

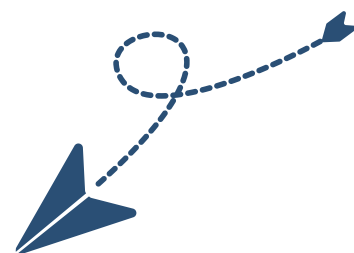
● ABOUT UPPERTUNITY



We are a registered charity, working with individuals (16-65+) with additional support needs, mental health barriers & who are neurodiverse. We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and skills. Our mission is to empower individuals in our community to be the best versions of themselves. We create safe and reflective environments where individuals feel comfortable to explore their capabilities, challenge themselves, and develop transferable skills.

● WHAT'S IN THIS MONTH'S NEWSLETTER...

- Highlighted services
- Weekly timetables: Weekly Warrior and UppSkills programmes
- Social Butterflies events
- Community event: Meet & Eat with The Assembly
- Community event: Destination Dundee
- New Bowling League: Bowling Stones!
- Volunteering opportunities



● ANNOUNCEMENTS



Our bowling league, Bowling Stones, starts in a month! We have 4 teams signed up so far. Get joining! If you don't have a team, you can still join and we'll match you up with others who want to play.

It's not long till our annual Halloween Party! Put Wednesday the 30th of October in your diary now! Dress up and join a night of games, dancing and nibbles in our very own spooky castle.

We are busy designing, making and decorating bird boxes for a new garden of gratitude behind the Overgate Centre. We can't wait for the launch!



HIGHLIGHTED SERVICES



World Lunch & Tennis

We've been running a world lunch every few weeks since July, where we've enjoyed various themed lunches including Chinese, American, Mexican, even German! The aim of the lunches is to try out new foods in healthy ways.

We've recently joined up with Tennis Scotland, taking part in tennis activities at the Dudhope Park courts. We've been having a great time! Many of us forgot we were actually exercising!

If you would like to join us, we would love to have you! See our Social Butterflies calendar to find out when we're next playing. We plan to run indoor tennis at Uppertunity for the colder months. The weather will not stop us having fun!

Serendipities Catering

Did you know we offer catering? Not just any catering, climate and community conscious catering!

We've been very busy the last couple of months with orders almost daily, and even serving at a wedding! Thank you to everyone who supports us. Our food is unique and yummy; we make everything by hand, and get adventurous with ingredients. By supporting us, you are helping provide opportunities for adults with additional support needs to grow and learn, as well as help fight waste. All profits go back into our charity where we run weekly groups, community events and personal development.



WEEKLY TIMETABLE: WEEKLY WARRIORS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
Totally Stitched 10am-12pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing	Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored	Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week	Doodles 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art
Unique Beats 10am to 12pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more	Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week	Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment	Unique Rhythm 10am to 10:50am, £2 11am to 11:50am, £2 A fun, and therapeutic music and singing group, supported and led by Ed from Face the Music
Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment
Freestyle 1pm-3pm, £4 A social and creative group where we take part in different creative projects every week	Unique Beats 1pm to 3pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film	Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Lunch Club 12pm-12:30pm Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches
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WEEKLY TIMETABLE: UPPSKILLS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<p>UppBakes 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p>UppBakes 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p>UppBakes 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p>UppBakes 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>
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		<p>Wise Upp 1pm-3pm, £4</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more</p>	<p>General UppCycling 1pm to 3pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn to upcycle small items such as candles, small furniture, and jewellery to sell in our pop-up markets</p>


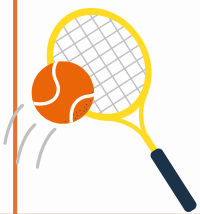

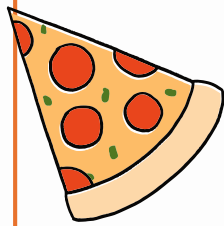



SOCIAL BUTTERFLIES: WEEKLY EVENTS

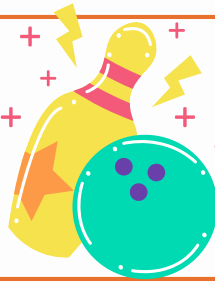

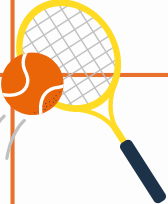

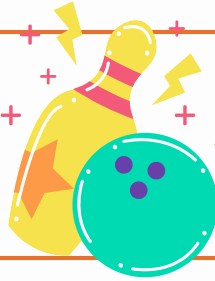

Uppertunity offer a weekly social activity that helps different people connect, have fun and experience new things!

