

## ABOUT 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 with additional support needs, learning disabilities, autism, and mental health barriers. Our mission is to create safe, supportive, and creative spaces that foster growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection. Through a range of activities, we support: personal development; confidence and resilience; social connection; and transferable life skills.



# ● ANNOUNCEMENTS



## CALL OUT FOR COSTUME DONATIONS!

We're still on the hunt for costumes for our drama groups. Please :)

### **We're looking for:**

- Costumes & fancy dress (any size or theme!)
- Hats, wigs, accessories
- Props for performances

### **How to donate:**

Drop off your items at Dudhope Castle or email us.



## SOCIAL EVENTS CALENDAR

We are planning our next few months of social events, and we would love your ideas! We've asked many of you already, but just in case we missed anyone or anyone has any more ideas, please share!

- Is there something you'd love to try in Dundee, but you're nervous about going alone? We could go as a group.
- Are there events you'd like to attend, but there's something stopping you? Let's find a way to make it happen.
- Do you have ideas for workshops or events we could run? We'd love to hear them.

Let one of the Uppertunity team know any thoughts or ideas you have!







# WEEKLY TIMETABLE AT UPPERTUNITY

Tuesday	Wednesday	Thursday	Friday
<b>Totally Stitched</b> 10am-12pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>Scribbles</b> 10am-12pm, £5  A social and therapeutic arts group where different senses are stimulated and explored	<b>Freestyle</b> 10am-12pm, £5  A social group where we explore new creative projects, and experiment with art	<b>Doodles</b> 10am-12pm, £5  A social and creative based art group, where we learn to design and create different art
<b>Unique Beats</b> 10am to 12pm, £5  A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more	<b>Freestyle</b> 10am-12pm, £5  A social and creative group where we take part in different creative projects every week	<b>Moving on Upp</b> 10am-12pm £5  A fun active and social group where we enjoy various fun indoor and outdoor games	<b>Unique Rhythm</b> 10am to 10:50am, £3 11am to 11:50am, £3  A fun and therapeutic music and singing group, supported and led by Ed from Face the Music
<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and the team. You can either bring your own lunch or order from our menu	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and the team. You can either bring your own lunch or order from our menu	<b>Grow Curious (Volunteering)</b> 10am to 12pm  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment	<b>Grow Curious (Volunteering)</b> 10am to 12pm  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment
<b>Freestyle</b> 1pm-3pm, £5  A social group where we explore new creative projects, and experiment with art	<b>Unique Beats</b> 1pm to 3pm, £5  A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and the team. You can either bring your own lunch or order from our menu	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and the team. You can either bring your own lunch or order from our menu
<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>Totally Stitched</b> 1pm-3pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored
		<b>Wise Upp</b> 1pm-3pm, £5  An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	<b>Upp Makes</b> 1pm-3pm, £5  An advanced art group learning skills such as woodburning, specific painting styles, and more

# SOCIAL BUTTERFLIES: WEEKLY EVENTS

Uppertunity offers a programme of weekly social activities



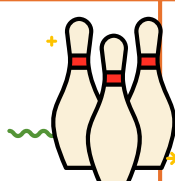


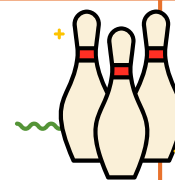
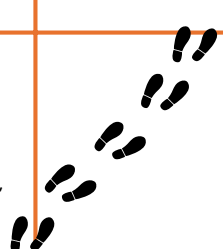
**These alternate between:**

 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

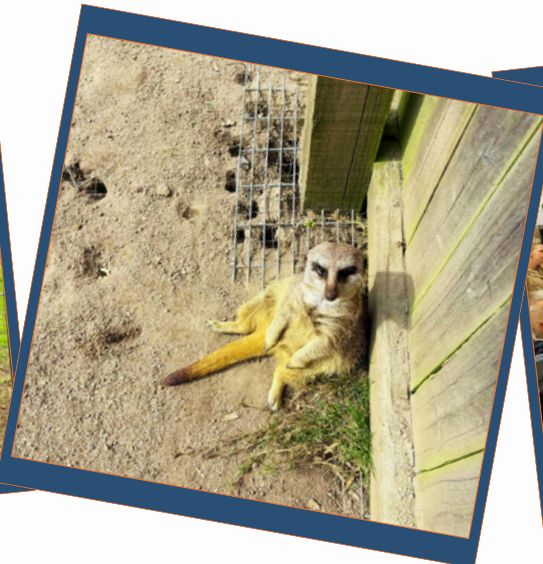
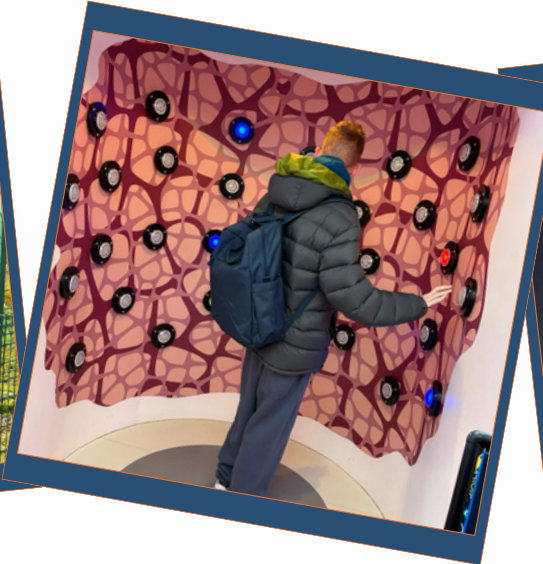
We are planning the next few months, and will add more events and activities soon!

