

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.

UPPERTUNITY TURNS 11 THIS MONTH! CELEBRATE WITH US!



★ ANNOUNCEMENTS AND UPDATES ★

AUGUST HIGHLIGHTS

August was packed with activities, community events and opportunities to try something new. We had a stall at Lughnasadh, and also took part in the Dundee Park Fun day, where we ran creative art activities and had a food stall. We welcomed a range of external facilitators who helped us explore nature in lots of different ways. Activities included a litter pick, nature workshops, bird exploration, cyanotype nature printing, and growing and making things with basil. We also took a trip to The Friary, where we joined a workshop led by the RSPB, learning more about local nature and taking part in bug counting and exploration. And we finished the month with our Volunteer Celebration, taking time to recognise and thank the wonderful people who give their time, energy and skills to Uppertunity.

A NEW DIRECTION FOR SERENDIPITIES

Following member feedback and a review of how we can make the biggest difference, we have decided to move away from the catering side of Serendipities and focus more fully on cooking and food skills.

Our members have told us that they want more opportunities to learn practical skills, build confidence and become more independent in the kitchen, so this will now be our main focus.

NEW COOKING WORKSHOPS

Our new cooking sessions will run throughout the week, with three spaces in each session:

- **Tuesday:** 10am-12pm, and 1pm to 3pm
- **Wednesday:** 10am-12pm, and 1pm to 3pm
- **Thursday:** 10am-12pm, and 1pm to 3pm
- **Friday:** 10am-12pm

Sessions are £5 each, and some spaces have already been booked. Members will have opportunities to develop practical cooking skills, try new recipes and build confidence in the kitchen in a supportive, hands-on environment. You take everything you make home.



Interested in joining? Please speak to Caroline or email info@uppertunity.co.uk.

★ ANNOUNCEMENTS AND UPDATES ★

TIMETABLE UPDATES

We have a few changes happening to our weekly timetable:

Pick & Mix - Tuesday Morning

Our Tuesday morning Unique Beats Backstage workshop is changing to Pick & Mix. Following member feedback, we wanted to create a session that is open to more people and gives members more choice over what they would like to do. Pick & Mix is a flexible session with a changing mix of creative, craft and active activities. It includes art, sewing, games, movement, projects or something completely different depending on the group.

More Shine Time - Wednesday Morning

We're also very excited to be adding a new Shine Time workshop on Wednesday mornings, after lots of requests from members for more Shine Time. This gives members another opportunity to get creative, express themselves and enjoy being part of the groups!

COMING SOON - RELATIONSHIPS PROGRAMME

We're excited to be working with Dundee Health and Social Care Partnership on a new relationships programme. The programme will include fun and relaxed sessions exploring things like:

- Making and keeping friends
- Healthy and safe relationships
- Communication and boundaries
- Getting to know people and building connections

Stay tuned for dates, activities and more information coming soon.

BOWLING STONES LEAGUE

We're almost to the end of Bowling Stones' second season! This is our inclusive bowling league for individuals with additional support needs, encouraging people to socialise, work as a team and have something to be proud of.

Our next game is the 11th of September, 10am to 12pm at Tenpin Bowling.



UPPERTUNITY CHALLENGE MONTH!



This October, Uppertunity and Active Dundee are teaming up for a month of fun, movement and trying new things. Across four weeks, you can have a go at 8 different active activities around Dundee.

The aim is to have fun, get moving, build confidence, support your physical and mental wellbeing, and maybe even discover something you would like to keep doing after Challenge Month ends.

WHAT IS CHALLENGE MONTH?

Every Tuesday and Thursday throughout October, we will be trying a different accessible activity with Active Dundee.

You can join one activity, a few activities, or challenge yourself to try all eight!

Most activities are wheelchair accessible. Walking Football is the only activity that is not wheelchair accessible.

Sessions cost £5 each.

HOW DOES IT WORK?

Choose the activities you want to try. Look at the Challenge Month timetable and decide what you want to join.

Email info@uppertunity.co.uk

Come along and give it a go. No experience is needed. The sessions are all about trying something new.

Collect a stamp each time you take part. Every activity you complete gets added to your Challenge Passport. Passport cards will be available at each session.

Prizes available for each award!

THE CHALLENGE AWARDS

4 activities - Challenge Starter

You gave the challenge a go!

6 activities - Challenge Champion

You really got stuck in!

8 activities - Challenge Superstar

You completed it all!



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

UPPERTUNITY ON SHOW!

**YOU'RE INVITED!
COME CELEBRATE 11 YEARS OF
UPPERTUNITY WITH US!**

**TUESDAY 22ND SEPTEMBER | 6–10PM
CANVAS DUNDEE, URE STREET
FREE ENTRY • OPEN TO EVERYONE • BAR OPEN**

6PM – COME ON IN!

Arrive, grab some curry, find a seat and get settled.

6:20-9PM – UPPERTUNITY ON SHOW!

