UPPERTUNITY

CREATING OPPORTUNITIES
BUILDING COMMUNITIES

MONTHLY NEWSLETTER
NOVEMBER 2026

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 and fun! We displayed our 3rd exhibition of the year at Dundee Central Library: Being Brave. This explored what bravery means to our community and what helps us be brave. We took part in several nature themed workshops including habitat building, outdoor exploration and studying local mammals. We had a spooky ball at our Halloween Party with games, food, costumes and dancing!

ANNUAL AWARDS NIGHT - THURSDAY 19 NOVEMBER, 6-10PM

Our awards night is back, and this year it's even bigger! Join us at Fairfield Bowling Club, Fairmuir Street for a special evening celebrating achievements across Uppertunity. Tickets are £10, with more details coming soon. See our Social Calendar for more.

AVAILABLE SPACES

We have some spaces available in groups, accurate at the time of writing. Please get in contact to find out if a space is a good fit for you!

Tuesday	Pick and Mix	10am - 12pm	1
	Freestyle	1pm - 3pm	1
Wednesday	Scribbles	10am - 12pm	2
	Freestyle		1
Thursday	Scribbles	1pm - 3pm	1
Friday	Unique Rhythm	10am - 11am	3
	Scribbles	1pm - 3pm	1
	Upp and Oot		2

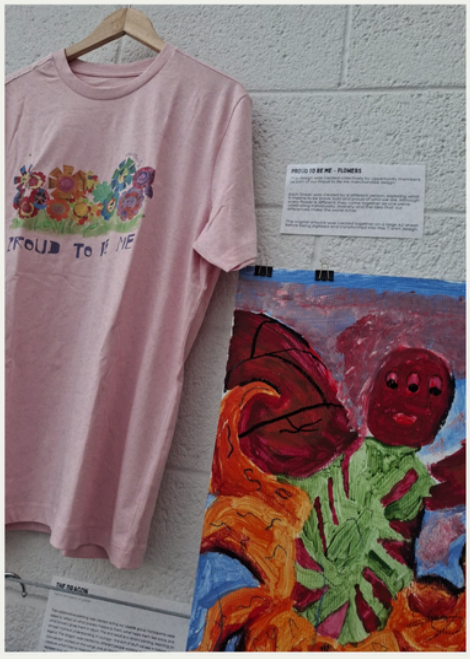
BEING BRAVE EXHIBITION



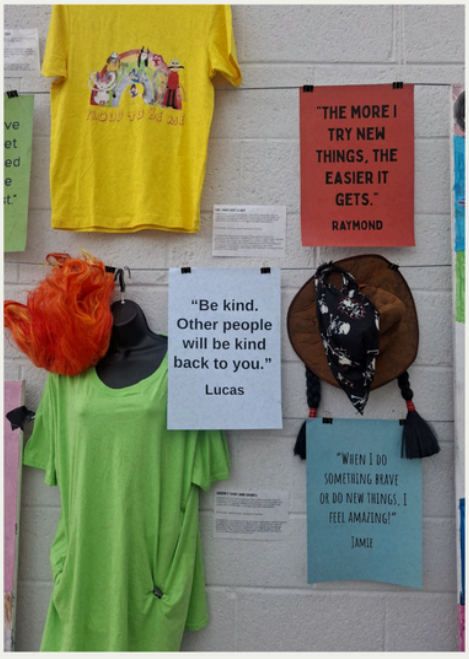
"The exhibition is so colourful. It stopped me in my tracks."

This exhibition focused on what bravery means to our community. We explored what can be achieved together when we go out of our comfort zones whilst being supported in safe, encouraging environments.

Numerous members of the public stopped to admire the artwork, ask questions and learn more about the exhibition. People were curious and interested in seeing different perspectives, experiences and emotions expressed through creativity.







"The brave quotes really made me think. They're very powerful."

Scan this QR code to view a video about the exhibition on our website. There is also information about previous exhibitions!

uppertunity.org.uk/2026-exhibitions

A NEW CHAPTER FOR UPPERTUNITY

After almost 12 years of developing, founding and leading Uppertunity, our Founder and Managing Director, Danielle, will be stepping down from Uppertunity in December.

Uppertunity is thriving, with a wonderful community, dedicated team and exciting plans ahead. Daniëlle feels now is the right time to begin a new chapter for her, taking what she's learned to help other people, organisations and places grow and flourish.

A message from Danielle



Hello everyone!

