

Welcome to Uppertunity's June newsletter!



New Venue!

We are excited to be moving into a new venue, the Circle! Bigger space, accessible to all, a kitchen, and we can make it our own. The venue is more spacious, wheelchair accessible, and is on a direct bus route from the city centre of the 1A or 1B bus. We will be moving in on the 19th of June and all groups will be running as normal in our new venue.

New Groups and Programmes

Uppertunity will be launching new groups and programmes, find out more on the following pages

Annual General Meeting

Uppertunity's first annual general meeting was held in April.



Dundee Soup

Uppertunity recently attended Dundee Soup where we pitched our Community Garden.



Generous Donation

After coming in second place at Dundee Soup's first community award event Uppertunity received an unexpected and very generous donation of £200. We are over the moon! The person would like to remain anonymous, but we thank you very much! This will be used for materials to develop the garden, and for group bonding sessions.



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Capacity Building Programme

Uppertunity is proud to announce the launch of its next phase, the Capacity Building Programme.

This programme will offer individuals an opportunity to build skills and confidence, and become more self-reliant. It involves individuals attending groups and workshops, completing a volunteer placement, receiving one on one support, and taking part in a therapeutic group.

We will be offering two separate programmes:

Energising Everyday Essentials: this is for adults with additional needs who are supported. The aim of the programme is to reduce the amount of support needed

Daring for Development: this is for adults who are unsupported. The aim is to increase self-reliance and community involvement.

Programme Contents:

Energising Everyday Essentials:

Basic cooking and food hygiene, Caring for personal needs, Getting around in the community, Safe socialising, Personal finances and money management, Volunteering

Daring for Development:

Intermediate cooking and food hygiene, Caring for personal needs, Getting around in the community, Safe socialising, Advanced personal finance and money management, Advanced active citizen and self awareness, working and volunteering

The first trial phase will start on the 17th of July, and last 8 weeks. There will be an end of programme event on the 22nd of September. We are looking for 12 participants to take part.

How does it work?

When an individual initially joins the programme, one to one conversations will take place between the individual and the manager to create a personal journey plan.

This plan will articulate how the person sees themselves at that moment in time and what personal goals they have for themselves. This begins the process of an action plan for their Personal Journey. The topics covered in the conversation assist Uppertunity to identify a base level of the individual's current capacity, their values, how they reflect, and planning for personal development within the framework of a career, education, relationship and/or for self-improvement. From this, the individual participates in various groups and workshops delivered by Uppertunity, as well as beginning to plan for voluntary or work placements.

As part of Uppertunity's unique service, when an individual requires one on one support, they will be given a 'life enthusiast'. Their chosen 'life enthusiast' will remain their one on one worker for the duration of the programme.

The Individuals journey plan will include:

- An initial introduction of the individual, programme and activities and assigned life enthusiast.

- A selected programme provided and delivered by Uppertunity, which the service user attends 2 – 3 times a week.

- A volunteer programme that Uppertunity will help the individual source and attend. Social opportunities and group work.

The pilot programme will be for 8 weeks. All groups and sessions, apart from some volunteer placements, will take place at Uppertunities premises: The Circle, 4 – 6 Staffa Place, DD2 3SX.

Doodles

Doodles is a therapeutic arts group, designed for adults with additional needs, who have basic skills in art and who want to learn more. We build on each individual's strengths and unique artistic skill by providing a more in depth art experience. Each month we will be focusing on one technique or medium, such as sculpting, sketching, painting etc. We feel there are no limits in art, and want to help discover hidden talents.

In Doodles, we've learnt:

How to make frames.



Design and make jewellery using clay, glass beads and foam board.



How to make papier mache into designs.



How to create art pieces using charcoal and pastels.



How to use mosaics to create finished pieces.



Cost: £3

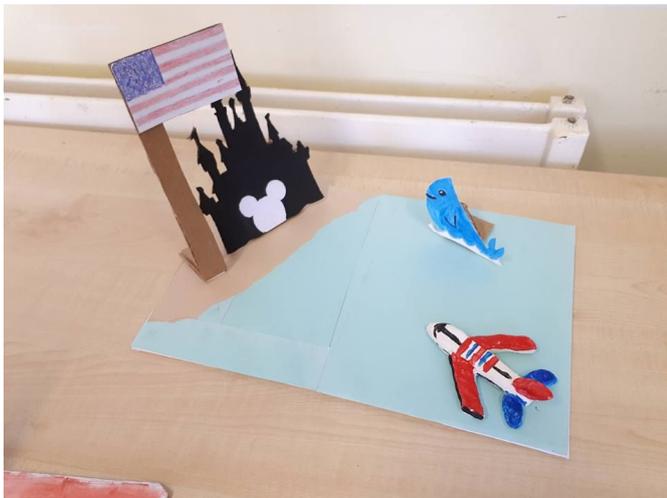
When: Every Friday from 2pm to 4pm

Where: The Circle, Staffa Place, Dundee

Scribbles

Scribbles is our social and therapeutic arts and crafts group for adults with additional needs. This group is a safe and nurturing environment where different senses are stimulated by using various textures and a variety of colours. A new project is offered every week, and activities include drum making, clay work, puppet creating and many more.

