

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...

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ANNOUNCEMENTS



November was another fun-filled month. Our bowling league, Bowling Stones, kicked off; we held our final Destination Dundee workshop; we made bird boxes for the Overgate's new garden; and we created more beautiful items for our history and garden trail.

We also won an award! Uppertunity was nominated as a finalist in the Sustainability Champion category at the Dundee Social Enterprise Network 2024 awards night - and we won! We're very proud of the whole team, who make the magic happen, of our members for their creativity and grateful for all our customers who support us and help us continue the work we do.

PHOTOS



BIRD FEEDERS FOR OVERGATE'S GARDEN OF GRATITUDE

Uppertunity was invited by Overgate to design and make bird boxes for their new Garden of Gratitude, which is located within William Gardiner Square at the rear of the centre. We presented 10 boxes which we made from scratch, and painted our own designs. We are all very proud of the finished pieces.

Overgate shared how our bird boxes will be used:

“The colourful new boxes...feature uplifting designs and positive messages such as Family, Nature, Unity and Service. The bird boxes will complement the striking new bronze Poppy sculpture by renowned local artist Roddy Mathieson.

Visitors to the new Garden of Gratitude...have the opportunity to remember and reflect in a peaceful setting, with an ongoing red floral theme by Bonnie Dundee evolving throughout the seasons.

Commenting, Malcolm Angus, Centre Manager of Overgate said:

“The Garden of Gratitude is a new welcoming public space to be enjoyed by all generations. We are very grateful to our talented friends at Uppertunity for creating these wonderful bird boxes. The uplifting designs and messages on each bird box are a wonderful addition to the Garden, and complement Roddy's beautiful bronze sculpture. We hope the public will take the time to visit the space and enjoy the bird song generated by Uppertunity's new collection of bird boxes. ”



BOWLING STONES: OUR FIRST LEAGUE GAME

Our bowling league, Bowling Stones, has finally started! 7 teams took part in our first league game, and racked up an impressive 10 strikes! On top of that, we had 2 players score 127 each in round 2! A great start to the league.

Bowling Stones is an inclusive bowling league specifically for adults (16+) with additional support needs (including individuals who are neurodiverse, have learning disabilities, are physically disabled, and have mental health barriers). The league is made up of various teams from local organisations from Dundee and surrounding areas. We play once a month at Tenpin Bowling in Dundee, with scores adding up over the year. This is a fun opportunity to meet others and for different services to connect. We will have an annual awards ceremony to celebrate everyone, with specials awards!

Find out more: <https://uppertunity.org.uk/league-dates>

League dates (Fridays): 13th Dec, 24th Jan, 21st Feb, 21st Mar, 18th April, 23rd May, 20th June, 18th July, 22nd Aug, 19th Sep, and 17th October

If anyone would like to join a team or enter a team, you can still join. Just get in touch!

LEADERBOARD

RANK	TEAM	CURRENT SCORE	STRIKES
1	Four Leaf Clover	1182	4
2	Ellen Mhor – Cygnet	895	1
3	Disney	892	1
4	Baddies – Capability	880	1
5	Chenco 44 – Westlands	796	2
6	3 Musketeers	795	
7	Super Bowls	714	1

BOWLING STONES: OUR FIRST LEAGUE GAME



DESTINATION DUNDEE

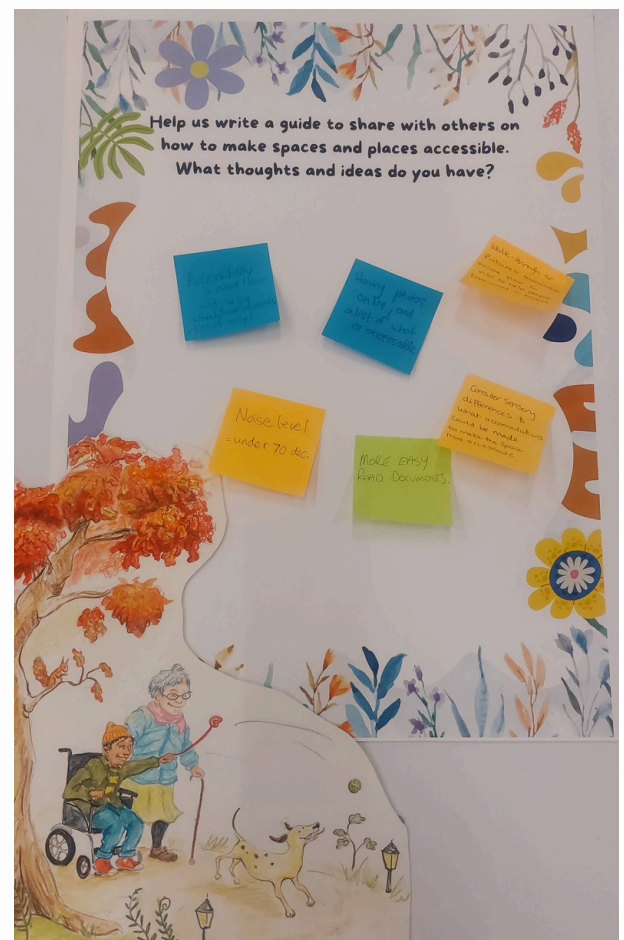
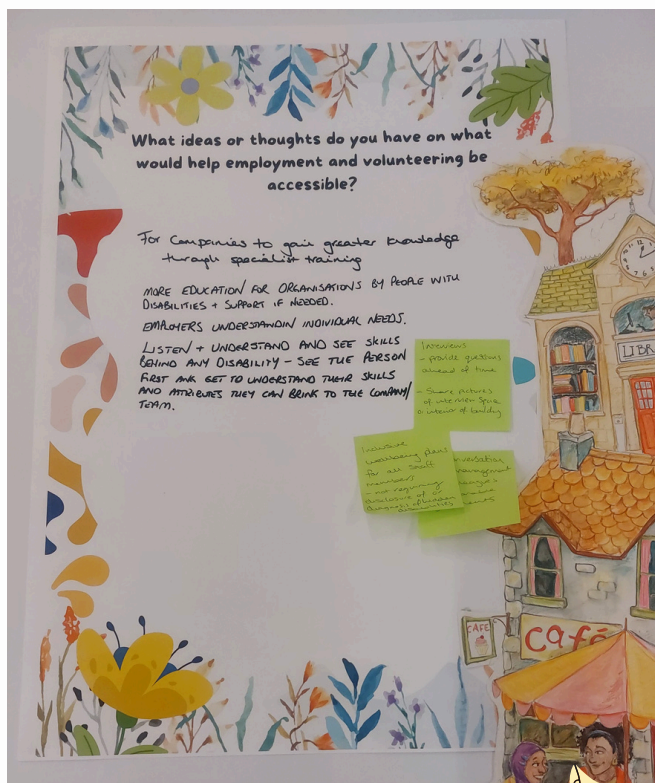
Have you heard of our Destination Dundee project? It is a joint investigation project between Porphura and Uppertunity, looking at how to make Dundee more inclusive and accessible.