Date	Event at Uppertunity	Social Outing	Bowling League
Apr 3rd Thur		<b>Central Library Visit!</b> (Wellgate). Have a tour of the library, find out about services there and enjoy craft making 10am to 11:30am.	
Apr 9th Wed	<b>Games Night!</b> Join in a fun games night where we'll play large games, social games, ball games and more! 6pm to 9pm at Uppertunity, Scrimgeour Room. £5		
Apr 18th Fri			 <b>Bowling League,</b> (18th Apr) 10am to 12pm at Tenpin Dundee
Apr 23rd Wed		<b>Botanic Garden visit and lunch!</b> Meet at the Botanics at 10am, walk around the gardens and do some drawing and crafts along the way. We'll then enjoy a packed lunch in the gardens, bring one along. £4.50	
May 1st Thurs		<b>Visit to Scrapantics community Thursday!</b> 12:30pm to 2:30pm at Scrap in the Wellgate. Enjoy games, crafts and meeting new people!	
May 23rd Fri			 <b>Bowling League,</b> (23rd Apr) 10am to 12pm at Tenpin Dundee
June 6th Fri	<b>History and Nature Trail Launch!</b> Join us in celebrating the launch of our trail! There will be games, a chance to complete the trail, music, and food! Free, open to all, 11am to 1pm at Dudhope Castle.		



# SOCIAL BUTTERFLIES: PHOTOS FROM EVENTS

We've enjoyed various events over the past few months such as a trip to Camperdown Zoo, swimming, a Karaoke Night, Science Centre visit, lunches out, mural painting, a pamper day, a pop up cinema and more! Have a look at some of the photos!



## Bowling Stones League - Game 4 Highlights!

What an amazing day at our 4th Bowling Stones League game in March! We had: 18 strikes across the teams; a high score of 192; and two new teams joined us, welcome aboard.

Thank you to everyone who brought their energy, teamwork, and smiles to the lanes. Check out the updated scoreboard below.

### What is Bowling Stones?

An inclusive bowling league specifically for adults (16+) with additional support needs. The league is made up of various teams from local organisations from Dundee and surrounding areas. We play once a month, with scores adding up. At the end of the season, we'll celebrate everyone's achievements at our annual awards ceremony, with special awards for our fantastic players!

### Upcoming League Dates (Fridays) at Tenpin Bowling Dundee:

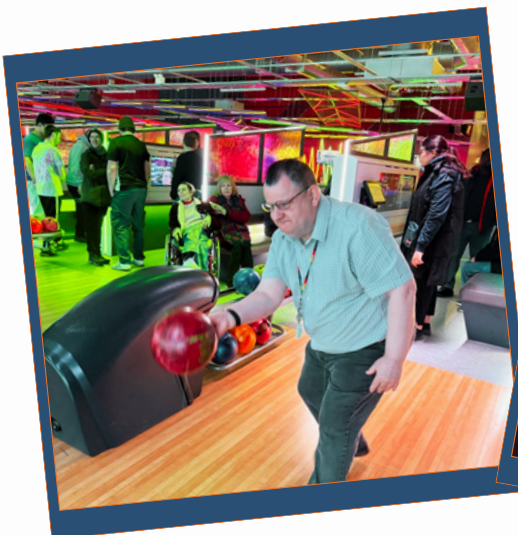
18th Apr | 23rd May | 20th Jun | 18th Jul | 22nd Aug | 19th Sep | 17th Oct

Want to get involved? Email [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for details.

	TEAM	TOTAL SCORE	STRIKES	Nov 24	Dec 24	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	Aug 25	Sep 25	Oct 25
1	Four Leaf Clover	4389	16	1182	848	-	1014	1345							
2	Super Bowls	3759	11	712	1020	-	879	1148							
3	Disney	3355	4	892	999	-	693	807							
4	3 Musketeers	3319	5	795	896	-	792	836							
5	Chenco 44 - Westlands	3219	9	796	871	-	605	947							
6	Boddies - Capability	2435	4	880	843	-	712	-							
7	Ellen Mhor - Cygnet	1774	1	895	879	-	-	-							
8	Wellgate Wonders	1748	4	-	-	-	822	928							
9	Sense	1444	3	-	-	-	618	826							
10	Spare	846	1	-	-	-	-	846							
11	Lillybank Team	624		-	-	-	-	624							



# BOWLING STONES





# LITTLE ACTS, BIG IMPACT - SUMMARY FROM 20TH MARCH

On Thursday 20th March, Uppertunity hosted Little Acts, Big Impact, a fun, creative, and hands-on event focused on helping our community, ourselves, and the planet through small, everyday actions. With four interactive stalls (Fun with Food, Fashion Fun, Tips and Tricks, and Connecting with Nature), we explored simple ways to save money, reuse and repair, reduce waste, and connect with the natural world.

