

### 2017 in a glance

2017 has been a very exciting year for Uppertunity, with so much happening...

We held our first community event in January, Oor Burns Lunch



We gained access to an allotment in April, and started a volunteer garden program



We moved into our own premises, The Circle, in July. We started our indoor volunteer garden program here as well



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### 2017 in a glance

We launched our Capacity Building Program, now known as Daring for Development, in July



We held two successful Inspirational Craft Fairs, in September and November



We launched a new volunteer program, Cooking for Change, in November, where our members make a meal for isolated elderly individuals



We had a visit from Santa, helping us to celebrate a successful year as a group





# Newsletter

January 2018

## Uppertunity's Journey

Have you ever wondered how Uppertunity started?

Uppertunity came to be from two founders who felt that there were not enough services to help vulnerable individuals feel part of their community and develop further. Uppertunity was then set up on the 15th of September of 2015 as a Community Interest Company. In October 2015, the first therapeutic art group was set up, Scribbles!

Numbers were going well, and different groups and days were tested to see what the community wanted. That's when Doodles was born! In June 2016, Doodles, our advanced therapeutic art group, started.

We kept growing and had our first social event, Oor Burns Lunch, in January 2017! It was set up to bring the community together and celebrate the hard work of the members. This gave Uppertunity the confidence to plan more community events such as Craft Fairs and social get togethers.

In February 2017, Uppertunity started to offer a tailor made therapeutic creative group, Squiggle Away! Uppertunity also started to offer monthly workshops such as Spray Painting, 3D printing and Photography & Photo Editing.

We took another step forward and started a gardening skills group! In March 2017, Uppertunity was given a garden plot, part of Tay View Community Garden, the start of meaningful volunteering for our members.

Uppertunity continued to listen to the members and responded! A new group was offered in April 2017, Totally Stitched, a social and creative textiles group.

A Milestone for us took place on the 19th of June 2017...Uppertunity's own premises! We moved into The Circle, which gave Uppertunity the chance to take another big step...introducing the Capacity Building Program in July, now known as Daring for Development.

Since moving into The Circle, more meaningful volunteer opportunities have been developed including Cooking for Change and Sewing for Change. New groups have been set up, and strong partnerships have been built.

There are many more milestones and plans ahead, and this journey will continue to grow. Uppertunity is continually adapting and growing to help individuals be the very best they can be...  
AWESOME!

### Volunteers...Our Silent Heroes

Volunteers are the most valuable resource that organisations have. The ability of people to give up their time, and create a stronger community is priceless.

Our volunteers have helped in so many ways, and we are proud of every one of them. Without our volunteers, we would not be able to do what we do. Well done to all of our wonderful silent heroes!



As a community driven organisation, Uppertunity is based on volunteers. We value our volunteers, and we not only respect their input, but embrace it. With each new volunteer joining, new skills and ideas are brought with them.

We are always looking for more volunteers. Are you creative, passionate and reliable? We want you! Come join Uppertunity in a new adventure and make a difference! Roles include art group facilitators, garden instructors, marketing, event organising and volunteer board directors.

### Events for 2018

Uppertunity loves bringing the community together, here are some of the events planned for 2018. Check out our Facebook page and Website for updates.

#### 20th of January: Oor Burns Lunch



An event to celebrate...  
The local talent in our community  
Celebrate the start of a brand new year  
Because we love hosting a community get together!

- The event will include:
- A three course lunch
  - Scottish music and dancing
  - Exhibition of local talent

Tickets costs £5

#### 14th of February: Two's Company



Uppertunity are hosting a night where individuals with additional needs are given a safe opportunity to find companionship. Whether it be friendship or something a bit more romantic, come a along.

- Event includes:
- Food and drink
  - Music
  - Games
  - Socialising and fun

Tickets cost £3

Sponsored by Upstart Digital Media

#### 25th of March: A Spring Fair



Come along to a spring themed arts and crafts fair to celebrate the creative work of inspirational individuals.

Various arts and crafts will be on sale ranging from henna tattoos, hand made jewellery, contemporary art, soft toys, baked goods & much more!

#### September: Spring Fling Graduation



A party to celebrate the graduates from the Daring for Development Program.

More information coming soon.