These alternate between:

- **Group outings:** these take place across Dundee and surrounding areas
- **World Lunches and Games:** we play some indoor or outdoor games, and then enjoy a themed lunch at Uppertunity, made by our kitchen team
 - **Larger community events:** different themed events
 - **Bowling Stones:** Bowling league starting in November

Date	Community Event	Social Outing	World Lunches	Bowling League
3rd Oct Thurs		Mixed crafts at Cake or Dice 10am to 12pm, £6. Then lunch at Cake or Dice £8-15		
10th Oct Thurs			Indian theme lunch, with tennis at Dudhope Park. Meet at Uppertunity 10am, tennis from 10.30am to 11.30am. Lunch at 12pm, £4	
15th Oct, Tues/ 17th Oct Thurs	Join The Assembly at Uppertunity on the 15th, 10:30am-3pm, and find out about politics, and how to make it fair for people with learning disabilities and who are autistic. Info, games, lunch, all free!			
23rd Oct Wed			Italian pizza theme lunch, with tennis at Dudhope Park (or indoors at Uppertunity if the weather is bad). Meet at Uppertunity 10am, tennis from 10.30am - to 11.30am. Lunch at 12pm, £4	
30th Oct Wed	Halloween Party, 6pm to 9pm Dudhope Castle. Dress up and join a night of games, dancing and nibbles. £5, open to adults with additional needs			

SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Community Event	Social Outing	World Lunches	Bowling League
6th Nov Wed	Visit to Perth Museum (Free) and lunch in Perth. Get mega bus at 9:50am from Dundee, return on 14:13pm bus from Perth.			
13th Nov Wed/ 15th Nov Fri	Destination Dundee workshop: 13 Nov, 10am to 1pm, V&A. Come share your ideas and thoughts on how to make Dundee a place for everyone. Free & open to all. 4 inspirational speakers!			Bowling League begins on the 15th! 10am to 12pm at Tenpin Dundee
Fri 22nd Nov	Ceilidh, 6pm to 9pm at Coldside Parish Church. Learn ceilidh dances and have fun with friends. Enjoy stovies and snacks. Wear your best Scottish outfit! £5 for tickets, only open to adults with additional needs.			
Thurs 28th Nov			Thai theme lunch, with tennis at Dudhope Park (or indoors at Uppertunity if the weather is bad). Meet at Uppertunity 10am, tennis from 10.30am - to 11.30am. Lunch at 12pm, £4	
Thurs 5th Dec	Watch Oor Willie Show at Dundee Rep 10am, £10. Then enjoy lunch.			
Wed 11th Dec/ Fri 13th Dec	Join our end of year Christmas Party, and come dressed in your best jumper! 6pm to 9pm, various games, music and food! £5 for tickets. Carers free			Bowling League 10am to 12pm at Tenpin Dundee
CLOSED	Closed Friday 20th Dec (Last day Thursday 19th December). Return Tuesday 7th January 2025.			



EVENTS: MEET AND EAT WITH THE ASSEMBLY 15TH OCT



MEET AND EAT REGIONAL WORKSHOP EBI EFTEKHAR NORTHEAST LEAD

Join us for food and fun for people with learning disabilities
and autistic people.



**Tuesday 15th of
October**

**Meet New
People**



10 am – 3 pm

**Please let us know if you have any
dietary needs**

**Lunch
and
Drinks
provided**



**Uppertunity
Dudhope Castle
ground floor left, The Circle
Barrack Rd
DD3 8HF**

**Have a
fabulous
time**



**Please contact me to book a place on:
07918230243 or
ebi@theassembly.scot**



DESTINATION DUNDEE

Join us for our final disability and inclusion workshop, and networking event! Hear from inspirational organisations, share ideas on how we can support existing spaces to be inclusive, and how to inspire society to want to be accessible.

