

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 full of fun, with our 11th birthday celebrations taking centre stage! We celebrated with catwalks, performances, creativity and lots of laughter. We also enjoyed a trip to Camperdown Wildlife Centre, more nature workshops including welcoming Dundee Rangers and a trip to Trottick Ponds, gentle movement with Heart Space, and a visit to DCA to try out different printing techniques. Four of our member volunteers also completed REHIS training, congratulations!

OCTOBER CHALLENGE MONTH IS HERE!

This October, Uppertunity and Active Dundee are teaming up for Challenge Month! Across four weeks, we'll be trying 8 different active activities around Dundee, with a new activity every Tuesday and Thursday.



The aim is simple: have fun, get moving, build confidence and support your physical and mental wellbeing. You can join one activity, a few, or challenge yourself to try all eight. No experience is needed, and most activities are wheelchair accessible.

Each time you take part, you'll collect a stamp in your Challenge Passport, and there are prizes to be won! Sessions cost £5 each. Check the Challenge Month timetable or Social Calendar, then email info@uppertunity.co.uk to book your space.

See timetable on page 14.

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.

GAMES, SOCIALISING & CAKE

Join our new programme to meet people, have fun and explore friendships, relationships and safe socialising through relaxed games, activities and conversation.

Find out more on **page 7!**

AVAILABLE SPACES

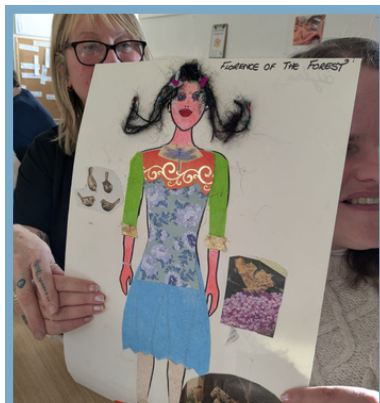
We have several spaces available in groups just now, accurate at the time of writing.
Please get in contact to find out if a space is a good fit for you!

	Group	Time	Spaces
TUESDAY	Pick and Mix	10am - 12pm	4
	Mix it Upp		1
	Unique Beats		1
	Freestyle	1pm - 3pm	2
	Scribbles		1

WEDNESDAY	Shine Time	10am - 12pm	4
	Freestyle		2
	Unique Beats	1pm - 3pm	1

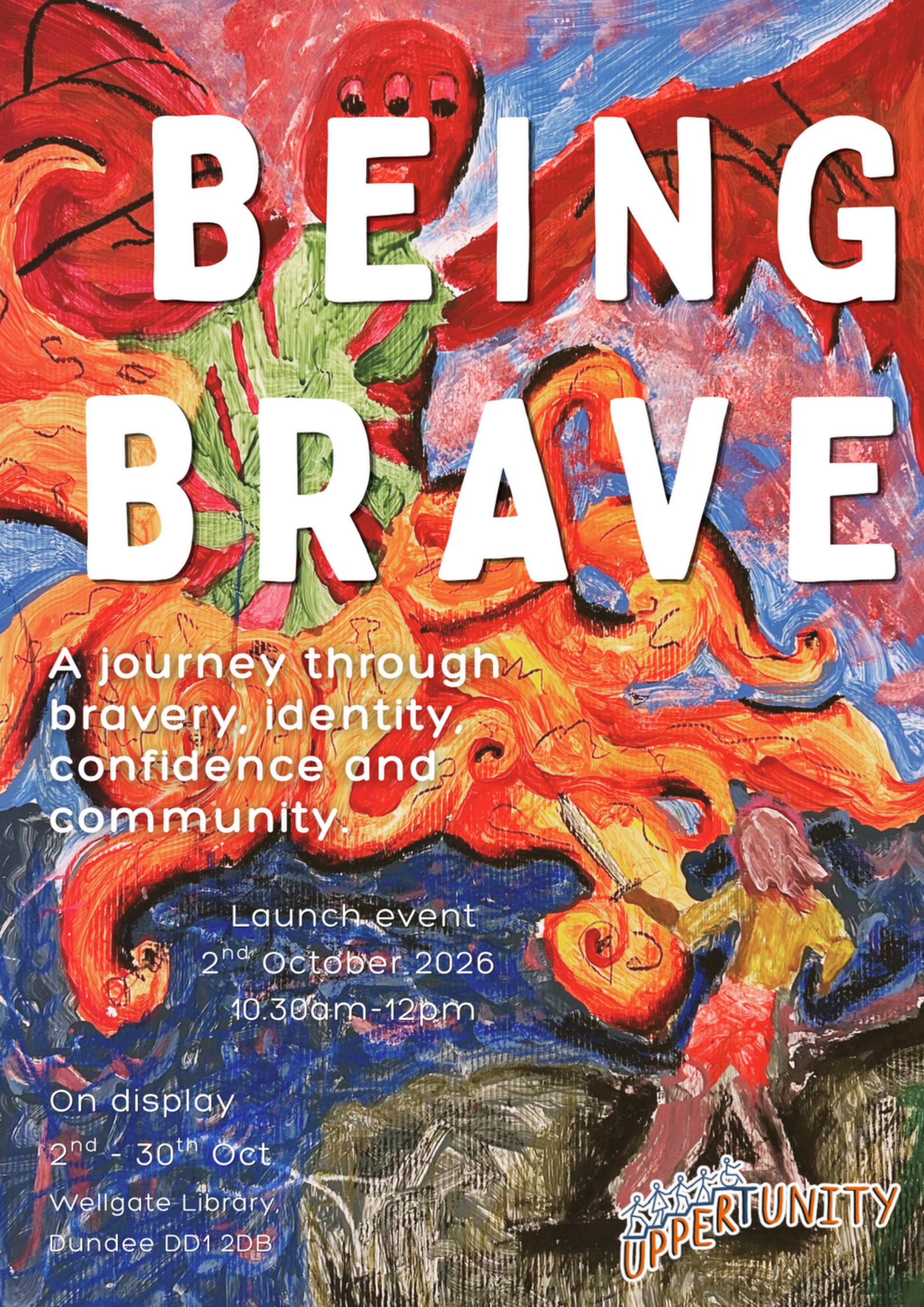
THURSDAY	Scribbles	1pm - 3pm	4
	Wise Upp		1
	Shine Time		1

