

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 ☀️

February Highlights

We launched two exhibitions in February, both in the Wellgate! 'Different. Together' is on display at ScrapAntics, and is a collaborative art piece made by our members, showcasing different personal styles and tastes working together.

'Forming Care' can be seen in the Central Library and shows off soft wearable sculptures, photos and videos to explore care and what it means!

To thank our volunteers for their hard work and dedication we held our volunteer celebration and awards at Innoflate! After having a lot of fun bouncing around, we had a meal together and celebrated each other's strengths.

We also prepared a special menu for a dinner party, and our food was a great success!

Getting involved with Uppertunity!

Our garden needs some remodelling and renewal, so we are holding four stand-alone volunteer gardening sessions. Get outside, help out in our garden, enjoy a free hot lunch and meet some new people! No experience required but expect; mud, bugs, and some manual labour! Dates currently: **10th March, 27th March, 10th April, and 24th April**. Lunch at 12pm, then outdoors from 1pm to 3pm.

We are also holding a Dreaming Big! visioning day on **Friday 3rd April 2026**. This will be a free, interactive day to turn ideas into action, looking at how we can create opportunities for everyone to flourish! Enjoy some food together and take part in creative activities to grow Uppertunity and our community.



Our Lunch Menu: Updated

To keep our kitchen running smoothly and keep waiting times for food short, we're streamlining our menu. Starting this month, we will have the following on our menu to order:

Pies | £2.50

Soup | £1.50 for members or £2.50 for others

Toasties | Cheese £3.00, Cheese and Ham £3.50



☀️ 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



DREAMING BIG!

IMAGINING SPACES WHERE EVERYONE CAN FLOURISH.
STEP THROUGH OUR DREAMING BIG ENTRANCE EXPERIENCE.
GET INTO CHARACTER AND LET YOUR IDEAS LOOSE!

WHAT HELPS PEOPLE TRULY FLOURISH?

Help suggest and design opportunities that remove barriers and build confidence.

WHAT IF BUSINESSES WORKED TOGETHER DIFFERENTLY?

Imagine a collaborative hub. Help shape what it could become.

HOW DO WE CREATE BRAVE CONVERSATIONS AT WORK?

Discover a prototype conversation deck designed to build inclusion. Help shape it.

WOULD YOU WEAR WHAT YOU BELIEVE IN?

Member art turned into bold merchandise. Tell us if you'd wear it.

ENJOY SOME FOOD AND CREATIVE ACTIVITIES
FRIDAY 3RD APRIL 2026 • 10AM-1PM • FREE!
DUDHOPE CASTLE, BARRACK ROAD, DUNDEE

WHAT ARE YOU DREAMING OF?

Be part of our new exhibition. Add your voice.

A FREE, INTERACTIVE DAY TO TURN IDEAS INTO ACTION



info@uppertunity.co.uk

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

HAVE FUN WITH MAKATON - MARCH

Starts 5th 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).



SING UPP - APRIL

Starts Thurs 4th April | 4 weeks | £20

A joyful singing group where we'll explore rhythm, movement & percussion, and build confidence in your voice. No experience needed, just come ready to make music together! We'll work towards a fun group performance at the end.



JEWELLERY MAKING - MAY

Starts 7th May | 4 weeks | £20

A relaxed craft group where we'll experiment with different materials and techniques. Design your own unique pieces, learn to use jewellery-making tools, choose colour combinations and create your very own pieces to take home.



HOW WE SUPPORT WELLBEING

At Uppertunity, your wellbeing matters. We want everyone (members, volunteers, and staff) to feel safe, respected, and supported. Our space is built around care and belonging. Here are some of the ways we support each other:



OUR COMMUNITY WALL

When you join Uppertunity, you fill in a postcard with your name, what you enjoy, and how we can support you. We take a Polaroid photo too! Your postcard stays on the wall, because you are part of our community. Take a look and see who else is here!

NAME BADGES

Everyone gets a badge when they join. Your badge shows if you are a member, volunteer, or staff. Please wear it during sessions and pop it back at the end of your session. Badges help us know who's who and help everyone feel comfortable.



COLOUR WHEEL OF FEELINGS

At the start of sessions, place your name on a colour that shows how you're feeling. Red, blue, green...think about what a colour means to you! Don't be afraid of "bad" feelings! This helps you check in with yourself, and helps staff know how to support you.

