

## 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

## MAY HIGHLIGHTS

At the start of May we headed to Cake or Dice for a boardgame session and had a blast. Thank you to the team there! We've been busy preparing for our upcoming exhibition in June, Dreaming Big. With the summer weather coming in we've been spending more time outside in our gardens in active groups. We now have a new seating area in the back of the castle, designed and built by our garden group.

## ART RAFFLE

We still have tickets available for our art raffle! Tickets are £2 each and help Uppertunity raise funds for UpperFest, our annual mini festival for our community. It is a safe, inclusive festival experience without the overwhelm.

The piece is framed and ready to hang.

Frame size 56cm x 64cm.



## DATES WORKSHOPS ARE OFF OR ELSEWHERE

While we try and keep workshops running as normal during events, we have a few dates coming up where workshops are held outside the castle or cancelled.

Date	Groups Affected	Event on
Thursday 4 <sup>th</sup> June 1pm - 3pm	<b>Scribbles, Shine Time, WiseUpp</b> Groups will be held at <b>CANVAS, 16 Ure Street</b>	Dreaming Big Exhibition Launch (see page 2)
Thursday 18 <sup>th</sup> June 12pm - 3pm	<b>Scribbles, Shine Time, WiseUpp</b> Ordinary inside workshops are not running, but everyone is invited to activities outside at no extra cost.	Uppertunity Garden Fair (see page 6)
Friday 10 <sup>th</sup> July All Day	<b>All Friday Groups</b> No Workshops running this day.	Staff Team Day

## WE ARE JOINING THE DUNDEE GET TOGETHER!

Uppertunity is joining the 'Dundee Get Together', a vibrant new event celebrating the city's cultural diversity while promoting kindness, inclusion and community spirit. We'll be walking in the opening parade with butterfly themed costumes and puppets. Let us know if you'd like to join in, and meet at 2.15pm at Dundee High School! The parade will start at 3pm and last around 30 minutes. You are then welcome to join the activities afterwards in the City Square. Uppertunity staff will be there until 4pm.

# ANNOUNCEMENTS AND UPDATES

## NEW COMIC ILLUSTRATION WORKSHOP

In June we are running a new 4-week creative workshop exploring all kinds of comic books and manga. We'll look at character design, visual storytelling, creating zines and talk about what anime and cartoons have influenced us. If there is demand, we will continue the workshops. Workshops will take place on Fridays, 1pm to 3pm, on 5<sup>th</sup> June - 26<sup>th</sup> June at Dudhope Castle, and cost £20 for 4 weeks.

## SPACES AVAILABLE IN GROUPS

We have some spaces currently available in our groups! 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. Groups are paid for in monthly blocks, unless weekly payment is arranged with us. See page 3 for group descriptions.

Tuesday	Wednesday	Thursday	Friday
<b>Unique Beats: Backstage</b> 10am-12pm, £5 3 Spaces	<b>Doodles</b> 1pm-3pm, £5 2 Spaces	<b>Shine Time</b> 1pm-3pm, £5 2 Spaces	<b>Unique Rhythm</b> 10am-10:50am, £3 11am-11:50am, £3 2 Spaces each
<b>Unique Beats</b> 10am-12pm, £5 1 Space	<b>Unique Beats</b> 1pm-3pm, £5 1 Space	<b>WiseUpp</b> 1pm-3pm, £5 1 Space	<b>Scribbles</b> 1pm-3pm, £5 1 Space
		<b>UppSkills</b> 10am-12pm, £5 Varies each month	<b>Upp &amp; Oot</b> 1pm-3pm, £5 3 Spaces

## DREAMING BIG EXHIBITION

On June 4<sup>th</sup> we are launching our next public exhibition at CANVAS, 16 Ure Street. This is an exhibition of members' work themed around possibilities, self-development, dreams of the future and future selves. We'll have a launch event from 1pm to 3pm at CANVAS with food, art activities and a chance to talk about the theme of the exhibition. Dreaming Big will run from 4<sup>th</sup> to the 28<sup>th</sup> of June, and will be open to view during CANVAS's regular opening times. They have lots of other free events to enjoy too!

**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)



# WEEKLY TIMETABLE AT UPPERTUNITY

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

Tuesday	Wednesday	Thursday	Friday
<b>Lunch Club 12pm to 12.45pm</b> - all welcome. Bring your own lunch or buy from our lunch menu.			
<p><b>Unique Beats: Backstage</b> 10am-12pm, £5</p> <p>A chill performance art group where we make props, write stories and poetry, and more.</p>	<p><b>Scribbles</b> 10am-12pm, £5</p> <p>A social and therapeutic arts group where different senses are stimulated and explored</p>	<p><b>Freestyle</b> 10am-12pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p><b>Moving on Upp</b> 10am-12pm £5</p> <p>A fun active group offering activities including dance, yoga and ball sports</p>
<p><b>Unique Beats</b> 10am-12pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, filmmaking, and more</p>	<p><b>Freestyle</b> 10am-12pm, £5</p> <p>A social and creative group where we take part in different creative projects every week</p>	<p><b>Upp Skills</b> 10am-12pm, £5</p> <p>A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website</p>	<p><b>Doodles</b> 10am-12pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>
<p><b>Freestyle</b> 1pm-3pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p><b>Unique Beats</b> 1pm-3pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more</p>	<p><b>Scribbles</b> 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p><b>Unique Rhythm</b> 10am-10:50am, £3 11am-11:50am, £3</p> <p>A fun music singing group, led by Ed from Face the Music</p>
<p><b>Scribbles</b> 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p><b>Totally Stitched</b> 1pm-3pm, £5</p> <p>This group uses fabrics and textiles in different ways to create art, including sewing</p>	<p><b>Wise Upp</b> 1pm-3pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc</p>	<p><b>Grow Curious (Garden Volunteering)</b> 10am-12pm</p> <p>A fun nature based workshop where we tend to our gardens</p>
<b>Green: Morning sessions</b>	<p><b>Doodles</b> 1pm-3pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>	<p><b>Shine Time</b> 1pm-3pm, £5</p> <p>A fun and expressive group exploring music, movement, singing, drama games, and confidence building through creativity</p>	<p><b>Scribbles</b> 1pm-3pm, £5</p> <p>A social arts and crafts group where different senses are stimulated and explored</p>
	<b>Orange: Afternoon sessions</b>		