Performances & Stories

Welcome from Danielle &
Caroline
Unique Rhythm drumming
Member stories
Moving On Upp dance show
Unique Beats poetry
Volunteer story
A special announcement

Creative Parades

Walking Art & Dreaming Big
Forming Care
Drama Costumes & Halloween
Uppertunity Merch
Drag & Bold
Action & Being Brave
Community Involvement

9PM – CELEBRATE WITH US

Closing words from the Uppertunity team, followed by drinks, chatting
and mingling until 10pm.

info@uppertunity.co.uk



★ DO YOU WANT TO JOIN THE CATWALK? ★

Part of Uppertunity on Show will include several catwalks, and we would love you to be involved! Please let Danielle or Caroline know if you would like to join any of them.

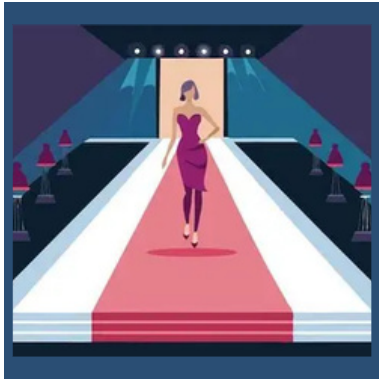
CATWALK CATEGORIES

WALKING ART

Members can carry and show off artwork we have made. Do you have something you're especially proud of?

FORMING CARE SCULPTURES

Sharing our wearable sculptures made for one of our exhibitions to explore care for ourselves and our community.

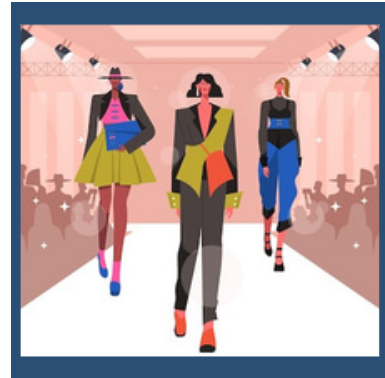


UPPERTUNITY MERCHANDISE

Showcasing our special merchandise and products, and the story behind them.

ACTION AND BEING BRAVE

Walk holding placards, messages and art pieces that show what we care about and what being brave means to us.



HALLOWEEN AND DRAMA COSTUMES

Showing off costumes, characters and creative pieces from drama groups and Halloween-themed work.

DRAG AND BOLD IDENTITY

A performance celebrating self-expression, confidence, character and being brave enough to be seen. Get dressed up in your own persona and give us your best strut!



COMMUNITY INVOLVEMENT

A final joyful section where members, families, carers, volunteers and the wider community can join in.

WANT TO TAKE PART?

We will be using artwork, costumes and sculptures already made in our groups. To help us plan costumes, timings and support, please let us know if you would like to take part. **Let us know by the 15th of September.**

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 & Out 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

HACK YOUR ROUTINE WITH HELM - SEPTEMBER

Starts Thurs 3rd September | 4 weeks | £20 | 10am to 12pm

Learn some hacks for your daily routine, led by Helm. Things featured will be tips on building good habits to keep yourself feeling good and comfortable such as nail and hair care, skin hygiene and self-care.



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 and 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.



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
Starting Tuesday 1 st September 1pm - 3pm	Gentle Movement Workshop Heartspace will be running a four-week gentle movement block. There are 10 spaces available.	Free At Uppertunity 4 weeks
Thursday 3 rd September 10am - 12pm	Camperdown Wildlife Centre Explore the zoo and see animals like bears, lemurs, meerkats and macaws! Need a lift? Let us know.	Meet at Zoo £6.50 with C+ card. Carer free.
Friday 11 th Sep 10am - 12pm	Bowling League Join in two games of bowling.	£5.70 Tenpin Bowling
Monday 14 th September 9:30am - 4pm	REHIS Training REHIS food hygiene training for members taking part in our kitchen and cooking groups.	Free Uppertunity
Tuesday 22 nd September 6pm - 10pm	Uppertunity on Show! 11th Birthday Celebration Celebrate 11 years of Uppertunity with us! Enjoy live drumming, dance, creative parades, member stories and performances. Open to everyone!	Free CANVAS Ure Street
Thursday 1 st October 10am - 12pm	Dundee Museum of Transport A look at Dundee's past, present and future. A guide will show us around and answer our questions. Enjoy lunch together afterwards.	Meet at Museum Entry £6 Carer free
Friday 2 nd October 10.30am - 12pm	Being Brave Exhibition Launch Our third exhibition of the year, showcasing artwork and performances around being brave.	Free Dundee Central Library
Friday 9 th October 10am - 12pm	Bowling League Join in two games of bowling.	£5.70 Tenpin Bowling
Wednesday 28 th October 6pm - 10pm	Halloween Party Join us for fun games, socialising, dancing and dressing up!	£5 CANVAS Ure Street
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!	TBC

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. 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

DANIËLLE DU PLOOY
Managing Director
danielledp@uppertunity.co.uk

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

☀️ 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