But this day wasn't just about learning, it was about listening. We spoke with adults with additional support needs about a topic that can often feel scary, boring, or overwhelming: climate change.

## **We asked:**

What do you feel when you hear the words climate change?  
What do you think it means? What do you feel you can do?  
What helps you understand it better?



## **What we heard:**

Many people shared that climate change feels:  
Big and out of reach  
Overwhelming  
Confusing  
Something "only big companies or governments can fix"  
Something people feel silly or lost talking about  
Often just associated with recycling

## **But we also heard:**

"We need to make it fun!"  
"It's something to do with oil, petrol and electricity."  
"I think of trees, we need them to breathe."  
"Games and easy words would help."  
"Kids copy adults!"  
"Make it more kid-friendly!"



These responses showed us that language and approach really matter.

## **What's next?**

We will:

Keep making climate conversations simple, kind and fun  
Focus on things people can do, not what they can't  
Create more inclusive resources and games  
Continue listening, reflecting and learning  
Work together to build a better, more caring world for everyone!

# 10 SMALL CHANGES YOU CAN MAKE!

## Why does it matter?

The small things we do every day can add up to make a BIG difference.  
By making little changes, we can help:

- ♥ Ourselves – saving money, learning new skills, and feeling good!
- ♥ Our community – making it stronger and more connected.
- ♥ Our planet – keeping it cleaner and healthier.

## 10 Small Changes You Can Make!

less is  
**MORE**

### Think before you buy or use

Only take what you need.

### Buy second-hand & repair clothes

Avoid fast fashion.



### Eat Smart & Waste Less

Buy only what you need  
to avoid waste

### Reuse & share resources

Share, and use reusables.



### Switch it off!

Save electricity by turning  
off lights & devices.

### Grow & protect nature

Plant flowers and  
help wildlife.



### Recycle & upcycle

Give things a second life.

### Help your community

Join in with local events  
or litter picks.



### Walk, cycle, or bus it

Burn calories, not carbon.

### Talk & share ideas

Help others learn too!



## My Pledge

I will choose one small act to help myself, my community, and the Earth!

- 🌱 For myself, I will: \_\_\_\_\_
- 🌱 For my community, I will: \_\_\_\_\_
- 🌱 For the Earth, I will: \_\_\_\_\_

Name: \_\_\_\_\_



# TRAIL UPDATE – IT'S TAKING SHAPE!

Exciting news from our History and Nature Trail! We now have 3 paths built, making it easier to explore and enjoy the space.

We've added beautiful seating in the shape of a Laurel Wreath, which represents strength and peace. This seating give everyone a place to relax and take in the surroundings. Perfect for the sunny weather ahead.

A huge thank you to Thomson Landscapes for building the paths, and to ScrapAntics for creating the amazing seating. We've also started working on the hidden items that you can search for on the trail. Yes, there will be various things to do on this trail 😊

Lots more still to do, but we're very excited! We have our launch day planned...  
Friday 6th June, 11m to 1pm, Dudhope Castle!

Join us in celebrating the launch of the trail and celebrate everyone's hard work. There will be games, a chance to complete the trail, music, and food.  
Free and open to all, 11am to 1pm at Dudhope Castle.





# OVERVIEW OF OUR SERVICES

## Weekly Warriors

Over 18 weekly therapeutic, active and creative based workshops for adults with additional support needs.



## UppSkills

Over 10 weekly skill based activities including cooking and baking groups, as well as weekly life skills groups for adults with additional support needs.



## Social Butterflies

Weekly social activities, from group outings to community events, including our inclusive Bowling Stones League.



## Big Best Life

Personal development opportunities including mentoring & skill programmes. As well as creating a wellbeing book.



## Catering (Serendipities)

Climate conscious catering for everyone and all occasions, also offering inclusive skill opportunities.



## Mini Take Away Café

Café based in Dudhope Castle for members and other tenants, also offering a daily lunch club.



## Volunteering

Meaningful volunteering opportunities for all: supporting groups, cooking, gardening, events and more.



## Growing Places

Garden project at Dudhope Castle, involving a history trail, biodiversity and growing. Open to all to get involved in.



## Swap Shop & Food Cupboard

We have shelves where everyone is welcome to take or swap items, and we also sell reduced food items.



## Power of Diversity

A collaborative project to take action on creating more inclusive and diverse communities and businesses.



### 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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