

## 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!

## 🌟 October Highlights 🌟

October was full of creativity, connection, and celebration! We hosted a Climate-Friendly Gardening session and Pizza-Making Workshop, explored the outdoors with NatureScot at Tentsmuir, and welcomed the NHS Screening Team for an important lunchtime chat about health and wellbeing. We wrapped up our Bowling Stones league with smiles, strikes, and cheer. And ended the month with a brilliant garden session with King's Trust!



## 🎉 Dundee Hooley - We're in the Parade! 🎉

We're excited to be part of this year's Dundee Hooley Torchlight Parade! Join the Uppertunity team and march with us. You can wear a soft sculpture you've made at Uppertunity or carry a lantern from our Lantern Workshop (see the Social Butterflies calendar for workshop details).

 Sunday 30th November

 Meet at High School of Dundee at 4:45pm

If you'd like to join, please let us know – everyone's welcome!



## 🎳 Bowling Stones League 🎳

Our Bowling Stones players have wrapped up an amazing season. Now it's time to celebrate!

### 👉 Sports Dinner & Awards Night - Everyone's welcome!

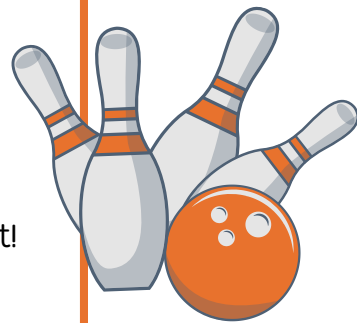
Thursday 27th November | 6-9pm

 Fairfield Bowling Club, 21 Fairmuir Street

Free dinner, great music, trophies, and a chance to dress up smart!

### 👉 New Season Starts 14th November

Sign up your team now and join the fun! 🎉



## 👩🍳 New Cooking Group Spaces 👩🍳

A few rare spots have opened up in our volunteer cooking and baking sessions – and they don't stay free for long!

**Wednesdays 1-3pm**

**Thursdays 1-3pm**

No experience needed, just enthusiasm and the ability to safely use a knife independently.



# 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>Wise Upp - Wellbeing</b><br>10am-12pm, £5<br><br>Interactive space to explore wellbeing skills, including confidence, stress management, healthy living, and more. | <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 (Garden 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 - Life Skills</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>Freestyle</b><br>1pm-3pm, £5<br><br>A social group where we explore new creative projects, and experiment with art. A more quiet group.  |



# 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 4 week block

## TOWARDS INDEPENDENT TRAVEL - NOVEMBER

Starts 6<sup>th</sup> November | 4 weeks | £20

Learn skills and build your travel confidence. Enable will be leading the 4 weeks. We'll cover different modes of transport including buses, trains, and bikes, and how you can work towards safely using these by yourself.



## LIFE AND TECHNICAL DRAWING - DECEMBER

Starts 4<sup>th</sup> December | 3 weeks | £15

Discover the art of observation and expression through drawing! You'll learn simple techniques for capturing real-life forms, explore shading and proportion, and practice technical skills to bring accuracy and detail into your work. A great way to build confidence, relax, and create drawings that reflect your own perspective.



## PHOTOS FROM OUR JEWELLERY MAKING SESSION IN SEPTEMBER



## LOOK OUT FOR MORE GREAT TOPICS IN 2026!

If there is anything you would like to try, let us know. We might be able to set up an UppSkills block for it.



# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

BOOK NOW



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                                                        |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| Nov 14 <sup>th</sup> Fri / 16 <sup>th</sup> Sun      |                                                                                                                                                                                                                                    | <b>Dundee Lights On City Centre Sunday 16<sup>th</sup> November</b> - Join in some creative activities and see the lights go on in the city centre! Uppertunity will be running a fun art and craft workshop from 12pm-2pm. All free. More activities on during the day.                                                                     | <b>Bowling League, (14<sup>th</sup> Nov)</b> 10am to 12pm, Tenpin     |
| Nov 27 <sup>th</sup> Thur / Nov 30 <sup>th</sup> Sun | <b>Sports dinner, Thursday 27<sup>th</sup> November, 6pm to 9pm</b> - We are celebrating our Bowling Stones bowling league with a dinner and awards night, at Fairfield Bowling Club. All welcome. Dinner, music and awards. Free. | <b>Dundee Hooley Sunday 30<sup>th</sup> November</b> - We're taking part in the parade! Let us know if you would like to join. You can join wearing a soft sculpture made by yourself, or a lantern. Meet at Dundee High School 4:45pm.<br><br><b>Lantern making workshop at Uppertunity</b><br>Wednesday 26 <sup>th</sup> November 10-12pm, | <br><b>Bowling League, (12<sup>th</sup> Dec)</b> 10am to 12pm, Tenpin |
| Dec 9 <sup>th</sup> Tues                             | <b>End of year festive party, Tuesday 9<sup>th</sup> Dec 6-9pm</b> - Join in some festive celebrations, with games, music and food! £5                                                                                             |                                                                                                                                                                                                                                                                                                                                              |                                                                       |
| Closed                                               | Uppertunity is closed for 2 weeks from Monday 22 <sup>nd</sup> December to Sunday 4 <sup>th</sup> January                                                                                                                          |                                                                                                                                                                                                                                                                                                                                              |                                                                       |

## BOOK YOUR SPACES!

**WE HAVE LOTS OF FUN ACTIVITIES PLANNED FOR THE NEW YEAR!  
STAY TUNED!**

# BOWLING STONES LEAGUE...NEW SEASON!



An inclusive bowling league for adults (16+) with additional support needs.