The type of activities we do in Scribbles are creating 3D art pieces of happy memories, trees representing the people we love, animals which represent our positive characteristics, positive quote magnets, drums and maracas, mini ocean theatres and much more



Cost: £2

When:

Thursday 1pm to 3pm

Saturday 10am to 12pm

Where: The Circle, Staffa Place, Dundee

Squiggle Away

We offer a tailor made creativity class where we will come to your venue of choice, and deliver a 2 hour therapeutic creative art class for adults with additional needs. Activities include sculpture, drum making, puppet building, comic strip creating, play writing and many more.

All materials are provided, tutor and volunteers are PVG checked, a minimum of 10 members and a maximum of 15 members per group, cost is £2 per person attending, classes can be in your own home or centre of choice. Activities are tailored to the needs of the members and they can be a one off, weekly or monthly

In one of the groups we joined Dundee and Angus College Next Steps Class, where the members wrote a play, created their puppets and made the set.



Another Squiggles group with Scottish Autism saw members creating trees of love. Everyone built a 3D tree, then made leaves with all their best qualities.



Totally Stitched

Totally Stitched is our social and creative textiles class for adults with additional needs, where we learn how to design ideas and then form them into beautiful pieces using various materials. Activities include designing, sewing by hand and machine, fabric painting, stencilling, printing and much more. Totally stitched is a 16 week long class, where we learn all about how to create and use textiles in different ways.

The type of activities done in Totally Stitched is printmaking, embroidery, sewing by hand and machine, fabric dyeing and much more.



Cost: £3

When: Every Tuesday from 10am to 12pm

Community Garden Group

We are offering a gardening skills group where members will learn about developing and maintaining the land, growing herbs, vegetables and flowers, and creating outdoor art and a sensory area.



This group is open to all individuals of any ability. We do ask that members who are joining to make a commitment where they will attend the group at least once a week.

Since opening the garden is coming on great! We are so proud of everyone who has been involved, everyone has put in a lot of work and enthusiasm. So far we have planted potato's, butternut, onions, sweet corn, spring onion, chives and wild flowers. Can't wait to see it all sprout.

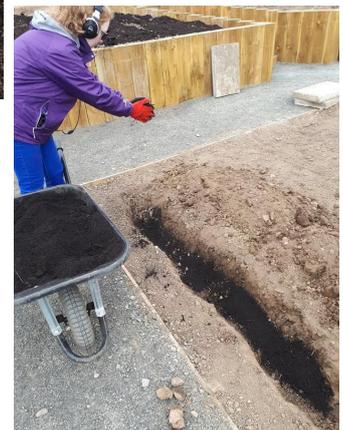


Groups are on the following days:

Mondays 10:30 to 12:30 (This class will involve digging and planting)

Wednesdays 10:30 to 12:30 (This class will involve digging and planting)

Fridays 10:30 to 12:30 (This class will involve managing the garden and creating outdoor art)



Each month we feature a creative piece created by our members. This piece will be chosen based on dedication, imagination and creativity. Drum roll please...

January

Louise



February

Paul



March

Alice

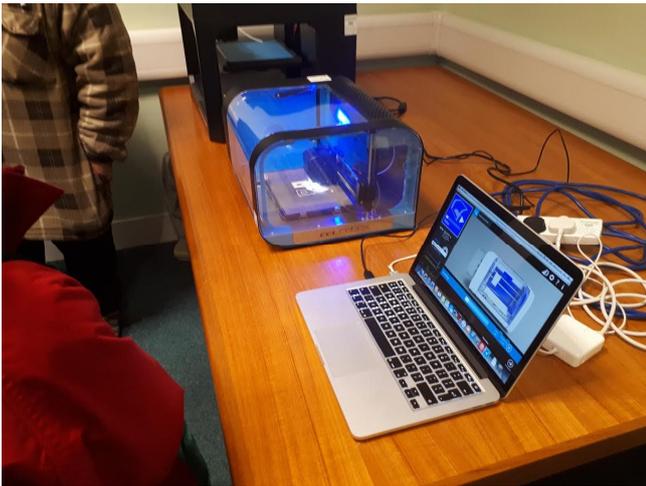


**April
Lyndsay**



May

Brian



3D Printing Workshop

Uppertunity has held two 3D workshops, where members learnt how a 3D printer works, how to design different objects such as key rings, door plaques and mini castles, and finally see the objects being printed.