This hasn't been an easy decision. Uppertunity has been such a big part of my life, and I'm incredibly proud of what we've built together. And I really do mean together. Uppertunity is what it is today because of everyone who has been part of it. We've been willing to try new things, challenge ourselves, learn from mistakes and change when something isn't working.

I feel happy knowing I'm leaving Uppertunity in a good place, with wonderful people and so much potential. I'm now looking forward to using everything I've learned to help other people and organisations flourish through creative facilitation and development.

I'm not totally disappearing. I'll still visit and attend some of our usual exciting events. And I will be supporting the team and board through the transition.

I also want to give a massive heartfelt thank you to everyone who has supported us over the years. From those who believed in us at the very beginning and gave us our first spaces, to our members, families, carers, volunteers, staff, trustees, funders and community partners. You have all made Uppertunity what it is today.

The third sector faces many challenges, particularly with increasing needs and limited resources. But one thing I've learned is just how much we can achieve when we support one another rather than compete. That sense of community and collaboration is something we'll always hold onto. Thank you for being part of this journey. I can't wait to see what comes next!

If you have any questions, concerns or just want a chat, please do get in touch.

With lots of love, excitement, nerves and gratitude....Daniëlle

LOOKING AHEAD TOGETHER

Change is happening at Uppertunity, but our purpose remains the same: creating opportunities and building communities for people to connect, grow and flourish.

Welcoming Catrin as our new Manager



From November, Catrin will be stepping into the Manager role, with Danielle supporting the transition.

Catrin has been working with Uppertunity as our Operations Lead and brings valuable experience in the third sector, funding and organisational management. We're delighted to support someone from within our team to take this next step. Catrin already knows our community and values, while bringing fresh ideas and perspectives to help Uppertunity continue developing.



Welcome to Evie!

We're also excited to welcome Evie as our new Cooking Skills Project Worker.

Evie started with us as a volunteer and brings experience in support work and cooking. When the opportunity arose, we were delighted to support someone in our team.

She'll be helping to deliver our cooking workshops, supporting members to develop skills, confidence and independence.

Embracing Change Together

We know change can feel uncertain, and that's completely understandable. Change also creates opportunities to learn, grow and try new things.

Uppertunity has always evolved by listening, experimenting and working together. That's how we've got to where we are today. We're excited about this next chapter, and most importantly, we'll keep shaping it together, as a community.

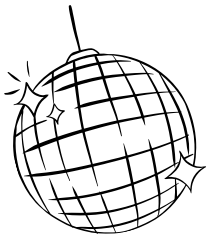
UPPERTUNITY ANNUAL AWARDS DINNER

Thursday 19th November
6pm-10pm
Fairfield Bowling Club
Fairmuir Street

Join a big night to celebrate the amazing achievements across the Uppertunity community!

Awards for personal achievements of our members and volunteers, and of course our Bowling Stones League!





🏆 Awards, trophies & certificates
🍽️ Hot food dinner
🎧 DJ & dancing
👔 Smart dress
🎉 Lots of celebrating!

Come along, cheer everyone on and enjoy a brilliant night together. Everyone is welcome!

£10 per ticket (+ 1 carer free).

Spaces are limited, so make sure you book your place. This is a fundraising event for Uppertunity.

CARERS CONNECT



Practical support, useful information and conversations for family carers

A free quarterly day for parents, relatives and family members supporting an adult with a learning disability, autism or additional support needs.

HEAR FROM GUEST SPEAKERS AND ORGANISATIONS ABOUT:

Benefits & money • Finding support • Wills & future planning • Carers' rights • Bereavement • Local services • Health & wellbeing
Ask questions, meet other carers, and find practical support.



NEED SUPPORT?

Carers Connect is a space to find out more about support for the person you care for, as well as support for you.

If the person you support would benefit from somewhere to go while you attend Carers Connect, they may be able to join one of Uppertunity's activities during the day. Please let us know when booking.

UPCOMING DATES

- Tuesday 1 December 2026, 10am-3pm
- Tuesday 2 March 2027, 10am-3pm
- Tuesday 1 June 2027, 10am-3pm
- Tuesday 7 September 2027, 10am-3pm

Uppertunity, The Circle, Dudhope Castle, Barrack Road, Dundee, DD3 6HF



FREE!
Lunch, tea & coffee included.

BOOK YOUR SPACE NOW!

Spaces are limited, so check out the website at **https://events.humanitix.com/host/uppertunity**

Email info@uppertunity.co.uk for more information.

WEEKLY TIMETABLE AT UPPERTUNITY

Enjoy fun activities each week, try something new and spend time with friends!
Spaces must be booked in advance. Get in touch to find out what's available.

