

## 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!

## 🌟 September Highlights 🌟

September was another busy month at Uppertunity! 🎉 We celebrated our 10th birthday, welcomed visits from King's Trust, Dundee Libraries and Leisure & Culture Dundee, and launched our Nourish & Connect cooking workshops. We joined the Hilltown Play Parade, and Harvest Fest at Boomerang, while our staff completed a full facilitation training day. Our Sing Upp group gave a beautiful performance at the end of their block, and our catering team pulled off a host of orders with usual flair! 🙌

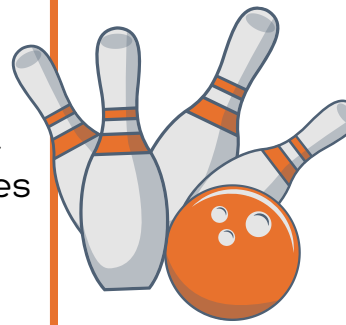


## 🎳 Bowling Stones League 🎳

👉 Final game of this season: Friday 17th October at Tenpin

👉 Sports Dinner & Awards Night: Thursday 27th November, 6-9pm at Fairmuir Bowling Club. Everyone's welcome! Free dinner, music, trophies & a chance to dress smart!

👉 New season starts in November, sign up now!



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

Uppertunity is taking part in this year's Dundee Hooley torchlight parade! We're creating wearable sculpture art around the theme of care - and we'd love for you to be involved.

👉 Find out more on page 9.



## 🧠 New Wellbeing Workshops 🧠

We're planning a new weekly mental health & wellbeing workshop. What would you find most useful? Confidence-building, managing anxiety, stress relief, or something else?

👉 Share your ideas with Caroline or Danielle - we'd love your input!



## 👏 Get Involved 👏

We're looking for:

Creative Group Facilitator Volunteers

New Board Members with lived experience

👉 More info on pages 13 and 14.



# WELCOME TO OUR NEW ACHIEVEMENT TREE!

Our new awards wall is up, and it's all about celebrating you!

At Uppertunity, we know that learning happens in all kinds of ways. The Achievement Tree is a fun and creative way to recognise your growth, skills, kindness, and personal wins.

The awards wall is in our main art room, and has 4 sections.



## 1. The Badge Garden

Grow your skills, earn a badge!

There are 4 themes:

🍲 Kitchen | 🌱 Garden | 🤝 General  
Volunteering | ⭐ Life Skills

Each theme has 6 skills. When you practice a skill independently 3 times, you earn a stamp. Get 3 stamps = you earn a badge in that skill.

Earn all 6 badges in one theme? You'll receive a certificate and a spot in our Bloom Awards!



## 3. Golden Leaves

Your proud moments, big or small. Passed a course? Got a job? Learned a new skill? Let's celebrate it!

Tell a staff member and we'll add your achievement to the wall as a golden leaf.

Everyone's journey matters, and everyone's achievements will be shared!

## 2. The Bloom Awards

Celebrating what makes you shine!

Every 6 months, we'll host a special celebration, where we give out special awards for things like...

- 🌻 Sunflower Spirit - for lifting others up
- 💡 Creative Spark - for brilliant ideas
- 🌱 Deep Roots - for long-term commitment

...and more! Awards will be added to the wall as paper leaves. Can you work toward one? Ask staff if you'd like to!



## 4. Sunshine Notes

Spread kindness like sunshine  
Write a note to say thank you, celebrate effort, or share something kind.

Notes go up on the wall and help brighten someone's day ☀️

Paper leaves and flowers are always available, so write yours any time!



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

## JEWELLERY SKILLS - OCTOBER

**Starts 2<sup>nd</sup> October | 4 weeks | £20**

Get creative and make your own personalised jewellery! You'll learn simple stringing techniques to create bracelets and necklaces, how to choose and combine beads and colours, and ways to design pieces that reflect your own style. A great way to express yourself, relax, and create something unique to take home.



## 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.



# 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
Oct 17 <sup>th</sup> Fri			<b>Bowling League, (17<sup>th</sup> Oct)</b> 10am to 12pm, Tenpin
Oct 29 <sup>th</sup> Wed	<b>Halloween Party Wednesday 29<sup>th</sup> October, 6-9pm</b> - Join in some Halloween fun with a party at Fairmuir Bowling Club, Games, DJ music and food! £5		
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. All free. Times to be confirmed.	<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 Fairmuir Bowling Club. All welcome. Dinner, music and awards. Free.	<b>Dundee Hooley Sunday 30<sup>th</sup> November</b> - Join in and celebrate our community! We have a fun activity planned, and we want you involved! Details coming soon!	
Dec 10 <sup>th</sup> Wed	<b>End of year festive party, Wednesday 10<sup>th</sup> Dec 6-9pm</b> - Join in some festive celebrations, with games, music and food! £5		<b>Bowling League, (12<sup>th</sup> Dec)</b> 10am to 12pm, Tenpin
Closed	Uppertunity is closed for 2 weeks from Monday 22 <sup>nd</sup> December to Sunday 4 <sup>th</sup> January		

## BOOK YOUR SPACES!

# 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!

### Final Game of Current League


 Friday 17th October

🕒 10am sign-in | 10:30am-12pm games

📍 Tenpin, Kingsway Retail park, Dundee

💷 £5.70 for two games

### Sports Dinner & Awards Night

 Thursday 27th November

6pm-9pm (all welcome!)