Spray-painting Workshop

Uppertunity hosted it's first Spray painting workshop, where we experimented using spray paint to create art on a legal graffiti wall in the Hilltown.

The spray-painting workshops are all about learning about how spray painting can be used to express yourself and have your voice



Workshops and Events

Uppertunity will be offering various workshops every month to help develop and promote new skills and interests. Please find all the information below, and please book in advance:

Date	Workshop/Event	Where	Time	Cost	Spaces
April, Saturday 22 nd	AGM (Lunch provided)	Boomerang Centre	13:00 to 16:00	Free	Open
May, Monday 1 st	3D printing	Wellgate Library	10:00 to 11:30	£3	10
May, Thursday 4 th	Spray Painting	Diaosu, 209 Hilltown, Dundee	9:30 – 12:00	£4	10
June, Thursday 22 nd	Spray Painting	Robertson Street	9:30 – 12:00	£4	15
June, Monday 26 th	3D printing	Wellgate Library	10:00 to 11:30	£3	10
July, Saturday 29 th	Jewellery Making	The Circle	TBC	£3	15
August, Thursday 24 th	Spray Painting	Robertson Street	9:30 – 12:00	£4	15
August, TBC	Photography and digital editing	The Circle	TBC	£3	15
September, Monday 4 th	3D printing	Wellgate Library	10:00 to 11:30	£3	10
September, Friday 22 nd	Oor own stall – Members own craft fair and celebratory lunch	The Circle	11:00 – 15:00	Free	10
October, Wednesday 25 th	Creative star gazing	Dundee Observatory	17:30 – 20:00	£3	15
October, Thursday 19 th	Spray Painting	Robertson Street	9:30 – 12:00	£4	10
November, Monday 20 th	3D printing	Wellgate Library	10:00 to 11:30	£3	10
November, Saturday 25 th	Caleigh Dance and Dinner	TBC	TBC	TBC	100
December, Friday 15 th	Christmas Party	TBC	TBC	TBC	TBC

Book either on Facebook (Uppertunity) or contact danielledp@uppertunity.co.uk

Our Volunteers

Uppertunity is based on volunteers, and we strongly believe in horizontal relations, where people connect on a human level through respectful listening and talking, not a hierarchy structure. We value all of our volunteers and their opinions. Without them, we would not be able to do what we do.



We make sure our volunteers receive training and other opportunities to professionally develop themselves on their journey with us. We are currently undergoing the process of obtaining our Volunteer Friendly Award, a quality standard award designed to recognise and reward groups who are good at involving volunteers.

"The Uppertunity team are very friendly and welcoming. It's been great working with the Uppertunity members on their current art projects so far and I am excited to work more with Uppertunity" Kirsten

"I really enjoy volunteering with Uppertunity. I think it's helped me to understand different types of disabilities more, and I've met some very inspirational people" Taylor

We are always looking for more volunteers who can offer us new insight and skills.

Upcoming Event

On Friday the 30th of June Uppertunity will be hosting an open event at The Circle.

As a person centered organisation we are very keen to involve everyone in both the design of our services and the way that they are run.

We are eager to hear all the ideas and thoughts that you might have with regards to how we could better support people and increase active community involvement.

The event is free and includes a free lunch, beverages and an interactive art activity for all those who wish to participate.

When: 12pm to 14:30pm Friday June 30th

Where: The Circle, 4-6 Staffa Place, Dundee



HAVE YOUR SAY: HOW TO BE INVOLVED IN YOUR COMMUNITY

Are you an adult with a learning disability or with additional support needs, or do you care/support someone who has additional support needs?

Come along to our discussion and share with us what could be done differently to support people to be active in their community.

This event is hosted by Uppertunity. A social enterprise which offers skills development and social inclusion opportunities for adults with additional needs.

This event will include a free lunch, beverages and an interactive art activity: 'My greatest strength is...'

Date: Friday 30th of June 2017

Time: 12:00 - 14:30

Where: The Circle, 4-6 Staffa Place, Dundee

Cost: Free



Contact Details

Uppertunity
The Circle
4-6 Staffa Place
Dundee
DD2 3SX

If you have any questions, would like to join a group,
or would like to volunteer with us
please get in contact.

Have a look on our website for more information and like our Facebook
page.

<https://www.facebook.com/Uppertunity-867306823414258>

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