We have held various workshops across the year, and had our final one in November at the V&A. Thank you to V&A Dundee for all their support. We had some creative posters available for attendees to add their thoughts...

- ★ Help us write a guide to share with others on how to make spaces and places accessible.
- ★ What ideas or thoughts do you have on what would help employment and volunteering be more accessible?
- ★ Why do you think inclusivity is important? What are the benefits to wider society?

We are now gathering all the information, voices, and thoughts we've heard and putting them together in a report. We would still love to hear any thoughts you have on how to make communities accessible and inclusive! Get in touch:

danielledp@uppertunity.co.uk or hello@porphura.co.uk



SOCIAL BUTTERFLIES: WEEKLY EVENTS

Uppertunity offers a programme of weekly social activities to help different people connect, have fun and experience new things! Please get in touch to book spaces.

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
5th Dec Thurs	Watch the Oor Wullie show at Dundee Rep 10am, £10. Then enjoy lunch afterwards. Tickets must be booked ahead of time.			
11th Dec Wed/ 13th Dec Fri	Join our end of year Christmas Party (11th Dec), and come dressed in your best jumper! 6pm to 9pm, various games, music and food! £5 for tickets. Carers free			Bowling League, + (13th Dec) 10am to 12pm at Tenpin Dundee
19th Dec Thurs	Closed Friday 20th Dec (Last day Thursday 19th December). Return Tuesday 7th January 2025.		British Christmas theme lunch (19th Dec), with indoor games. Meet at Uppertunity 10am. Lunch at 12pm, £4	



UPPERTUNITY END OF YEAR FESTIVE PARTY!

Wednesday 11th December
6pm to 9pm

Join our end of year festive party! Open to all!

Come dressed in your best festive outfit, maybe win a prize?

Various games, music and food! £5 for tickets. Carers free.

FESTIVE GAMES | MUSIC
PRIZES | FOOD

UPPERTUNITY, DUDHOPE CASTLE
Barrack Road, DD3 6HF

Contact for more info:
info@uppertunity.co.uk



EVENTS: FUN GAMES & FINAL WORLD LUNCH

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 fun outdoor activities using the Dudhope Park tennis courts. We've been having a great time! Many of us forgot we were actually exercising!

We plan to run indoor games at Uppertunity during the colder months. The weather will not stop us having fun! These active games are suitable for all- no skills or experience are needed and all equipment is provided.

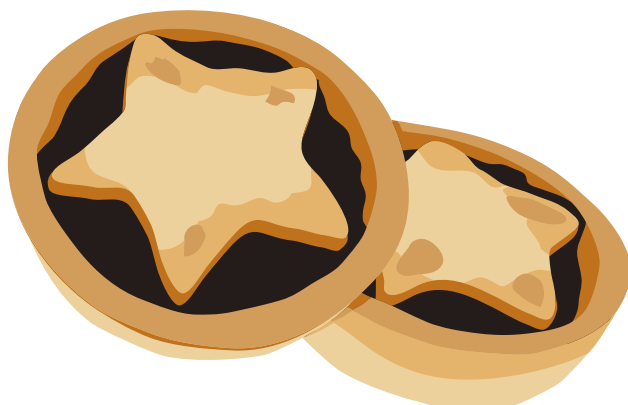


Join us for our final world lunch on Thursday the 19th of December!

Theme... British Christmas Lunch!

Meet at Uppertunity for 10am, and join in with some fun indoor games.

Lunch is at 12pm, £4



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
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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>



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 arts & crafts group facilitators
- Volunteer cooking & baking facilitators
 - Volunteer gardeners
 - Volunteer upcyclers
- Volunteer event planners

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. 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 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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