📍 Fairmuir Bowling Club

🎫 Free (booking required)

🍽️ Dinner | 🎵 Music | 🏆 Trophies

👗 Fancy Dress

### 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..





**HALLOWEEN PARTY - 29<sup>TH</sup> OCTOBER**

# **HALLOWEEN PARTY**

**Wednesday 29<sup>th</sup> October  
6.00pm - 9.00pm**



**Join in some Halloween fun  
with a party at Fairmuir  
Bowling Club!**

There'll be spooky games, a  
live DJ and food provided.

Prizes for best dressed!

Contact Uppertunity to book.

**£5 | Fairmuir Bowling Club**

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

# SPORTS DINNER

Thursday 27<sup>th</sup> November

6.00pm - 9.00pm

Fairmuir Bowling Club, 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 all fancy! Suits and dresses welcome!
- 🎫 Free entry, booking required.

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

# DUNDEE HOOLEY - 30<sup>TH</sup> NOVEMBER



UPPERTUNITY IS TAKING PART IN THIS YEAR'S DUNDEE HOOLEY!

What is the Hooley? It is a Dundee City Centre event, celebrating St Andrew's Day and our amazing city! There is music, dance, food, activities and a spectacular parade!

 Sunday 30th November  Times to be confirmed  Dundee City Centre

✨ Do you want to get involved? ✨

## JOIN IN THE PARADE ON THE NIGHT

Uppertunity are joining the torchlight parade as a group. We will all be wearing handmade wearable soft sculptures, that represent care - caring for ourselves, for one another, and for our communities. This project is one of three bigger exciting art projects we are launching (see next page).


If you would like to join Uppertunity in the parade, let us know.





## MAKE AND CREATE ART TOGETHER

We will be making the sculptures in some of our weekly groups. You can make a sculpture even if you don't want to join the parade

We are also planning a family care-making session, where members and their families can make sculptures together.

 Thursday 30th October

 10am-12pm or 1pm-3pm (or stay all day!)

 Uppertunity, Dudhope Castle

 Free





# PLANT A CONVERSATION - 3 ART PROJECTS

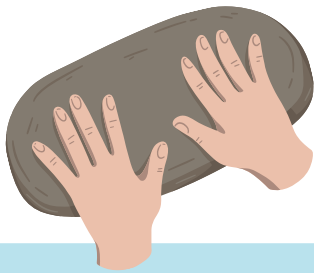
At Uppertunity, we looked at what helps - and what gets in the way - of building inclusive and welcoming communities. From this, our Plant a Conversation project was born.

## Plant a Conversation is about:

- ✨ Building stronger communities
- ✨ Having honest and brave conversations
- ✨ Reimagining care together

This year, we will explore these ideas through three art projects, each using a different art form. We will share them through videos, blogs, exhibitions and more. Creativity helps us make the invisible visible.

## ✨ The three art projects ✨



### FORMING CARE

Exploring care for ourselves, each other, and our communities, through sculpture and wearable art.

(This will be part of the Dundee Hooley parade! We also plan to take some photos of the wearable art. Maybe even a catwalk! )



### DRAWING CONNECTIONS

Exploring how we connect and support each other, and how we are part of ecosystems. All through painting and drawing.



### SCRIPTS OF COURAGE

Exploring brave conversations about vulnerability and identity through drama and poetry.

We will share more information about workshops and ways to get involved.

# NOURISH AND CONNECT




# NOURISH & CONNECT

Cookery workshops for all at Dudhope Castle, Dundee  
Tuesdays | 6:00pm-8:00pm | £10 per workshop

 Hands-on, fun sessions designed to build skills, confidence, and connection through food.

 All sessions include making 2-3 dishes (something hot, a cold dish, and a side), and you take everything home!

 We offer two levels of workshops to make them more accessible for everyone, from complete beginners to confident cooks looking to learn more.

 Together, we'll also explore different cooking methods that can be adapted to fit your needs, from energy-saving and time-saving tips to bulk cooking and smart storage ideas.

## Foundation Sessions

For complete beginners or those with very little cooking experience.

Maximum 4 people, so the instructor can give extra support.

Includes adapted tools to make prep easier.

Children welcome with an adult

## Adventurer Sessions

For those with some kitchen confidence wanting to expand their skills.

Maximum 6 people, 16+ only

More activities and deeper learning.