#### 20th of October: A Christmas Fair



Come along to a Christmas themed arts and crafts fair to celebrate the creative work of inspirational individuals.

Various arts and crafts will be on sale ranging from henna tattoos, hand made jewellery, contemporary art, soft toys, baked goods & much more!



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## Daring for Development

What is it?

At Uppertunity, we offer a 12 week program that gives individuals with additional needs the chance to build skills and confidence, and become more self-reliant. It involves:

- Individuals attending groups and workshops, such as money management, cooking skills, safe travel and goal setting
- Completing a volunteer placement
  - Receiving one on one support
- Taking part in therapeutic activities
  - Taking part in team building

How does it work?

When an individual initially joins the program, 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, as well as their current capacity.

The Individuals journey plan will include:

- An initial introduction of the individual, program and activities, which will be 12 weeks long.
- Attending workshops 3 to 4 times a week at Uppertunity's premises. Workshops are chosen depending on the skill level and needs of the individual
- Take part in a volunteer role. This can be through one of Uppertunity's volunteer roles: Cooking for Change, making and delivering a meal for an isolated adult, or in Shrubbers and Plotters, helping manage and develop an indoor and outdoor garden. If the individual would like to take part in a different volunteer role, Uppertunity will support them to find, apply and take part in this role
- Learn about being an entrepreneur. This is optional, where individuals learn about how to create a mini business out of their creative skill, and take part in a craft fair

- Learn about mindfulness and use this in everyday life
- Take part in a group bonding day at the end of the program

Individuals will receive 5 hours of one on one support and counselling. This is used throughout the program

- Individuals are invited to attend Uppertunity's other social groups such as Bejewelled, Doodles, Scribbles, Totally Stitched etc.

All groups and sessions will take place at Uppertunity's premises: The Circle, 4 – 6 Staffa Place, DD2 3SX. Timetable of workshops are given when individuals sign up.

When is it?

Below are the current blocks for 2018

- 5th March till the 27th of May
- 4th of June till the 26th of August
- 3rd of September till the 25th of November

How can I refer someone or join?

Anyone who would like to better themselves can join.

The individual has to be 16 years or older, and the program is open to individuals who have a learning, physical or mental health barrier. Please get in touch to receive a referral form and to set up an initial meeting. This meeting lets us get to know the individual and to fully explain the program, and go over the timetable.



### Groups

#### 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, a variety of colours and essential oils. A new project is offered every week, and activities include painting, sculpting, designing and many more.

This group is maxed at 10 people. There are a few spaces left.

Cost: £3

When: Every Thursday from 1pm to 3pm at The Circle



#### Doodles:

Doodles is our advanced therapeutic art group. 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. 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.

This group is maxed at 8 people.

Cost: £3.50

When: Every Friday from 2pm to 4pm, at The Circle

#### 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: sewing by hand and machine, fabric painting and using stencils, printing using lino and other tools, and much more.

This group is maxed at 8 people. There are a few spaces left.

Cost: £3.50

When: Every Tuesday from 10am to 12pm, at The Circle



### Groups

#### Bejewelled:

Bejewelled is our social and creative jewellery group for adults with additional needs, where we learn how to make one off creative jewellery pieces using an assortment of materials. Jewellery pieces include beaded bracelets, fabric necklaces and earrings, lollipop art necklaces, and much more.

This group is maxed at 8 people. There are a few spaces left.

Cost: £3.50

When: Every Monday from 10am to 12pm, at The Circle



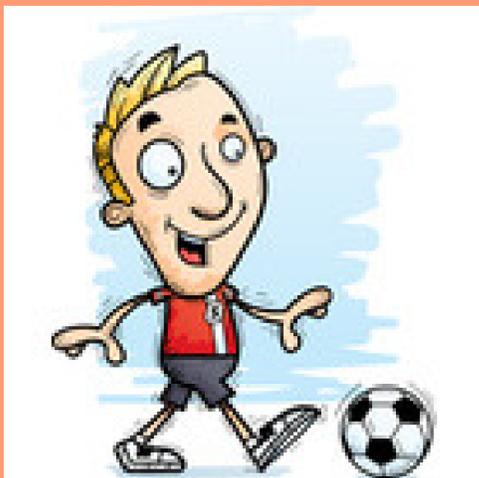
#### Walking Football:

Uppertunity is now offering a walking football group, where individuals will be in two teams and play against each other. No running is involved, only walking, fun and laughter! Individuals will also wear a pedometer and steps will be recorded, with step champions every monthly.