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WELLBEING WALL - TIPS

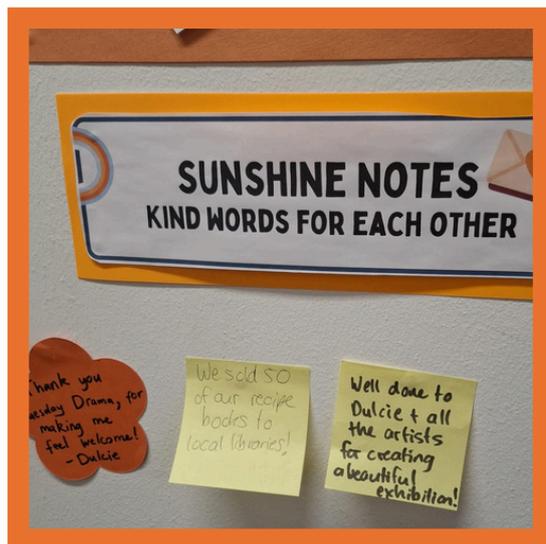
Our Wellbeing Wall shares simple tips to support wellbeing and mental health. Have a look to see what other members have added. You might find something new to try. You can also add your own tips to help others! We support each other here.

SUNSHINE NOTES

This is a space to share kind words. You can write:

- Thank you messages
- Encouraging words
- Something you appreciate about someone

Add a note to spread some sunshine!



COMMUNICATION FACES

We have two simple cards you can use anytime.

- I'd Like to Connect: Use this if you want to chat, share something good, or join in.
- I Need Support: Use this if you feel worried, confused, stuck, or need help.

To use them: Hold up the card or show a staff member. A staff member will come to you. You can talk, ask for help, or ask for space.

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
March 13 th Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
March 19 th Thursday Meet at 10am	Dundee Museum of Transport Explore the past, present and future with the Museum's guides. Enjoy lunch together in the museum café or bring a packed lunch.	 Market Street Unit 10 Dundee DD1 3LA Entry £6, Carers free.
April 1 st 10am-12pm	DCA visit to "We Contain Multitudes" Be inspired by the multimedia artwork of 4 fantastic artists on display at the DCA. There will be art making! Bring a packed lunch to enjoy together!	DCA, 152 Nethergate, Dundee DD1 4EA
April 3 rd Friday 10am-1pm	Dreaming Big Visioning Day Take part in visioning Uppertunity's future and creating spaces for everyone to flourish!	Dudhope Castle, Barrack Road, Dundee
April 10 th Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
April 17 th Friday 10am start	Botanic Garden Visit Join in some outdoor games, explore the spring gardens, followed by lunch at Uppertunity.	Botanic Gardens, Dundee £3.50 per person, +1 carer free

BOOK YOUR SPACES!

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

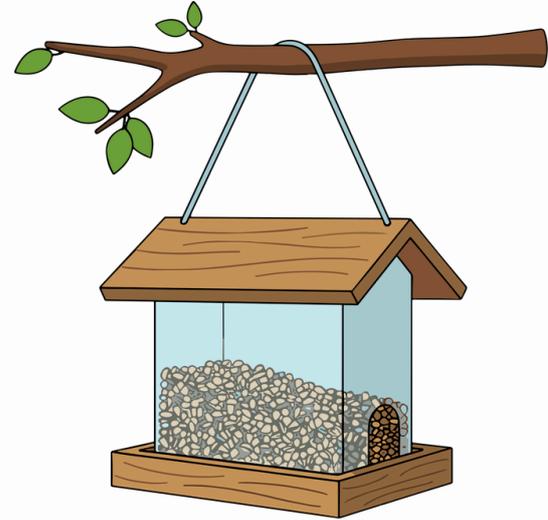


Contact info@uppertunity.co.uk for more info or to join. You can join the league any time.

☀️ GARDEN VOLUNTEERING DAYS! ☀️

Do you want to get involved in our garden? We are holding open-to-all volunteering days. Get outside, help out in our garden, enjoy a free hot lunch and meet some new people! Lunch at 12pm, then outdoors from 1pm to 3pm.

We have a large green space to maintain at Dudhope Castle, including the front Victorian garden, rear quad, our History & Nature Trail and several seating areas. We want to make the Castle grounds a vibrant and beautiful place for all visitors, including our wild neighbours!



What sort of things might you be doing on one of our garden days?



Weeding



Painting outdoor furniture



Planting shrubs, bulbs, and wildflowers



Pruning existing plants

No gardening experience required. Some ability to work independently, and handle standard garden tools safely without immediate supervision required. Expect mud, bugs, and some manual labour (And fun!).

Current Dates

10th March

27th March

10th April

24th April

To join as an individual or even come as a team, email danielledp@uppertunity.co.uk.

