



## May 2016 – April 2017 Annual Report



### **Our History**

Uppertunity was founded in September 2015 as a Community Interest Company. It started off running one therapeutic art group every week, Scribbles, in Douglas Community Centre in the October. This was a trial to see if there was a need.

In May 2016, Uppertunity made the group official and started to offer more groups. From this, Uppertunity has expanded to three therapeutic art groups, a textiles group, outreach art groups, workshops, and a gardening group.

### **Our Mission and Vision**

Uppertunity aims to help individuals of our community to grow and be part of something bigger. Uppertunity is based in Dundee, and offers skills development and social inclusion opportunities for adults who have additional needs.

We feel that everyone has something amazing inside them that wants to shine through. However, sometimes we need the confidence to believe in ourselves. Uppertunity is here to provide opportunities that instil a belief that people can create a better life for themselves. We focus on the individual's strengths and interests, then work with them to create long term independence.

At Uppertunity, we aim to create an environment where every person is valued and the unique qualities they possess as a person is the starting point for bettering themselves and the world around them. We help build confidence and self-assurance for individuals in order for them to feel part of society and have self-determination and motivation, leading to long term self-reliance.

## Achievements: Impact of Groups

Not all profits can be counted into monetary value; the real profit we make is in the social impacts being made. Uppertunity is a good example of a grass rooted social-economy organisation successfully maintaining financial sustainability and supplying growth and development to our members.

Four of our members who initially came to the groups supported, are now attending the groups unsupported. We have also found that since accessing our services, some of our members are now accessing other services.

*"I'm learning something new, and I like that I get to try new things. Doodles is a calm environment."* Stuart

The groups have helped members become more confident in themselves, and we have seen so many venture out of their comfort zones and test new waters. Some members are even helping other members when they see they are struggling.

*"Friendly, great art teachers, a chance to get out in the community and a great place to meet new people. There's always something for everyone to do and a positive atmosphere"* Sandra

Uppertunity has even given some the opportunity to be able to feel part of their community again.

"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



## Achievements: New Audiences

Uppertunity has not only grown to build a client base of over 40 members, but we have also made our services available to groups who would not be able to normally access them.

*"It has given opportunities to the service user to explore imagination. The activities help individuality and encourage positive thinking"* Carer

We recently started working alongside Dundee and Angus College, as well as other local organisations such as Scottish Autism, to make sure that adults with additional needs access services to build autonomy.





## **Achievements: New ‘Uppertunities’ Available**

Since establishing, Uppertunity has continued to make sure that there are constant opportunities for individual and community development.

One of these ways was obtaining a plot of land to grow fruit, vegetables, herbs and flowers. This offers a voluntary opportunity, skills development, and the food grown will be used in our up and coming cooking class.

We have recently started to offer workshops and events which introduce new skills and interests. These include 3D printing, spray painting, craft fairs, space observation and many more.

## **Our Volunteers and Staff**

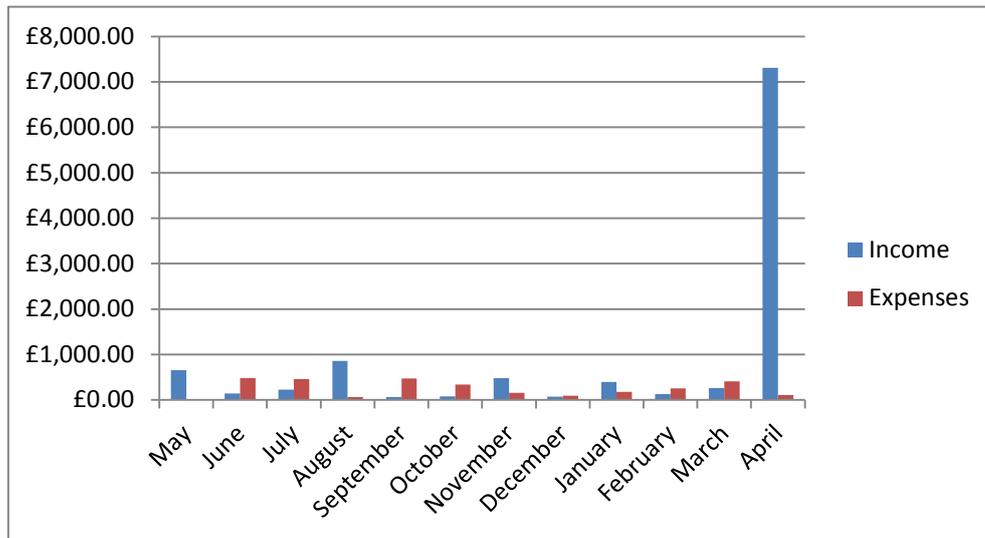
Uppertunity is based on volunteers, and we strongly believe in horizontal relations, where people connect on a human level through respectful listening and talking, not a hierarchy structure. We value all of our volunteers and their opinions. Without them, we would not be able to do what we do.

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.



## Financial Breakdown and Funders



### Funders:

Integrated Care Small Grants Fund

Community Chest Our Place Fund

Volunteering Matters Action Earth



## Plans for the Next Year

### 1. Skills Development

A programme teaching basic life skills and providing volunteer opportunities, paving the way to the next step: independence and community involvement.

### 2. Secure longer term funding

Record impact of current activities on members and communities effectively to evaluate our projects, enabling us to secure funding of activities longer term.

### 3. Employability

Uppertunity would like to work towards creating a Fundraiser/ Co-ordinator role. The role would involve linking Uppertunity into local forums and partnerships. The plan is to connect with other groups with similar values to meet the demands of the most vulnerable in our community.



## A Call to Action

Do you believe in our vision? You can help!

Uppertunity is still relatively new, and individuals who could benefit from our services are unaware. You can help build awareness by talking about us.

If you feel you have a specific skill that will be beneficial, or if you have time to commit our cause, there is a volunteer opportunity for everyone.

We accept monetary donations, and are also greatly appreciative of gardening equipment, art supplies, cooking utensils and office supplies.

## Contact

[www.uppertunity.org](http://www.uppertunity.org)

Facebook – Uppertunity

07544984289

[danielledp@uppertunity.co.uk](mailto:danielledp@uppertunity.co.uk)

[darrylg@uppertunity.co.uk](mailto:darrylg@uppertunity.co.uk)