This group is maxed at 10 people, and will start on Friday the 2nd of February.

Cost: £2.50

When: Every Friday from 12:30pm to 13:30pm, at The Circle



#### Expresance:

Expresance is our expressive dancing group where individuals move their body in different ways using music, breathing, dance moves and anyway that feels freeing.

This group is maxed at 10 people, and will start on Saturday the 3rd of February.

Cost: £2.50

When: Every Saturday from 10:30am to 11:30am, at the Circle





# Newsletter

January 2018

## Groups

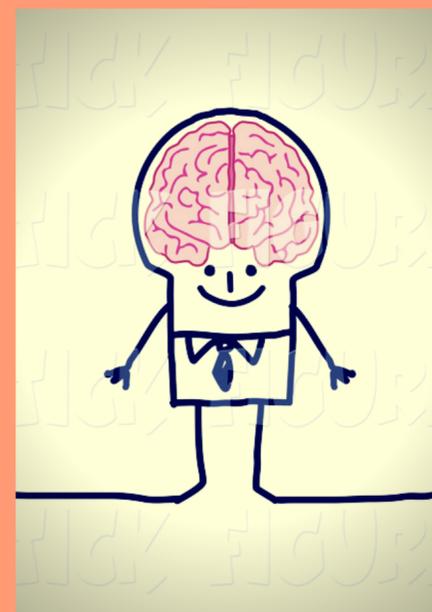
### Know It Alls:

Know It Alls is our fun learning workshop where individuals learn skills in Maths, English and Science by playing games. Activities include science experiments, everyday uses such as shopping, poem writing, use of workbooks and much more.

This group is maxed at 8 people and will start on Tuesday the 6th of February.

Cost: Currently free as running as a trial

When: Every Tuesday from 1pm to 3pm, at the Circle



### Shrubbers and Plotters (Volunteering):

Uppertunity aims to develop the community in every way possible and includes our members in this development. One of the ways is through gardening. Our volunteer shrubbers and plotters are in charge of creating a beautiful environment within Uppertunity's premises (The Circle) and on a community garden plot (Tayview Community Garden). Volunteers are in charge of: developing & maintaining the land, growing herbs, vegetables & flowers, creating outdoor art and a sensory area & creating wood work pieces

This group is open to all individuals of any ability. All volunteer hours are recorded.

When: Every Friday from 10am to 12pm, at The Circle,  
Every Wednesday from 10am to 12pm, at Tayview Garden on Robertston Street  
(Start 21st of March 2018 till 26th of September 2018)

### Sewing for Change (Volunteering):

Sewing for Change is our social volunteer group where volunteers make items which will be donated to charity. Volunteers can learn new skills, socialise and be part of something bigger.