MORNING SESSIONS

Tuesday	Wednesday	Thursday	Friday
Pick & Mix **10am-12pm, £5** A changing mix of creative, crafty and active activities. Try something different and have fun.	**Scribbles** **10am-12pm, £5** A social and therapeutic arts group where different senses are stimulated and explored	**Freestyle** **10am-12pm, £5** A social group where we explore new creative projects, and experiment with art	**Moving on Upp** **10am-12pm, £5** An active group offering activities including dance, yoga and ball sports
Unique Beats **10am-12pm, £5** An active art group where we play drama games, create characters, write scripts, and have fun	**Freestyle** **10am-12pm, £5** A social and creative group where we take part in different creative projects every week	**Upp Skills** **10am-12pm, £5** A hands-on workshop changing every 4 weeks. Explore a new skill each block. See website	**Doodles** **10am-12pm, £5** A social and creative based art group, where we learn to design and create different art
	**Shine Time** **10am-12pm, £5** An expressive group exploring music, movement, singing, drama games, and confidence building.		**Grow Curious** **(Garden Volunteering)** **10am-12pm** Help tend to the gardens at Dudhope Castle
Mix it Upp Cooking **10am-12pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	**Mix it Upp Cooking** **10am-12pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	**Mix it Upp Cooking** **10am-12pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	**Unique Rhythm** **10am-10:50am, £3** **11am-11:50am, £3** A music & singing group, led by Ed, Face the Music

Lunch Club

Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time!
12:00-12:45pm | Last food orders at 12:30pm

WEEKLY TIMETABLE AT UPPERTUNITY

Enjoy fun activities each week, try something new and spend time with friends!
Spaces must be booked in advance. Get in touch to find out what's available.

AFTERNOON SESSIONS

Tuesday	Wednesday	Thursday	Friday
Lunch Club Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time! 12:00-12:45pm | Last food orders at 12:30pm			
Freestyle **1pm-3pm, £5** A social group where we explore new creative projects, and experiment with art	**Unique Beats: Spotlight** **1pm-3pm, £5** A performance art group where we explore drama, scripts, characters, filmmaking and creative confidence	**Scribbles** **1pm-3pm, £5** A social and therapeutic arts and crafts group where different senses are stimulated and explored	**Scribbles** **1pm-3pm, £5** A social arts and crafts group where different senses are stimulated and explored
Scribbles **1pm-3pm, £5** A social and therapeutic arts and crafts group where different senses are stimulated and explored	**Totally Stitched** **1pm-3pm, £5** This group uses fabrics and textiles in different ways to create art, including sewing	**Wise Upp** **1pm-3pm, £5** An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	**Upp & Oot** **1pm-3pm, £5** Nature and active group to explore outdoors, grow plants indoors, and learn about the environment
	**Doodles** **1pm-3pm, £5** A social and creative based art group, where we learn to design and create different art	**Shine Time** **1pm-3pm, £5** An expressive group exploring music, movement, singing, drama games, and confidence building	**Comic Club** **1pm-3pm, £5** Learn about character creation, stories, drawing and design
Mix it Upp Cooking **1pm-3pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	**Mix it Upp Cooking** **1pm-3pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	**Mix it Upp Cooking** **1pm-3pm, £5** Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	

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

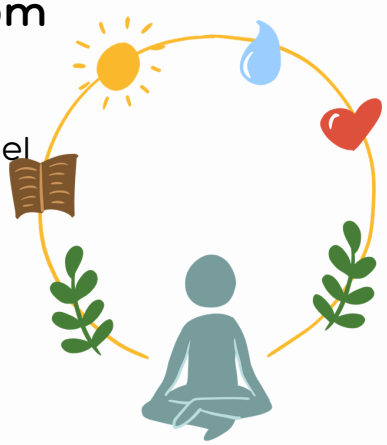
WELLBEING TOOLKIT - NOVEMBER

Starts Thurs 5th November | 4 weeks | £20 | 10am to 12pm

Across four fun, interactive sessions, we'll explore practical ways to look after your mental and physical wellbeing. We'll look at:

- How our environment & the people around us affect how we feel
- Knowing your strengths and being kind to yourself
- Friendships, support networks and healthy relationships
- Simple ways to stay calm and cope with difficult feelings

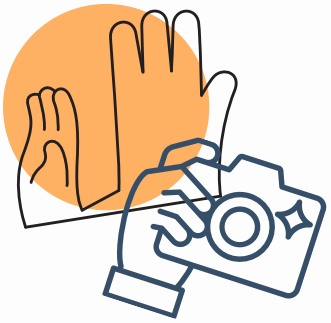
By the end, you'll create your own wellbeing toolkit filled with ideas and strategies that work for you.



