

## 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!

## 17 Closures

Tue 30 Sept - Uppertunity will be closed for the day as staff take part in a full-day facilitator training. This will help us support members even better.

👉 No charge for groups on this day.

## Birthday Celebrations!

Uppertunity is turning 10 years old! We're celebrating on the 12<sup>th</sup> of September! More info on the next page.

Fri 12 Sept (morning) - No regular groups, instead join us for special birthday activities to celebrate Uppertunity's 10th Birthday!

👉 Free of charge, and full of fun!

## Weekly Group spaces

Looking for something new to try? We currently have spaces in:

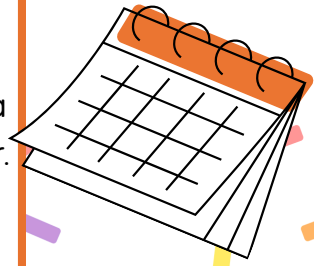
Wise Upp - Thursday 10am-12pm  
Moving On Upp - Friday 10am-12pm  
Freestyle - Friday 1pm to 3pm

## Volunteering Opportunities

We're always looking for enthusiastic volunteers to join the Uppertunity team! Volunteering with us isn't just about giving time; it's about learning, growing, and being part of a supportive community.

### Right now, we have opportunities to:

- Support in our Weekly Warriors groups, help members take part, build confidence, and enjoy activities.
- Help at events - from celebrations to pop-ups, we're always looking for extra hands to make things run smoothly.



**UPPERTUNITY IS TURNING 10 YEARS OLD!**

# **UPPERTUNITY IS 10<sup>th</sup> TURNING 10!**

**Friday 12th September**

**10.00am to 1.00pm**

 **Celebrate 10 Years of Creativity and Community  
at Uppertunity!** 

Join us for a fun-filled day!

## **Event Schedule:**

**10:00am** - Interactive drumming with Face the Music

**10:45am** - Dance show & try-it-yourself activities

**11:30am** - Poetry & drama performances

**12:00pm** - Thank you's, followed by lunch & cake

## **Throughout the morning:**

Get creative with art activities on the tables

Explore our member photography & art exhibition

Discover handmade props and behind-the-scenes  
displays from our drama groups

Sneak peek: Watch clips from a film-in-progress by  
our members

 Learn what we've been up to over the past year  
and share your ideas for the future!

**Free Entry | Scrimgeour Room | All Welcome**



# 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</b> 10am-12pm, £5  An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	<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</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**

## SING UPP! - SEPTEMBER

**Starts 4<sup>th</sup> September | 4 weeks | £20**

Join our joyful singing group and make music together! This course includes singing in a group (no experience needed!), playing with rhythm, movement and percussion instruments. We'll work towards a fun group performance at the end. This is led by a voice coach and singing tutor.



## 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




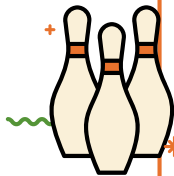


BOOK NOW





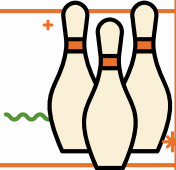



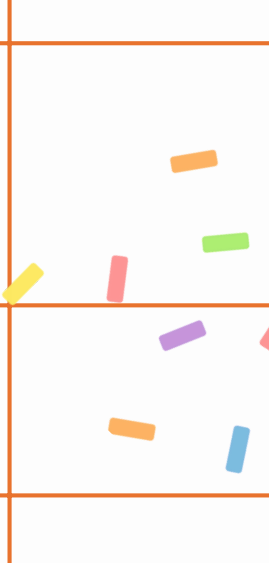
Uppertunity offers a programme of weekly social activities