Location: Dudhope Castle, DD3 6HF



Booking essential - limited spaces available



Book now: email [serendipities@uppertunity.co.uk](mailto:serendipities@uppertunity.co.uk)



Every attendee gets 50% off our recipe book - Mix It Upp - on the night



Led by Uppertunity | Supported by NHS Charitable Foundation

# NOURISH AND CONNECT

Cookery workshops for all at Dudhope Castle, Dundee  
Tuesdays | 6:00pm-8:00pm | £10



**Dumpling Delight**  
Foundation Session - 14<sup>th</sup> Oct  
Adventurer Session - 21<sup>st</sup> Oct

Learn to make dumplings and ramen, getting creative with healthy, flavour-packed fillings. A fun, hands-on, and surprisingly healthy session.



**Intro to Sourdough (£15)**  
Adventurer Session only - 28<sup>th</sup> Oct

A longer session (5:30-8:30pm) exploring the basic process of sourdough. We'll bake something during the session, prep a dough to bake at home, and learn how to make a starter.



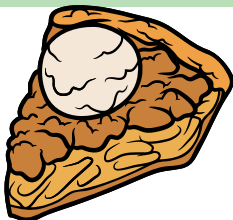
**Easy Bread Making**  
Foundation Session only - 4<sup>th</sup> Nov

Learn the basics of breadmaking in a fun, supportive environment. You'll discover how to knead, shape, and bake easy breads.



**Mexican at Home**  
Foundation Session - 11<sup>th</sup> Nov  
Adventurer Session - 18<sup>th</sup> Nov

Bring Mexican flavours into your kitchen. Learn to make easy nachos, quesadillas, authentic spice blends, and budget-friendly toppings.



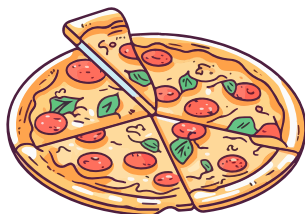
**Puddings and Treats**  
Foundation Session - 25<sup>th</sup> Nov  
Adventurer Session - 2<sup>nd</sup> Dec

Create easy no-bake tiffins, fruit crumbles, and mug cakes. Learn how to cut down on sugar without losing enjoyment



**Festive Feast**  
Foundation Session - 9<sup>th</sup> Dec  
Adventurer Session - 16<sup>th</sup> Dec

Get into the festive spirit, and learn how to make a veggie Wellington and sides that are anything but boring (no roasted Brussels sprouts here!).



**Pizza Perfect**  
Foundation Session - 13<sup>th</sup> Jan  
Adventurer Session - 20<sup>th</sup> Jan

Have fun creating pizzas with a variety of bases, sauces, and toppings. Learn how to make your own base too.



**Salads with Substance**  
Foundation Session - 27<sup>th</sup> Jan  
Adventurer Session - 3<sup>rd</sup> Feb

Make hearty, wholesome salads that are far from boring! Think grains, roasted veg, proteins, and punchy dressings. No leaves here!



**WE ARE LOOKING FOR GROUP FACILITATOR VOLUNTEERS!**

# CREATIVE GROUP FACILITATOR VOLUNTEERS NEEDED!



**Looking for a fun and social volunteering opportunity?  
Join Uppertunity as a creative group facilitator!**

We're looking for individuals to support and co-run our weekly creative groups (2-hour sessions) for adults with additional support needs.

You don't need to be artistic; what matters most is being playful, empathic, and supportive (being chatty helps too! 😊).



## WHAT YOU'LL DO

- ✔ Support our members in sessions
- ✔ Encourage members in a safe, fun, and inclusive environment
- ✔ Share ideas (when you feel ready) and help shape activities
- ✔ Build up to co-facilitating or, in time, running sessions

## WHAT YOU'LL GAIN

- ☀ New skills & experience in facilitation
- ☀ Mentoring & support in a safe, nurturing space
- ☀ Confidence & friendships
- ☀ Free soup on the days you volunteer



Interested? Email Danielle (Manager) at [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk). Feel free to ask any questions.

All roles are subject to completed disclosures before starting.

# DO YOU WANT TO JOIN OUR BOARD?



**"PEOPLE LIKE ME AREN'T IN THE ROOM  
WHERE DECISIONS ARE MADE."  
AT UPPERTUNITY, WE WANT YOU IN THE ROOM!**

Uppertunity turned 10, and we're stepping into an exciting new chapter. And we want your voice to help write it! Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives.

**We're looking for 2 new board members:**

- Someone with lived experience of additional support needs and/or autism
- A parent or carer of someone with additional support needs



## WHAT YOU'LL DO

- 🌱 SHAPE OUR VISION
- 🌱 CHAMPION VOICES OF OUR MEMBERS
- 🌱 GET CREATIVE AND HANDS-ON
- 🌱 JOIN VISION DAYS, COMMUNITY EVENTS & MORE!

## WHAT YOU'LL GAIN

- ☀️ A REAL VOICE IN SHAPING CHANGE
- ☀️ NEW SKILLS & CONFIDENCE
- ☀️ BEING PART OF A PASSIONATE, CREATIVE COMMUNITY
- ☀️ THE JOY OF MAKING A DIFFERENCE!



Interested? Email Danielle (Manager) at [danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk). Feel free to ask any questions.

Share your skills, interests and why you are interested. Any format is accepted.

# 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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CAROLINE BENTLEY  
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DD3 6HF

