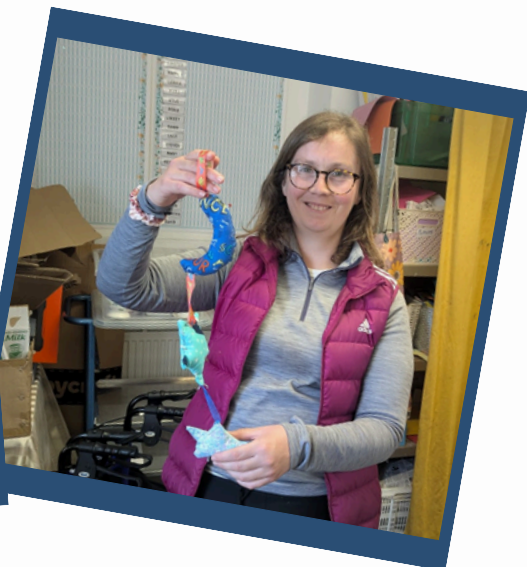


WHO IS UPPERTUNITY?

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.



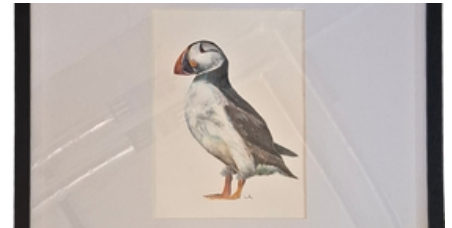
★ ANNOUNCEMENTS AND UPDATES ★

JUNE HIGHLIGHTS

At the start of June we launched our 2nd exhibition of the year at CANVAS! We had a great time celebrating the work of our members and exploring our themes of Dreaming Big. Thanks to CANVAS for hosting us! We took part in the first Dundee Get Together, walking in the parade in fabulous butterfly costumes we made ourselves. To make the most of the summer weather, we hosted a Garden Fair in the grounds of Dudhope Castle and had a great time playing games and exploring our garden. Finally, we had a stall at Pride, selling tote bags, T-shirts and postcards designed by our members to share their thoughts on identity and self-expression.

ART RAFFLE

Our puffin art raffle will be drawn on the 31st of July!
There are some tickets left for it, £2 each.
The piece is framed and ready to hang.
Frame size 56cm x 64cm.



STAFF TEAM DAY

On Friday the 10th of July, all workshops will be off as all staff are attending a team day.

FRIDAY COMIC CLUB CONTINUING!

Due to the positive feedback and engagement we've received in our Friday Comic Club, we are continuing beyond the first 4 weeks. If you already love comics and anime, or just want to try something new, this workshop is a relaxed space to get creative, share ideas and build your own comic-inspired work.

SPACES AVAILABLE IN GROUPS.

We have several spaces available in our weekly groups at the moment:

Day	Time	Group	Spaces
Tuesday	10am	Unique Beats Backstage	3
	10am	Unique Beats	1
	1pm	Freestyle	1
Wednesday	1pm	Doodles	1
Thursday	1pm	Wiseupp	1
Friday	10am	Unique Rhythm	3
	11am	Unique Rhythm	1
	1pm	Scribbles	2
	1pm	Upp and Oot	2



UPPERFEST 2026!

Saturday 18th July | 12-4pm

Tickets £10 | Carers Free



From 12pm

DJ Chris

face painting

festival hair & nails

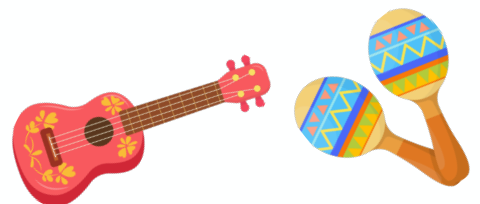
craft activities

active games

photobooth



Live Music stage



12.30pm

Gorgeous
for Radio

1.30pm

Uppertunity
members!