## 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
Sep 3rd Wed / 4th Thu	<b>Community Connections with King's Trust and Dundee Libraries, Wed 3<sup>rd</sup> 10am - 12pm</b> Find out about King's Trust's programmes for 16-30 year olds. Explore what the libraries have to offer. It's much more than just books! Free	<b>Chair Yoga at Boomerang, Thursday 4<sup>th</sup> Sep 11.30am-12.15pm</b> - Join in some gentle yoga, £2, followed by Lunch Club £4	
Sep 12 <sup>th</sup> Fri	<b>Uppertunity's 10<sup>th</sup> Birthday celebration! Friday 12<sup>th</sup> at Dudhope Castle, 10am to 1pm</b> - Uppertunity is turning 10! There will be art activities, live performances, lunch, and cake. Free, and everyone is welcome!		
Sep 17 <sup>th</sup> Wed / 19 <sup>th</sup> Fri	<b>Community Connections, Wed 17<sup>th</sup> 10am - 12pm</b> The team from Active Dundee are visiting Uppertunity! Find out what they offer even try out some activities! Free.		 <b>Bowling League, (19<sup>th</sup> Sep) 10am to 12pm, Tenpin</b>
Sep 23 <sup>rd</sup> Tue	<b>V&amp;A Garden Futures exhibition and picnic, Tuesday 23<sup>rd</sup>, 11.45am to 2pm</b> - Enjoy a guided tour of the V&A's Garden Futures exhibition, followed by a picnic at Urban Beach. Meet at V&A at 11.45am for a 12pm start. Bring a packed lunch. Book with Uppertunity staff. Free.		
Sep 27 <sup>th</sup> Sat		<b>Stobbie Jammin! Sat 27<sup>th</sup> Sep</b> - Join in a day of making and sharing food at Boomerang Centre. Uppertunity will be running a cooking session from 9am. Enjoy a shared lunch followed by activities in the afternoon at Baxter Park.	

# SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

Date	Event at Uppertunity	Social Outing	Bowling League
Oct 3 <sup>rd</sup> Fri / 4 <sup>th</sup> Sat	<p><b>Climate Friendly Gardening, Fri 3<sup>rd</sup> Oct, 10am-12pm</b> - Hands-on gardening for people &amp; planet. Learn weeding, planting &amp; biodiversity tips. Help plant seeds and plants in our garden. Free. Open to all.</p> <p><b>Pizza making workshop, Friday 3<sup>rd</sup> Oct 1pm to 3pm</b> - Come along to Uppertunity and find out about different ways to make pizzas that are affordable, good for you, and good for the planet. You'll be making your own pizza! Spaces must be booked. Free, open to all.</p>	<p><b>Live Music at Clarks on Lindsay Street, Sat 4<sup>th</sup> 5.30pm to 9pm</b> - Meet at Clarks to enjoy 'The Interceptors' (Rock through the eras from the 60s to 00s). £3 entry. Bring snacks &amp; money for drinks.</p>	
Oct 17 <sup>th</sup> Fri			 <p><b>Bowling League, (17<sup>th</sup> Oct) 10am to 12pm, Tenpin</b></p>
Oct 29 <sup>th</sup> Wed	<p><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</p>		
Nov 27 <sup>th</sup> Thur	<p><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.</p>		
Dec 10 <sup>th</sup> Wed	<p><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</p>		
Closed	Uppertunity is closed for 2 weeks from Monday 22 <sup>nd</sup> December to Sunday 4 <sup>th</sup> January		

BOOK NOW



## BOOK YOUR SPACES!



# CELEBRATING OUR VOLUNTEERS!

At Uppertunity, our volunteers are essential to what we do, and also why we do what we do. Whether it's a quiet moment of support, a burst of laughter, learning and growing, or a big creative idea, our team of volunteers make it all happen. At our recent Volunteer Awards, we had the joy of recognising their hard work, growth, and unique contributions. Here are some snapshots from the celebration!





# CELEBRATING WITH FLAVOUR & PURPOSE!



As we celebrate 10 years of Uppertunity, we're proud to share that our catering and food service...Serendipities Catering...has been growing right alongside us!

Our catering isn't just about delicious food, it's about creating opportunities. Every order supports inclusive learning for adults with additional support needs, offers climate-conscious food choices, and helps us continue the work we do in the community.