SHADOW PHOTOGRAPHY & PLAY- DECEMBER

Starts Thurs 3rd December | 3 weeks | £15| 10am to 12pm

Across three creative sessions, we'll explore how light, shadow and colour can be used to create interesting effects. We'll experiment with torches, different materials and objects to make shadows, still artwork and short videos. You'll learn how changing the angle, colour and position of light can completely change what we see – and have lots of fun playing and experimenting along the way!



MAKATON - JANUARY

Starts Thurs 7th January | 4 weeks | £20 | 10am to 12pm

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. We'll explore different themes together.



SOCIAL BUTTERFLIES: UPCOMING 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
Thursday 5th November 10am - 12pm	**Games, Socialising and Cake** Take part in a session where we talk about relationships, making and keeping friends, and keeping safe in person and online. Must book.	Dudhope Castle, Free entry
Thursday 12th November 5.30pm - 7.30pm	**Games, Socialising and Cake with Carer Session** A session for talking about relationships, with an additional session for carers to share stories and strategies for supporting each other. Must book.	Dudhope Castle, Free entry
Sunday 15th November 4:00-6:15pm	**Dundee Lights Switch On** Visit our sensory area and art activities leading up to the winter lights switch on in Dundee!	City Centre Dundee
Sunday 15th November 2:00-6:00pm	**Jazz Session** We have limited tickets to a special Jazz Session at the Bonar Hall! Get in contact to book a ticket.	Bonar Hall Dundee £5
Thursday 19th November 6pm - 10pm	**Annual Awards Dinner** Join us for our annual awards dinner, celebrating our members, our Bowling League, our volunteers, and our whole community!	Fairfield Bowling Club, Fairmuir Street.
Sunday 29th November 4:00-6:30pm	**Dundee Hooley** We are taking part in the big Dundee Hooley parade! Let us know if you want to join in.	City Centre Dundee
Tuesday 1st December 10am-3pm	**Carers Connect** A free quarterly day for parents, relatives and family members supporting an adult with a learning disability, autism or additional support needs.	Dudhope Castle, Free entry
Thursday 3rd December 10am - 12pm	**Games, Socialising and Cake** Take part in a session where we talk about relationships, making and keeping friends, and keeping safe in person and online. Must book.	Dudhope Castle, Free entry
Thursday 17th December 5.30pm - 7.30pm	**Games, Socialising and Cake with Carer Session** A session for talking about relationships, with an additional session for carers to share stories and strategies for supporting each other. Must book.	Dudhope Castle, Free entry

Closed for end of year from Friday 18th December (last open day Thursday 17th December), and reopen Tuesday 5th January.

BOWLING STONES LEAGUE

An inclusive bowling league for people aged 16+ with additional support needs.

Teams from organisations across Dundee and the surrounding area come together once a month to bowl, socialise and have fun, with scores adding up throughout the season!

It's a great way to meet new people and have fun. We finish the season with a special Awards Celebration.

Join at any time. Contact info@uppertunity.co.uk for more information or to get involved.

Our new 2026/2027 season will be held at a new location: Hollywood Bowl, Douglas Road, Dundee

Next League Dates (2026/27)

Fridays | 10am sign-in 10:30am start | 12pm finish
£6 for two games
Hollywood Bowl, Douglas Road, Dundee

6th Nov 2026	4th Dec 2026
15th Jan 2027	12th Feb 2027
12th Mar 2027	9th Apr 2027
14th May 2027	11th Jun 2027
16th Jul 2027	13th Aug 2027
10th Sep 2027	8th Oct 2027



GAMES, SOCIALISING AND CAKE!

Meet people, have fun and learn about friendships, relationships and safe socialising. Aimed at adults (18+) with additional support needs.

Come along to meet people, enjoy games and activities, and have some tasty treats. Each session will also include fun, accessible learning about friendships, relationships, communication, boundaries and staying safe, both in person and online.



HOW DOES IT WORK?

We run two sessions each month, one during the day and one in the evening. Each session will be a little different, with games, group activities, conversations and guest speakers sharing practical learning in a fun and relaxed way.

WHAT WILL WE EXPLORE?

- Making and keeping friendships
- What makes a healthy relationship?
- Getting to know new people
- Communication and confidence
- Understanding personal boundaries
- other people's boundaries
- Safe socialising online
- Staying safe in person

WHEN IS IT?