2.30pm

Pastoral
Crisis

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 12.45pm - all welcome. Bring your own lunch or buy from our lunch menu.			
Unique Beats: Backstage 10am-12pm, £5 A chill performance art group where we make props, costumes, characters and stories	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
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	Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3 A music singing group, led by Ed from Face the Music
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	Grow Curious (Garden Volunteering) 10am-12pm Help tend to the gardens at Dudhope Castle.
Green: Morning sessions	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.	Scribbles 1pm-3pm, £5 A social arts and crafts group where different senses are stimulated and explored
Orange: Afternoon sessions			Upp & Oot 1pm-3pm, £5 Nature and active group to explore outdoors, grow plants indoors, and learn about the environment
			Comic Club 1pm-3pm, £5 Learn about character creating, stories, and drawing people!

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

PHOTO AND VIDEO SKILLS - JULY

Starts 2nd July | 5 weeks | £25 | 10am to 12 pm

A relaxed group where we'll learn how to take photos and make short videos to tell stories. We will have a go at writing scripts, creating locations and adding effects.

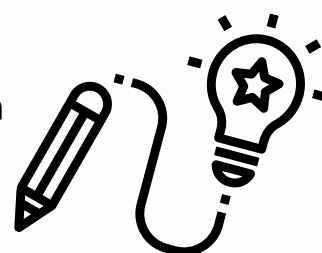
Some clips and photos will form part of our next public exhibition!



WHAT IS DESIGN? - AUGUST

Starts Thurs 6th August | 4 weeks | £20 | 10am to 12pm

We will take part in a series of workshops run by the team at V&A Dundee and supported by Uppertunity staff.



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.



SOCIAL BUTTERFLIES: WEEKLY SOCIAL 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 9 th July 10am - 12pm	Design and Disability Exhibition Visit Join us for a tour of the exhibition, followed by a creative activity run by the V&A team. Bring a packed lunch to enjoy afterwards.	V&A Dundee Free
Friday 17 th July 10pm - 12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
18 th July Saturday 12pm - 4pm	Upperfest 2026! Our mini-festival is back for its third year! Get ready to soak up those summer vibes with friends.	Dudhope Castle, Tickets £10, Carers free
1 st August Saturday 2pm-9pm	Lughnasadh Arts and Music Festival 2026 Forgan Arts Centre and Big Rock Records bring you an afternoon and evening of live music and art activities. Uppertunity is providing food!	Forgan Art Centre
Saturday 8 th August 12pm-4pm	Dudhope Park Fun Day Lots of fun activities, open to all! Uppertunity will have a stall too. Run by friends of Dudhope Park.	Dudhope Park Free Entry
Friday 14 th August 10am-12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70

EXTERNAL FACILITATORS VISITING!

We're excited to be welcoming a range of external facilitators into our existing Uppertunity groups over the coming months. These sessions will bring new skills, fresh ideas and fun creative activities for our members to enjoy. Workshops will include nature connection, bird listening and bird-inspired crafts, cyanotype and plant printing, movement, bushcraft, foraging, food-based learning and growing from everyday produce. These sessions are all about trying something new, getting creative, connecting with nature and having fun together. Members will be told about each workshop around a week before it takes place.

BOWLING STONES LEAGUE!



An inclusive bowling league for adults (16+) with additional support needs.

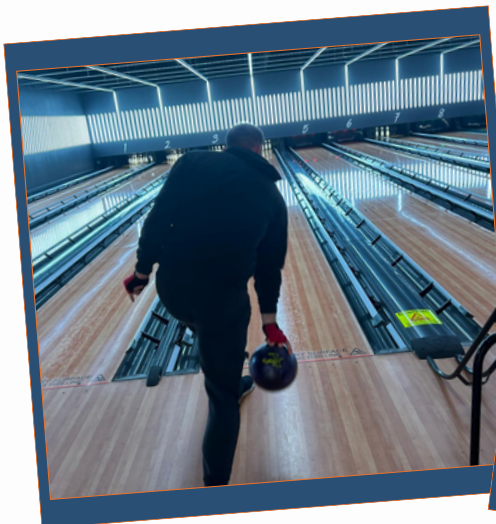
Next League Dates (2025/26)

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

£5.70 for two games

Tenpin, Kingsway Retail park, Dundee

14 th Nov	12 th Dec
16 th Jan	13 th Feb
13 th Mar	10 th Apr
22 nd May	19 th Jun
<u>17th Jul</u>	14 th Aug
11 th Sep	9 th Oct



Contact info@uppertunity.co.uk for more info or to join. You can join the league any time.