From small gatherings to large events, our menu can be tailored to suit your needs – and we can even provide a volunteer serving team to bring extra smiles to your occasion. We've been busy with everything from intimate lunches to weddings of over 100 guests, and we're grateful for the trust and support that makes it all possible.

By choosing Serendipities, you're not only getting great food, you're celebrating with us and helping to build a more inclusive and sustainable future.

👉 Explore our updated menu at [serendipities.co.uk](https://serendipities.co.uk) and get in touch to plan your next order!





# BOWLING STONES LEAGUE...SPORTS DINNER!!

Our Bowling Stones league has had another fantastic game! Last week alone we had 20 strikes bowled and a top score of 159!

🎳 **Last two games of this season:**

With just two games left (Fri 19 Sept & Fri 17 Oct, 10am-12pm), we're already looking forward to celebrating all the brilliant moments together.

🏆 **Sports Dinner & Awards Night**

Thursday 27<sup>th</sup> Nov, 6pm to 9pm

Join us for a special evening of fun, food, and celebration!

- Dinner, music, and awards for our bowlers -
- Free at Fairmuir Bowling Club -
- Dress fancy and bring your friends & family! -
- Booking is essential so we can organise food -

Let's celebrate the strikes, the laughs, and everything in between!





# BOWLING STONES LEAGUE...NEW LEAGUE!



You asked, we listened, and the vote was clear: more bowling!

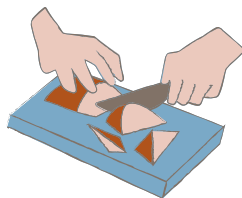
Our new season of Bowling Stones league kicks off Friday 14 November. Whether you're a returning player or brand new, this is your chance to join the fun!

## League Details:

- Games start promptly at 10:30am (payments from 10am) -
- Two games per session | £5.70 -
- Teams of 3-5 players (or join individually and we'll place you in a team) -
- Same rules apply: Points from each team member add up. 25 extra points for strikes! -

Get your team together (or come solo!) and be part of another exciting season of Bowling Stones.

# NOURISH & CONNECT...NEW COOKING WORKSHOPS



## Cookery workshops for all at Dudhope Castle, Dundee

Join in a series of relaxed, fun, hands-on cookery workshops designed to boost your cooking skills; support your health, wellbeing, and wallet; and bring people together!

### Why are they unique?

**For everyone** - from total beginners to confident home cooks

**Accessible** - low benches available for wheelchair users, small group size (max 8 people), and a supportive, inclusive atmosphere

**Designed to be easy** - you'll learn practical skills you can use every day

**Great value** - most sessions are just £8-£10, and if we use recipes from our own book you'll get 50% off the book on the night

### How do sessions work?

Different themes each week, 8 spaces

Over 2 hours, you'll make 2-3 delicious meals you can recreate at home

Step-by-step guidance from friendly staff




All ingredients and equipment provided

Practical cooking skills and nutrition tips

Social time over shared tasters

Take your freshly cooked meals home

**TUESDAYS STARTING 9<sup>TH</sup> SEP | 6:00-8:00 PM**

-  All sessions take place at Dudhope Castle, DD36HF
-  Booking essential for each session, limited spaces.
-  Book via <https://events.humanitix.com/nourish-and-connect-food-workshops> or email [serendipities@uppertunity.co.uk](mailto:serendipities@uppertunity.co.uk)

 See next page for list of workshops.

Led by Uppertunity, supported by NHS Charitable Foundation





# NOURISH AND CONNECT

## 9th Sep: Get Creative with Curries

Learn authentic ways to make different curries as well as easy samosas. Learn how to adapt recipes to whatever veg you have, use fresh spices, and create authentic flavours on a budget.

£10 - some cooking knowledge helpful

## 16th Sep: Eat the Rainbow

Reimagine everyday meals (chilli, stew, pasta) to be more nutritious and colourful. Learn how to get creative with what's in your fridge.

Includes recipes from our recipe book, 50% off the book tonight.

