

Welcome to Uppertunity's very first newsletter!

What is Uppertunity?

Uppertunity was set up in September 2015 as a registered community interest company, with the aim to help individuals of our community to grow and be part of something bigger. Uppertunity offer skills development and social inclusion opportunities for vulnerable individuals in Dundee and surrounding areas.

We at Uppertunity feel that everyone has strengths and unique qualities that they can offer to the world. However, we sometimes get lost on the way and need a helping hand. Uppertunity is here to provide opportunities for individuals who want to create a better life for themselves.

We aim to provide opportunities to individuals of any background to better themselves and their lives, leading to long term self-reliance. Working with people from vulnerable and isolated groups, Uppertunity looks at the individual's strengths and possibilities, and then works with them to create long term independence.

Uppertunity offers a range of groups and classes to fit various needs and emotions. One of Uppertunity's

promises is that we fit around our clients, not the other way around. If you would like to join or refer a client, please get in touch and we will be more than happy to be part of this exciting new journey.

Our newsletter will be published quarterly, including information on our current groups, the latest news and upcoming events.



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"Everyone has inside them a bit of something amazing that wants to shine through. I want to help, and be part of, making that something amazing shine bright."

Danielle - Director and Founder



Featured Group: Doodles

Art is not just putting paint on a brush; it is about painting your thoughts, and sketching your emotions. At Doodles, this is exactly what we do. Using various materials, mediums and techniques, we hope to inspire our clients to create pieces of work showing their inner selves, helping to create self-positivity.

Doodles began at the end of June 2016, and has been developing ever since. One of our newest clients to join the group, Winnie, had not left her house for almost 2 years. Doodles is the first group she has attended since taking the courageous step into outside socialising. Knowing this, we made sure that Winnie was physically and emotionally comfortable to attend the group. When asked what she enjoys about Doodles, and what it means to her to attend the group, Winnie replied,

“I can let go of myself, my inner feelings come out. I like that there’s no deadlines, and that I can take my time. Also, the members of the group are nice. Coming here means freedom for me. I feel very comfortable here, and I have support.” - Winnie

Our clients have had only positive things to say about Doodles.

“I’m learning something new, and I like that I get to try new things. Doodles is a calm environment.” - Stuart.

Alice summed it up very nicely for us,

“Really, really love this group!” - Alice

At Doodles, we aim to stay involved with the client during their process, and never just instructing. Our clients are not the only ones developing. Through them, we grow as well. We feel there are no limits in art, and through art, everyone can express themselves in any way they want. Through a favourite character, a colour, or even a hidden story amongst the doodles.



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

July featured artwork.
Made by Linda in scribbles
using a knitting technique



August featured artwork.
Made by Stuart at Doodles using
a newly learnt pencil technique



September featured work.
Made by John at scribbles,
decorating jars to make
candle holders

The Silent Hero

Volunteers are the most valuable resource that organisations have. The ability of people to work willingly together for the betterment of their community and themselves is a cherished asset. As a community driven organisation, Uppertunity is based on volunteers. We value our volunteers, and we not only respect their input, but embrace it. We at Uppertunity believe that volunteers are critical to the organisation in achieving its mission, and with each new volunteer joining, new skills and perspectives are brought with them.

Uppertunity has currently 7 volunteers, and will be welcoming more in the near future who will be helping with the new groups.

Without our volunteers, we would not be able to do what we do. Well done to all of our wonderful silent heroes!



“Interacting with vulnerable adults who are creating arts and crafts projects is very fulfilling. I enjoy the smiles on the client’s faces when they make a craft they are proud of. Volunteering here is an overall wonderful experience.” - Marilyn



Marilyn, our first volunteer, has recently completed her Copper (30 hours) and Bronze (50 hours) awards. Congratulations!



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: bag designing, candle holder making, drum making, papier mache and many more fun and creative projects! This group has a great vibe and everyone is always sociable.

"I've met lots of friends. I've learned different things like making a bag, a jewellery box and xmas card holder. The staff are friendly and helpful. I love coming here!" - Pamela

Cost: £2

When and Where: Every Friday from 10:30am to 12:30pm at Douglas Community Centre and every Saturday from 10am to 12pm at Ardler Community Centre





Doodles

Doodles is our more advanced 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, therefore each individual will choose their subject they wish to focus on, and we will help expand their hidden talents.

The group is limited to 8 people as we want to keep it a calm environment, there are a few spaces left.

Cost: £2

When: Every Friday from 2pm to 4pm

Where: Ardler Community Centre, Dundee



Scrawling for the Soul

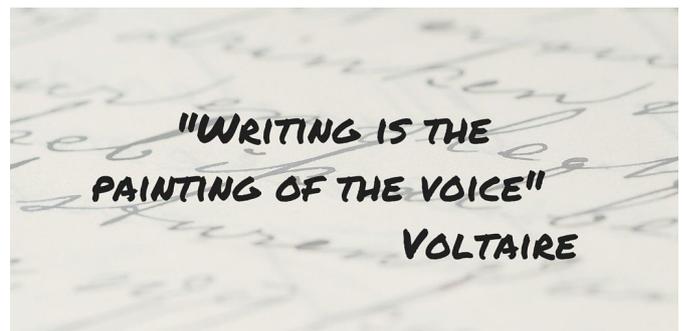
Scrawling for the Soul is our therapeutic literature and writing group, focusing on using creative writing in a therapeutic manner. We will use novels, short stories, poetry, biographies and individuals own writing to improve emotional well-being. This group will have interactive discussions and activities around different topics and characters. Scrawling for the Soul offers a safe environment for all members to share their thoughts and ideas, and be able to express their emotions in a creative way.

Scrawling for the Soul is aimed at individuals with additional needs. This group is an 8-week block, and sign up is required. The group will be starting on the 27th of October 2016, with a longer session in the final week to celebrate the festive season.

Cost: £2 per session

When: Every Thursday from 6:30pm to 8pm.

Where: Douglas Community Centre, Dundee



Upcoming Groups & Events

New Group: Stitched

We are soon to launch our exciting new group...Stitched! Stitched is our therapeutic textiles group, aimed at adults with additional needs. In this group, we will be focusing on using textiles in different ways to create final pieces, illustrating the individual's feelings. Activities include design and making your own bag, using paper to create pieces of clothing and many more. Not only will members learn new techniques, but they will be creating a final portfolio of their work, showing their growth through the process. This class will be 3 hours, with a break in between. Healthy snacks will be supplied. As soon as all supplies are sourced, Stitched will be taking over! Uppertunity is currently looking for any fabric materials and textiles equipment. If you have any materials, or any size or shape, please get in contact. Donations are greatly appreciated.

If you have any questions, or would like to join a group, 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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Additional Scribbles Classes

Good news! We will be offering an additional Scribbles class on Wednesday afternoons at Ardler Community Centre, starting on the 25th of October. Exact times will be confirmed soon.



Exhibition

Uppertunity will be hosting an exciting exhibition, showcasing all the amazing work that our groups have created. The event will be held on January the 22nd 2017, with a Burns Night Theme. Not only will you be able to witness artists and creators in the making, but there will be other show cases on, yummy food and an exciting atmosphere you have to be part of! More details in our next newsletter.

Newsletter Editors: Gregor & Sooz