- 🎳 Teams from Dundee & surrounding areas
- 🎳 Play once a month, with scores adding up!
- 🎳 A fun way to meet others & connect services
- 🎳 Season ends with a special Sports Dinner & Awards Ceremony

**SIGN UP TODAY!**

## Next League Dates (2025/26)

📅 Fridays | 10am sign-in 10:30am start | 12pm finish

💷 £5.70 for two games

📍 Tenpin, Kingsway Retail park, Dundee

14th Nov | 12th Dec

16<sup>th</sup> Jan | 13th Feb

13th Mar | 10th Apr

22nd May | 19th Jun

17th Jul | 14th Aug

11th Sep | 9th Oct

Run and managed by Uppertunity.  
Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more info..



**SPORTS DINNER - 27<sup>TH</sup> NOVEMBER**

# SPORTS DINNER

Thursday 27<sup>th</sup> November

6.00pm - 9.00pm

Fairfield Bowling Club,  
Fairmuir Street, Dundee

✨ It's time to celebrate our first Bowling Stones season! ✨

Join us for an evening of food, fun, and recognition as we honour all our amazing bowlers.

💡 Everyone is invited! Players, families, staff, carers, and supporters. Come along and cheer for your team!

## What to expect:

- 🍴 Delicious dinner - free for all guests
- 🎵 Great music to keep the energy going
- 🏆 Special awards & trophies for our bowlers
- 👗 An opportunity to dress smart! Suits and dresses welcome!
- 🎫 Free entry, booking required.

✨ Let's make it a night to remember! ✨

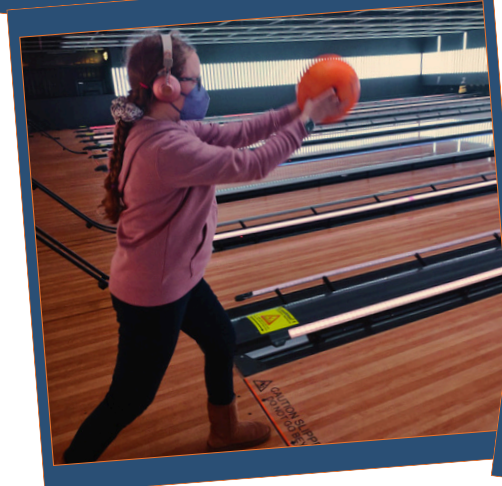
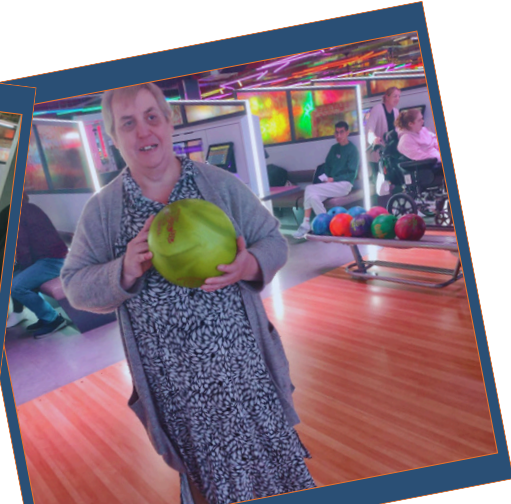


# PHOTOS FROM OUR HALLOWEEN PARTY





# WHAT HAVE WE BEEN UP TO?





# DID YOU KNOW...WE DO CATERING!

🥗 Serendipities Catering - Food with Purpose 🥗

Serendipities is Uppertunity's social enterprise catering service, creating delicious, handmade food that brings people together.

We provide ethical, low-waste catering for community events, meetings, and celebrations. All lovingly prepared by our skilled members and volunteers. Every order helps individuals build confidence, skills, and independence, while supporting meaningful training opportunities.

All profits go directly towards funding Uppertunity's core services, helping us continue to empower and support adults with additional support needs to lead fuller, more connected lives ❤️

By choosing Serendipities, you're not just ordering food, you're supporting a more inclusive, sustainable, and caring community!

Find out more here: <https://serendipities.co.uk/>



# DID YOU KNOW...WE MADE A RECIPE BOOK!

## 🔑 Mix it Upp - Our Recipe & Wellbeing Book 🌈

Did you know we've published our very own book? And that it's for sale in shops in Dundee and beyond?! Mix it Upp is packed full of easy, tasty recipes, creative tips, and colourful illustrations, all co-created by our members, team, and community.

It's not just a cookbook; it's a celebration of creativity, independence, and joy!

### Inside you'll find...

- 🍴 Simple, delicious recipes
- 💪 Confidence-boosting kitchen tips
- 🖋️ Beautiful illustrations
- 💬 Ideas that bring people together

### Where to buy...

🛒 Online: Buy here (<https://www.ebay.co.uk/itm/365727523328>) for £20 📦

🏰 Pick up: Dudhope Castle & local pop-up events 🏠

### 🛍️ Local outlets:

🍷 Toppings (7 Greyfriars Garden, St Andrews)

🎨 DCA (152 Nethergate, Dundee)

☕ The Pathfinder (7 Charlotte Street, Perth)

🏪 Ninewells Gift Shop (Main Concourse, Level 5, Ninewells Hospital, Dundee)

...and more stockists are on the way! 🚀

**Every copy sold supports Uppertunity's core services, so we all benefit – one delicious page at a time!**

A HUGE thank you to everyone who made this possible: our brilliant members, our staff team for creating the illustrations and recipes, volunteers, partners, and funders, and to the local bookshops who are proudly stocking Mix it Upp. Your support means the world!

**Grab your copy, try the recipes, and share the joy! Let's Mix it Upp together!**





# 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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