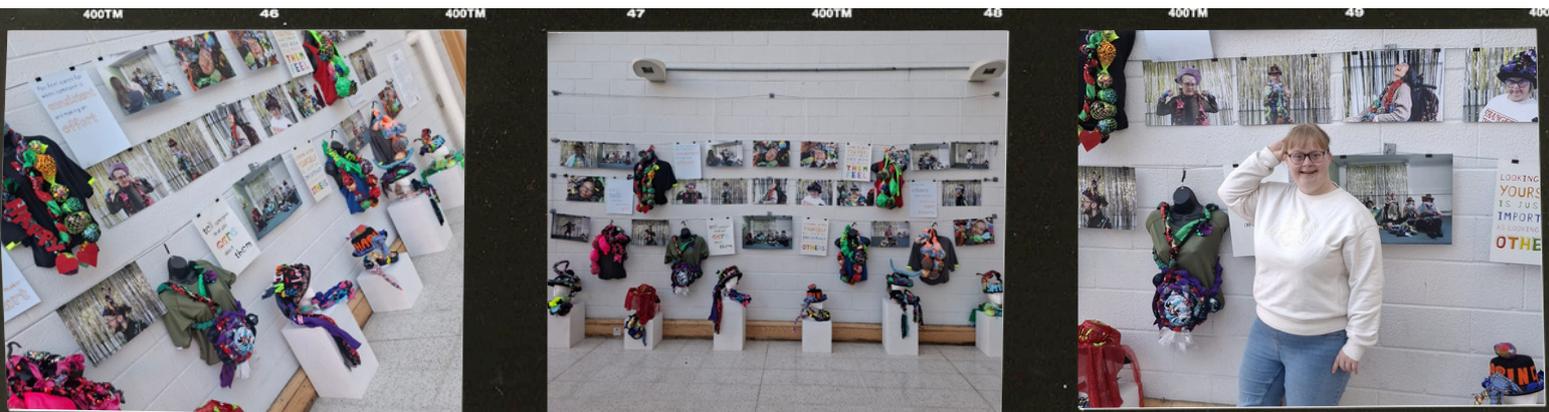
COME SEE OUR EXHIBITIONS!

Check out our exhibitions on display now! We have one in the Central Library entrance and one in ScrapAntics window space. Follow the QR code here to watch our dance party video and download our exhibition zine, or pick up a copy in person!



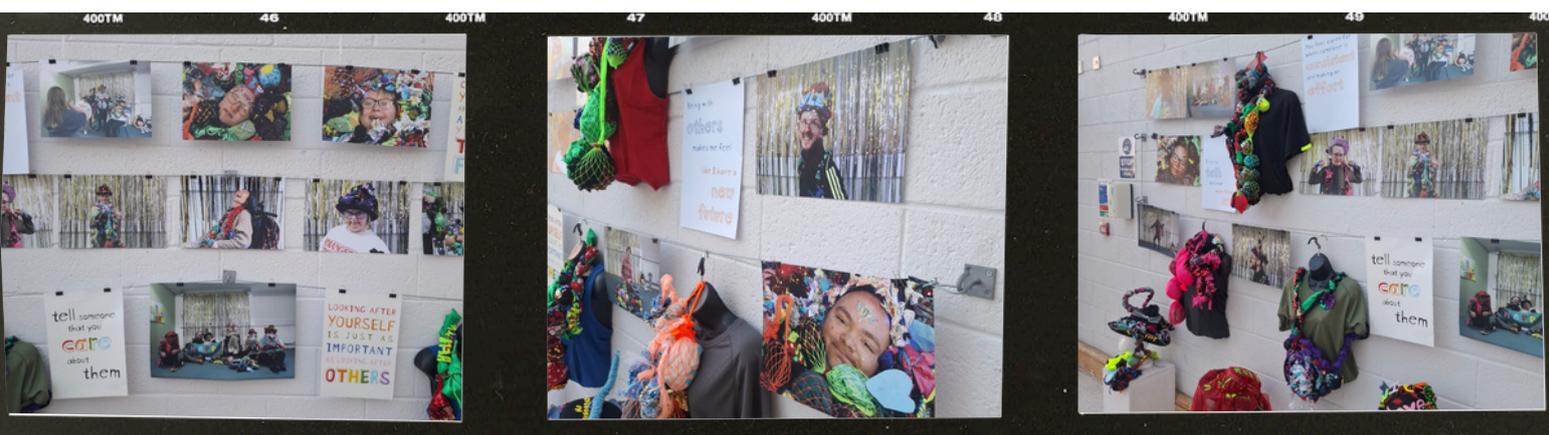
ScrapAntics Window, Third Floor, Wellgate Centre | Tuesday 17 February - Friday 14 March

Different Together: A large collaborative artwork made up of many individual pieces. Each artwork is different and unique, just like us, and together they form one powerful whole, celebrating talent, community, and belonging.



Central Library Dundee, Wellgate Centre | Tuesday 17 February - Thursday 6 March

Forming Care: An exhibition exploring care: caring for ourselves, caring for others, and caring for our community. Care and togetherness are expressed through photography, sculpture, and creative expression.



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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