FRIDAY	Unique Rhythm	10am - 11am	3
	Doodles	10am - 12pm	1
	Scribbles	1pm - 3pm	2
	Upp and Oot		3
	Comic Club		1



11TH BIRTHDAY PARTY



An abstract painting with vibrant colors like red, orange, yellow, green, and blue. It features expressive brushstrokes and several stylized, somewhat abstract faces or figures. The overall mood is energetic and creative.

BEING BRAVE

A journey through
bravery, identity,
confidence and
community.

Launch event
2nd October 2026
10.30am-12pm

On display

2nd - 30th Oct

Wellgate Library,
Dundee DD1 2DB



"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



SUPPORTED BY
CANVAS



DO YOU WANT TO JOIN OUR BOARD?

HELP SHAPE WHAT COMES NEXT AT UPPERTUNITY!

Could you bring your experience, ideas and voice to Uppertunity? We're looking for new Trustees to join our Board and help shape the next chapter of our charity.

Uppertunity supports people with learning disabilities, autism and additional support needs to build confidence, connections and fuller, more meaningful lives.



WE'RE ESPECIALLY LOOKING FOR PEOPLE WITH EXPERIENCE IN...



Lived experience of additional support needs and/or autism



Parent or carer experience



Marketing & communications



Finance, business and/or enterprise development



WHAT YOU'LL DO...

- Shape our vision
- Champion member voices
- Share ideas
- Get creative
- Join vision days & community events
- Help us grow sustainably

WHAT YOU'LL GAIN....

- A real voice in shaping change
- New skills, knowledge and confidence
- Experience of charity leadership
- A place in a passionate, creative community
- The satisfaction of making a genuine difference

Email Danielle at danielledp@uppertunity.co.uk. Tell us a little about you, your skills and interests, and why you'd like to get involved.

GAMES, SOCIALISING AND CAKE!



MEET PEOPLE, HAVE FUN AND LEARN ABOUT
FRIENDSHIPS, RELATIONSHIPS AND SAFE SOCIALISING.
AIMED AT ADULTS (18+) WITH ADDITIONAL SUPPORT NEEDS.



More information on the next page.

Email info@uppertunity.co.uk to book spaces.

Held at Dudhope Castle, Barrack Road, DD3 6HF.

WANT TO JOIN?

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.

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.