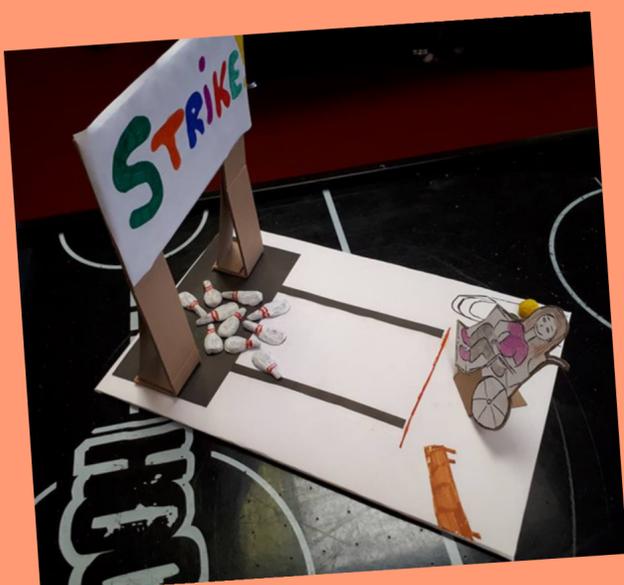
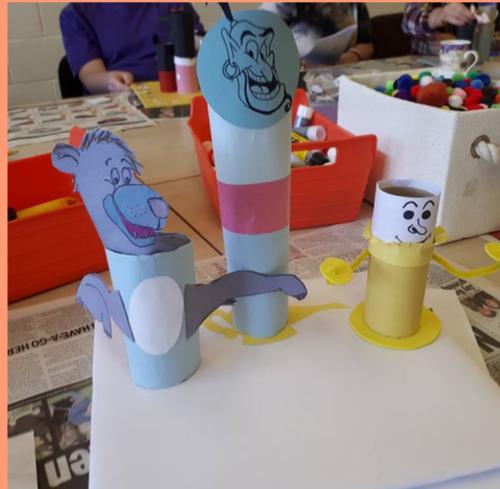
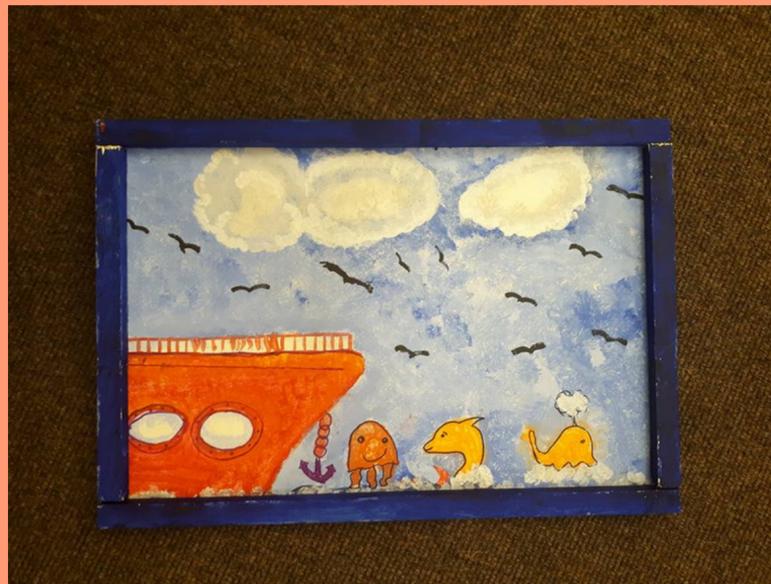
Each month we will be focusing on one charity, making donated items such as sensory games. All volunteer hours are recorded.

When: Every Thursday at The Circle, from 10am to 12pm.

Starting on Thursday the 1st of February



### Featured Artwork





# Newsletter

## January 2018

### Timetable

All venues and activities are wheelchair accessible, and include hot and cold beverages for members. Timetable may change, please see our website for most up to date details.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10am to 12pm</b> <b>Bejewelled, £3.50:</b> Our social and creative jewellery group, all about creating jewellery using beads, clay, fabric and much more	<b>10am to 12pm</b> <b>Totally Stitched, £3.50:</b> Our social and creative textiles group, using fabric to create art	<b>10am to 12pm,</b> <b>Shrubbers and Plotters, volunteering:</b> Our outdoor garden volunteer program based at Tayview Garden on Robertson Street (March 21 <sup>st</sup> - Sep 26 <sup>th</sup> )	<b>10am to 12pm</b> <b>Sewing for Change, volunteering:</b> Our social volunteer group where volunteers make items which will be donated to charity	<b>10am to 12pm</b> <b>Shrubbers &amp; Plotter, volunteering:</b> Our indoor volunteer garden program based at The Circle  <b>12:30pm to 13:30pm,</b> <b>Walking Football, £2.50</b>	<b>10:30am to 12:30pm</b> <b>Expresance, £2.50:</b> Our expressive dancing group
	<b>1pm to 3pm</b> <b>Know It Alls, currently free:</b> Our fun learning workshop where individuals learn skills in Maths, English and Science by playing games		<b>1pm to 3pm</b> <b>Scribbles, £3:</b> Our social and therapeutic art and craft group, all about using various art and craft materials. A new project is offered every week	<b>2pm to 4pm</b> <b>Doodles, £3.50:</b> Our advanced therapeutic art group, where we go into more detail with art. We focus on one technique each month	

### Contact Us

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

Location - The Circle, 4 – 6 Staffa Place, DD2 3SX