DAYTIME SESSIONS
10am-12pm

Thurs 8th Oct 2026
Thurs 5th Nov 2026
Thurs 3rd Dec 2026
Thurs 14th Jan 2027
Thurs 4th Feb 2027
Thurs 4th Mar 2027

EVENING SESSIONS
5:30pm-7:30pm

Thurs 22nd Oct 2026
Thurs 12th Nov 2026
Thurs 17th Dec 2026
Thurs 21st Jan 2027 (16+)
Thurs 18th Feb 2027
Thurs 11th Mar 2027

WANT TO JOIN?

- All sessions are FREE to attend.
- There are 15 spaces available at each session.
- You can come to one session, or lots.
- Each session must be booked separately.
- Email info@uppertunity.co.uk.

ARE YOU A CARER?

Evening carer & family sessions

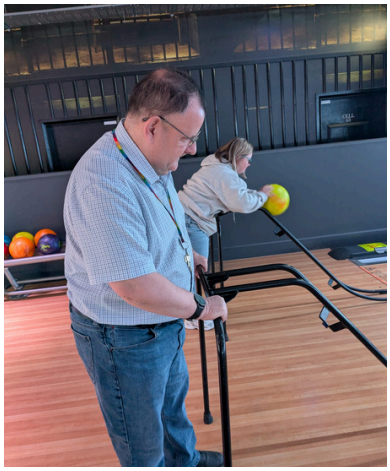
During our Thursday evening sessions, parents, carers and support staff can join us in a separate room for an informal space to connect, share experiences, chat and support one another.

Held at Dudhope Castle, Barrack Road, DD3 6HF - uppertunity.org.uk

UPPERTUNITY
CREATING OPPORTUNITIES BUILDING COMMUNITIES

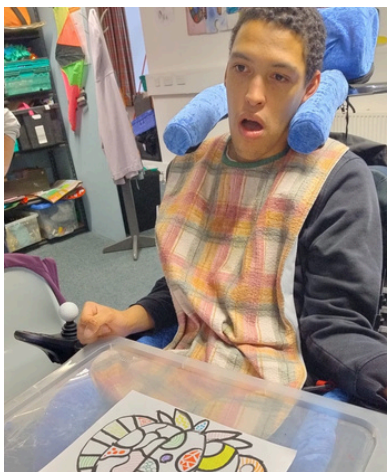
Support provided by local partners including NHS Tayside and Dundee HSCP

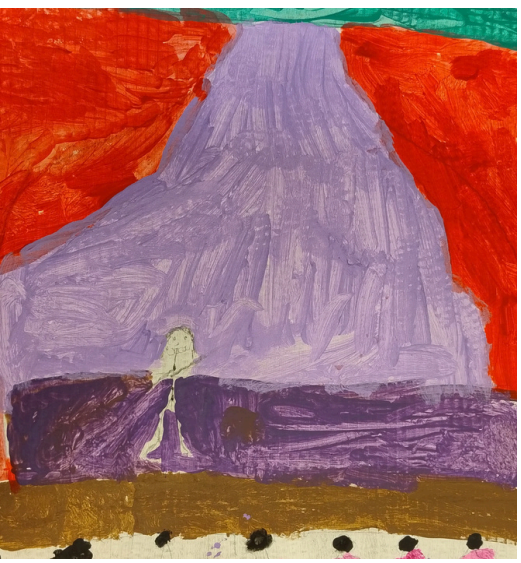
WHAT HAVE WE BEEN UP TO









"WHEN WE FEEL CONFIDENT, WE CAN HELP OTHER PEOPLE FEEL CONFIDENT"

SHAY - UPPERTUNITY MEMBER



DONATE TO HELP US RAISE OUR VOICE!

JUST £5 A MONTH COULD HELP US SUPPORT HUNDREDS OF PEOPLE WITH LEARNING DISABILITIES, AUTISM AND ADDITIONAL SUPPORT NEEDS TO LEARN, CONNECT, GROW AND THRIVE.

DONATE OR FIND OUT MORE ON OUR WEBSITE

UPPERTUNITY
CREATING OPPORTUNITIES
BUILDING COMMUNITIES

SUPPORTED BY
CANVAS

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 our Engagement Lead, 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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UPPERTUNITY LIMITED
info@uppertunity.co.uk
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The Circle, Dudhope Castle
Barrack Road, Dundee
DD3 6HF

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**

JOIN OUR WHATSAPP ANNOUNCEMENTS GROUP

We have a WhatsApp announcements group, which is open to members, families, carers, volunteers and anyone connected to Uppertunity. Scan the QR code to join and keep up to date.