£8 - be able to use a knife

## 23rd Sep: Chinese at Home

Make healthy, budget-friendly Chinese-inspired dishes. Explore authentic spices, plus tips for adding flavour without breaking the bank.

£10 - some cooking knowledge helpful

## 30th Sep: Breads & Dips

Create easy flatbreads plus quick, healthy dips and fillings like pesto, hummus and harissa.

Includes recipes from our recipe book, 50% off the book tonight.

£8 - be able to use a knife

## 7th Oct: Batch Cooking Basics

Make sauces from what you have, and versatile bases like lentil mince or dahl that can be turned into multiple meals, including curry cottage pie!

£10 - be able to use a knife

## 14th Oct: Dumpling Delight

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

£8 - be able to use a knife

## 21st Oct: Brilliant Breakfasts

Quick, healthy breakfast ideas, including make-ahead recipes for busy mornings. You'll make your own granola and muffins. Includes recipes from our recipe book, 50% off the book tonight.

£8 - be able to use a knife

## 28th Oct: Intro to Sourdough

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.

£15 - some kitchen skills helpful

## 4th Nov: Mexican at Home

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

£8 - be able to use a knife

## 11th Nov: Pizza Perfect

Have fun learning easy pizzas with a variety of bases, sauces, and toppings. Includes recipes from our recipe book, 50% off the book tonight.

£8 - be able to use a knife

## 18th Nov: Salads with Substance

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

£8 - be able to use a knife

## 25th Nov: Puddings & Treats

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

Includes recipes from our recipe book, 50% off the book tonight.

£8 - be able to use a knife



# OUR RECIPE BOOK...MIX IT UPP!



Have you got your copy of Mix it Upp yet? Our recipe and wellbeing book is all about celebrating creativity, confidence, and independence in the kitchen!

Created by and for individuals with additional needs, it's packed with easy-to-follow recipes, tips, and fun ideas to help build skills and joy through cooking. It's more than a cookbook, it's a reminder that learning is about having fun, trying new things, and knowing it's okay to make a mess along the way!

## How does it help you?

Build confidence with simple, step-by-step recipes

Encourage independence in the kitchen and daily life

Learn healthy habits through practical tips and wellbeing ideas

Make it accessible with clear layouts, supportive illustrations, and easy-to-read text

Feel inspired by creative activities designed to be fun, engaging, and confidence-boosting

## Where to get your copy:

Direct from us at Uppertunity, Dudhope Castle

Online via eBay (£20): <https://www.ebay.co.uk/itm/365727523328>

At our upcoming pop-ups and events

✨ **Discounts available for schools and support providers. Get in touch to find out more.**

♥ All profits go straight back into supporting Uppertunity's services.

Every page reflects the creativity and voices of our amazing community. If you haven't picked up your copy yet – now's the time!

# EXPLORE OUR HISTORY & NATURE TRAIL

Did you know our interactive trail around Dudhope Castle is open for everyone to enjoy? It offers a creative mix of nature, history, and play, all designed to boost wellbeing, spark curiosity, and connect our community in the heart of the city.

## Along the way you'll find:

- 🔍 Hidden items to spot
- 🧘 Mindfulness prompts
- 🎭 Playful features
- 📖 Snippets of local history

## How to Get Involved:

- 🌳 You can enjoy the trail anytime, it's open to everyone!
- 📄 Pick up a Trail Recording Sheet from reception, or download it from our website.
- ✂️ Spot, count, explore, and let us know what you find!

The trail is free and open to all, with trail sheets available at Uppertunity reception or online at [uppertunity.org.uk/nature-trail](http://uppertunity.org.uk/nature-trail).





# 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

DANIËLLE DU PLOOY  
General Manager & Founder  
danielledp@uppertunity.co.uk  
07544 984289

CAROLINE BENTLEY  
Community Engagement Lead  
carolineb@uppertunity.co.uk

UPPERTUNITY LIMITED  
info@uppertunity.co.uk  
07931 560936  
The Circle, Dudhope Castle  
Barrack Road, Dundee  
DD3 6HF