WHERE HAVE WE BEEN THIS YEAR SO FAR?

DREAMING BIG! EXHIBITION



DUNDEE GET TOGETHER



WHERE HAVE WE BEEN THIS YEAR SO FAR?

UPPERTUNITY GARDEN FAIR



VOLUNTEERING WITH SOCIAL SECURITY SCOTLAND





Catering on a Mission

Serendipities is our social enterprise catering service where food is more than just fuel – it's connection, creativity, and care. We're dedicated to creating and inspiring social change through food. Whether it's a small family gathering, business meeting, or big party, we offer a range of delicious hot and cold food options.

CHECK OUT OUR BROCHURE!

Trainers & Facilitators Wanted

Can you share a practical and creative food-based skill? Serendipities is looking for trainers and facilitators to help us offer regular monthly training for our members and volunteers.

We're looking for sessions in things like:

- Fermentation
- Bread making
- REHIS / food hygiene
- Barista skills
- Presentation skills
- Customer service
- Cupcake/sweet treats decorating
- Seasonal cooking

These sessions will help people build confidence, develop skills and gain experience for their CVs. We can welcome trainers to Uppertunity, or visit other spaces to learn.



Experience working with people with additional support needs is helpful, but not essential, the right attitude and approach matter most.

Interested? Contact Danielle: danielledp@uppertunity.co.uk



PROUD TO BE ME!



For Pride 2026 we have made a range of t-shirts, tote bags and postcards, working with our members to create designs that reflect their perspective on identity and diversity! These were on sale at the Pride festival in Dundee, and are available to buy from us directly

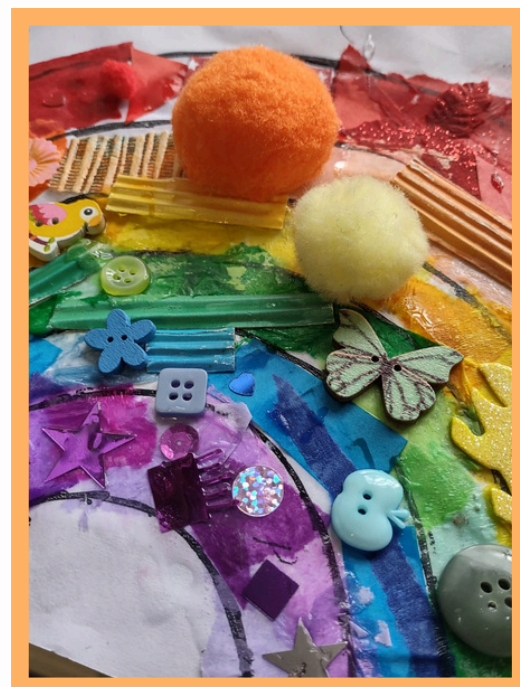


How did we make these?

In our groups, we explored what identity, diversity and belonging mean to us.

Members created fantasy characters inspired by people, stories and colours they connected with.

Reflecting the diversity of shape and colour seen in nature, we also made a rainbow of different flowers out of painted paper that were displayed as a mural. We also created individual rainbow designs by gathering materials in different shades of the rainbow colours to make interesting patterns and textures.



These ideas were then turned into postcards, T-shirts and tote bags, first shared at Dundee Pride. We're so proud! They are now available to buy directly from Uppertunity. Every purchase supports our creative work and celebrates the voices, ideas and talents of our members.

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

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07931 560936

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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