FREE and OPEN TO ALL. Hot drinks and snacks available.

Speakers

Euan's Guide

-

The Circle Mobility

-

Disabling Barriers Scotland

-

Barnardos

All presenting on the importance of inclusivity, & how to achieve it.

**Book your
FREE space**

<https://rb.gy/y8nosr>

**Wednesday
13th November
10am to 1pm**

V&A Dundee

Activities

Help us write a guide to share with others on how to make spaces and places accessible

-

Share opinions on what would help employment and volunteering be accessible

-

Add your voice and stamp to a creative poster showcasing the importance and benefits of inclusivity

This event is hosted by Uppertunity and Porphura, with support from V&A Dundee. The aim is to use the information gathered to create opportunities or bring together organisations to overcome hurdles, and make Dundee a place for all.



BOWLING STONES

Bowling League for adults with additional support needs

Teams are made up of 5-10 people, and can be from existing organisations, or you can create your own team.

3-5 individuals from each team will play at each monthly match, with their scores being added to the teams total score for the year.

Join 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 over the year!

This is fun opportunity to meet others and for different services to connect. We will have an annual awards ceremony to celebrate everyone, with specials awards!

The league starts on Friday the 15th of November 2024!

Matches take place on Fridays, 10am to 12pm at Tenpin Bowling, Kingsway Retail Park, Dundee. Each person plays 2 games for £5.50.

Players are welcome to have lunch at Tenpin, and socialise.



Run and managed by Uppertunity.
Contact info@uppertunity.co.uk for more info.
Visit uppertunity.org.uk for more details and rules.

UPPERTUNITY LIMITED - REGISTERED CHARITY NO.SC052608



BOWLING STONES...HOW TO JOIN

Bowling League for adults with additional support needs

HOW IT WORKS

Once a month, all teams will get together at Tenpin Dundee (Kingsway Retail Park), and play 2 games of bowling. Teams will have 3–5 players per game, and individuals will be in mixed lanes. This is to encourage meeting new people. Scores from each person from both games will be added to their teams overall score. The more people you have playing on the day, the more chance of higher scores. At the end of the league year (October 2025), we will have an awards ceremony. Cost per game per person is £5.50. This can be paid on the day, cash or card to Uppertunity. See dates for league games on Uppertunity's website.

ENTERING A TEAM

You need to be part of a team to join the league. You can either create your own team, or ask the organisation you receive support from to start a team. Teams should have between 5–10 players. This is to make sure there are enough players to play on league days. No more than 5 people can play on league days. All teams must be registered with Uppertunity, so that we can record your scores.

ON THE DAY

We will meet at Tenpin Bowling (Kingsway Retail Park) at 10am and bowling starts at 10.15am. Teams must let Uppertunity know who is taking part in the game on the Wednesday before the league game. There is also the opportunity to have lunch at Tenpin.

RECORDING SCORES

At the end of each game, Uppertunity will collect all of the game details and record everyone's points on a spreadsheet. The points for each team will be published on Uppertunity's website, for everyone to keep track of. As the lanes will be mixed with people from different teams, whoever wins the game on each lane will get an additional 10 points to add to their team total.

AWARDS CEREMONY

At the end of the league year (October 2025), we will hold an 'Awards Ceremony', where all teams and players will be invited to. We will have the following awards to give out: Winning Team (Highest score across the year); Person with Highest Overall Score; Person with Highest Average Score; Person with Highest Score in a Single Game; Person with Most Strikes; AND Most Comical Person.

VOLUNTEERING AT UPPERTUNITY

We are looking for volunteers, aged 16+, to help run our weekly activities and events.

These activities all help build confidence and skills, and offer safe socialising opportunities for our clients. Share skills & ideas, get experimental, socialise, learn new things and help us continue what we do!

We are looking for:

- Volunteer group facilitator
- Volunteer cook and baker facilitator
- Volunteer gardener
- Volunteer upcycler
- Volunteer event planner

Get in touch to find out more.

HOW TO GET INVOLVED

Referral for 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. Then 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 referral form, and fill in a community member postcard with a polaroid 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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