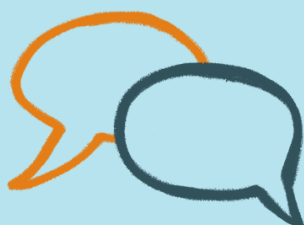
MORNING SESSIONS

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
			Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3 A music & singing group, led by Ed, Face the Music
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	Mix it Upp Cooking 10am-12pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment
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

UKULELE FUN - OCTOBER

Starts Thurs 1st October | 5 weeks | £25 | 10am to 12pm

In this playful music-making group, we will start each session with some movement to loosen up. We will then be joined by a music teacher who will show us how to start playing the ukulele. We will use percussion instruments and our voices to add rhythm and sounds - and have lots of fun! Sessions will be supported by Uppertunity staff. All instruments will be provided.



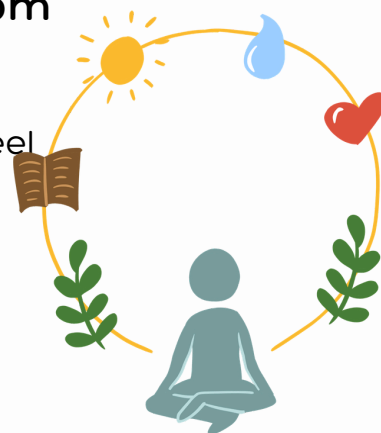
WELLBEING TOOLKIT - NOVEMBER

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

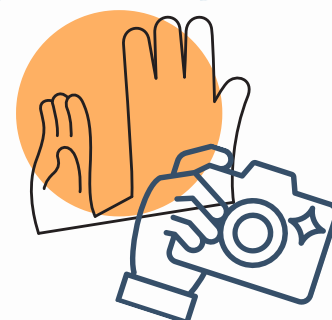
By the end, you'll create your own wellbeing toolkit filled with ideas and strategies that work for you.



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!



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 8 th October 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.	Dudope Castle, Free entry
Friday 9 th October 10am - 12pm	Bowling League Join in two games of bowling.	£5.70 Tenpin Bowling
Thursday 22 nd October 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.	Dudope Castle, Free entry
Tuesday 27 th October 6pm - 10pm	Halloween Party Join us for fun games, socialising, dancing and dressing up! Bar at venue.	£5 CANVAS Ure Street
Friday 6 th November 10am - 12pm	Bowling League Join in two games of bowling.	£6.00 Hollywood Bowl
Thursday 19 th 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 15 th 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 29 th 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

Closed for end of year from Friday 18th December to 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.

Next League Dates (2026/27)

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

£6 for two games

Hollywood Bowl, Douglas Road, Dundee

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



The last bowling game for the 2025/26 league is on Friday 9th October at Tenpin Kingsway.

Then the new league starts at Hollywood Bowl.

UPPERTUNITY CHALLENGE MONTH TIMETABLE

WEEK 1

DATE & TIME	ACTIVITY	WHAT TO EXPECT	VENUE
Tuesday 6 October 10am-12pm	Boccia	A fun target sport where you throw or roll balls as close as possible to the jack.	Menzieshill CC
Thursday 8 October 1pm-3pm	Bowls	Have a go at aiming, rolling and seeing how close you can get to the target.	Douglas SC

WEEK 2

DATE & TIME	ACTIVITY	WHAT TO EXPECT	VENUE
Tuesday 13 October 10am-12pm	Racquet Sports	Try out different racquet games, practise hitting and aiming, and find one you enjoy.	DISC
Thursday 15 October 1pm-3pm	Badminton / Tennis	Have a go at badminton and tennis, practise hitting and aiming.	DISC

WEEK 3

DATE & TIME	ACTIVITY	WHAT TO EXPECT	VENUE
Tuesday 20 October 10am-12pm	Athletics	Try some fun and accessible activities that get you moving and build strength.	DISC
Thursday 22 October 1pm-3pm	Fitness	Try different ways to move, exercise and build confidence at your own pace.	DISC

WEEK 4

DATE & TIME	ACTIVITY	WHAT TO EXPECT	VENUE
Tuesday 27 October 10am-12pm	Walking Football	Enjoy a slower version of football, no running. This is the only Challenge Month activity that is not wheelchair accessible.	Menzieshill CC
Thursday 29 October 1pm-3pm	Cycling	Try accessible cycling and discover different ways to enjoy getting around on a bike.	Regional Performance Centre

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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Community Engagement Lead
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UPPERTUNITY LIMITED
info@uppertunity.co.uk
07931 560936

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.

