardens, such as our very own one at Dudhope Castle!</p>	<p>Bowling League, (20th June) 10am to 12pm at Tenpin Dundee</p> 
June 24 th Tues	<p>Uppertunity's 'Mix it Upp' book launch! Tues 24th, 11am to 1pm</p> <p>Celebrate the launch of our new book! Try recipes, do some crafts, and meet the team. Free, all welcome!</p>		
June 26th Thurs		<p>Sport Activities at Douglas Sports Centre - Thurs 26th, 10-11.30am</p> <p>Meet at Douglas Community centre for 10am, enjoy different sports. Stay for lunch at Douglas Community Café.</p>	
July 4 th Fri		<p>Boccia at Boomerang - Friday 4th, 1-3pm</p> <p>Meet at Boomerang for 12:30pm, enjoy some Boccia, £1.50</p>	
July 12 th Sat	<p>Upperfest - Saturday 12th, 11am to 3pm</p> <p>Join in a fun-filled day at Uppertunity, our vibrant summer mini festival open to everyone! £10 a ticket. Open to all.</p>		
July 18 th Fri			<p>Bowling League, (18th July) 10am to 12pm</p> 

● UPPERTUNITY BOOK LAUNCH - TUESDAY 24TH JUNE

YOU ARE INVITED TO A BOOK LAUNCH!

Scrymgeour Room, Dudhope Castle
Tuesday 24th June
11am to 1pm



Come and celebrate the
launch of our new book!

Mix It Upp is an exciting new book of
recipes and tips for health and
wellbeing, created and published by
Uppertunity!

-  Sample our recipes! 
-  Try some crafts & games
-  Meet the team

Copies will be available to buy at a
special launch-day price of £10.

 Free event. All welcome.
Lunch included.

● UPPERFEST - SATURDAY 12TH JULY

UPPERFEST

Saturday 12th 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!)

NATURE AND HISTORY TRAIL

Our Nature & History Trail is ready! Sneak Peek photos below 😊

We're so excited to announce that our new trail around Dudhope Castle is now complete, and we'd love for you to explore it! The official launch date is Friday 6th June.

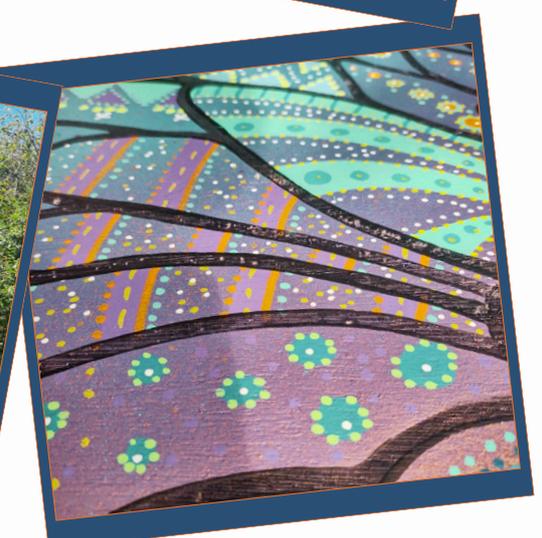
We created the trail to encourage people to interact with nature in a new and playful way. Along the path, you'll find hidden objects, mindfulness prompts, different objects to interact with, and a bit of local history too. All designed to support wellbeing, curiosity, and connection with the outdoors.

How to Get Involved:

- 🌿 You can enjoy the trail anytime, it's open to everyone!
- 📄 Pick up a Trail Recording Sheet from reception, or download it from our website.
- 🌱 Spot, count, explore, and let us know what you find!

A huge thank you to all the brilliant partners who helped bring this project to life, especially our friends at **ScrapAntics** for building and designing some of the beautiful trail features.

Let's get outside and see what we can discover!



BOWLING STONES UPDATE - 7TH GAME

Our 7th Bowling Stones League game took place in May, and what a great day it was!

Team 4 leaf clover stole the day with 1213 points and 10 strikes!

We had 22 strikes across the teams

And we welcomed some new faces to some of the teams too

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):

20th Jun | 18th Jul | 22nd Aug | 19th Sep | 17th Oct

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

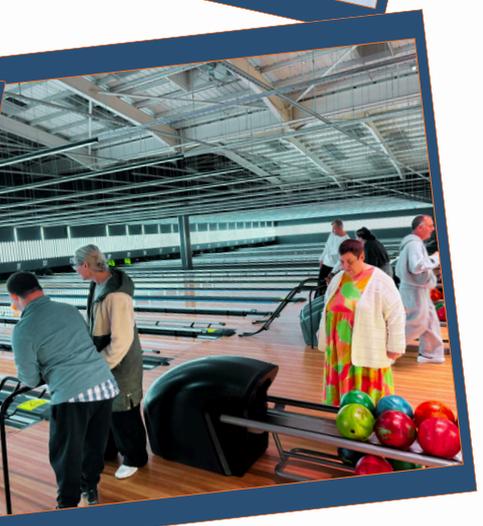
End of year sports dinner:

We will be celebrating the end of the league with a special sports dinner, with trophies too! Details coming 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	6495	27	1182	848	-	1014	1345	1128	978					
2	Super Bowls	5621	22	712	1020	-	879	1148	649	1213					
3	Disney	5139	7	892	999	-	693	807	905	879					
4	3 Musketeers	4952	7	795	896	-	792	836	755	880					
5	Chenco 44 - Westlands	4849	13	796	871	-	605	947	854	776					
6	Wellgate Wonders	3570	8	-	-	-	822	928	993	829					
7	Sense	2727	4	-	-	-	618	826	495	788					
8	Baddies - Capability	2585	4	880	843	-	712	-	150	-					
9	Spare	1788	1	-	-	-	-	846	942	-					
10	Ellen Mhor - Cygnet	1774	1	895	879	-	-	-	-	-					
11	Lillybank Team	624		-	-	-	-	624	-	-					

BOWLING STONES



HOW TO JOIN

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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