# UPPSKILLS - NEW COURSES COMING UP

UppSkills is a series of hands-on workshops where the topic changes every month. In each block, we explore a new skill 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 or £25 for a 5-week block

## MIXED SPORTS - JUNE

**Starts Thurs 4<sup>th</sup> June | 4 weeks | £4.60 per session | 10-11.30am**

We will join the Active Adults mixed sports group at Douglas Sports Centre and try out different activities, including boccia and racket games. All activities are adapted to suit you! This session is supported by both Uppertunity and Active Dundee staff.

**Meet at 10am at:**

Douglas Sports Centre, Baldovie Terrace, Dundee, DD4 8TG. For anyone coming to Dudhope Castle after the session, we will catch the bus back together. Let us know if you need support or have any questions.

## PHOTO AND VIDEO SKILLS - JULY

**Starts 2nd July | 5 weeks | £25 | 10am to 12 pm**

A relaxed group where we'll learn how to take photos and make short videos to tell stories. We will have a go at writing scripts, creating locations and adding effects.

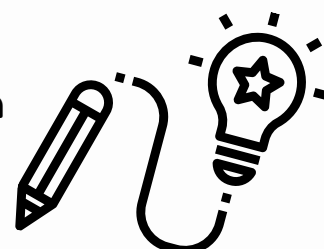
Some clips and photos will form part of our next public exhibition!



## WHAT IS DESIGN? - AUGUST

**Starts Thurs 6th August | 4 weeks | £20 | 10am to 12pm**

We will take part in a series of workshops run by the team at V&A Dundee and supported by Uppertunity staff.



# 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
4 <sup>th</sup> June Thursday 12:30pm-3pm	<b>Dreaming Big Exhibition Launch</b> Come see our exhibition, enjoy some food, make some puppets and other crafts. <b>NOTE:</b> Scribbles, Shine Time & Wise Upp will be held at CANVAS for this session.	CANVAS Dundee, 16 Ure Street All welcome!
4 <sup>th</sup> June Thursday 6:30pm- 9pm	<b>Design and Disability Exhibition Launch</b> We have been given <b>10</b> free tickets to the launch of an exhibition showcasing the contributions of disabled and neurodivergent people to design and culture. This is a special event, so dress your best!	V&A Dundee Free
5 <sup>th</sup> June - 28 <sup>th</sup> June	<b>Dreaming Big Exhibition on display at Canvas</b> Take your friends and family along to view our exhibition during usual CANVAS opening hours.	CANVAS Dundee, 16 Ure Street Free
13 <sup>th</sup> June Saturday 3pm-6pm	<b>Dundee Get Together</b> Uppertunity are joining the parade, we're dressing up! Would you like to join in?	City Square Free
18 <sup>th</sup> June Thursday 12pm to 3pm	<b>Garden Fair</b> Join us for an afternoon of fun, food and games in Dudhope Castle gardens! <b>NOTE:</b> Thurs afternoon groups will join the Fair at no additional cost.	Dudhope Castle, Entry £5, Carers free
27 <sup>th</sup> June Saturday 11am - 17.30	<b>Dundee Pride</b> Uppertunity will be running a community canvas activity, a postcard making session and selling our own merch!	Slessor Gardens Free
9 <sup>th</sup> July Thursday 10am - 12pm	<b>Design and Disability Exhibition Visit</b> Join us for a tour of the exhibition, followed by a creative activity run by the V&A team. Bring a packed lunch to enjoy afterwards.	V&A Dundee Free
18 <sup>th</sup> July Saturday 12pm - 4pm	<b>Upperfest 2026!</b> Our mini-festival is back for its third year! Get ready to soak up those summer vibes with friends.	Dudhope Castle, Tickets £10, Carers free

# UPPERTUNITY GARDEN FAIR!

Thursday 18<sup>th</sup> June  
12 - 3pm



Join us for an afternoon of fun, food and games in Dudhope Castle gardens!

Outdoor games & art activities

Nature challenges & garden trail.

Home baking contest! Bring your entries along on the day to be judged & shared.

Tombola!

There will be food for sale.

**Entry £5 | Carers free**

This is a fundraising event in support of Uppertunity, registered charity SC052608.

Contact for more info:  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)





# UPPERFEST 2026!

18<sup>th</sup> July  
12pm - 4pm



Our mini-festival is back for its third year!

Get ready to soak up those summer vibes with friends.



Bring a blanket and enjoy...

- live music
- craft activities
- face painting
- outdoor games & workshops.



There will be food for sale and a raffle.

**Tickets £10 | Carers free**



This is a fundraising event in support of Uppertunity, registered charity SC052608.

Contact us for more info: [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)

# 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

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



Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more info or to join. You can join the league any time.

# WHERE HAVE WE BEEN THIS YEAR SO FAR?

## WE CONTAIN MULTITUDES



## DREAMING BIG!



## BOTANIC GARDENS



# WHERE HAVE WE BEEN THIS YEAR SO FAR?

## FORMING CARE



## PAMPER PARTY



## DUNDEE TRANSPORT MUSEUM



# 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. We look at the dynamic of each group to ensure there is a good fit for everyone. 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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