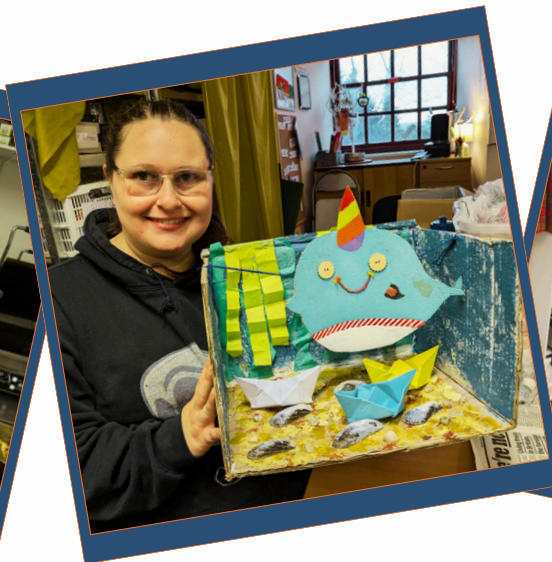


### ABOUT UPPERTUNITY

We are a Dundee based 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 HAPPENED IN 2024?

## New groups!

We added additional art groups, cooking & baking groups, as well as a new music and singing group! With our added groups, we ran 25 different skill, therapeutic or creative based workshops each week, offering 158 spaces for individuals with additional support needs to attend routinely. Our weekly creative groups include different art, craft, sewing and drama based activities. We offer different activities in each group, where we learn new skills. The groups also offer safe ways to socialise and make new friends.



2024

was an exciting year, with lots of events and new projects. We also turned 9 years old! This is just a snippet...



## Destination Dundee investigation!

We launched a joint investigation project between Porphura and Uppertunity, looking at how to make Dundee more inclusive and accessible. We held 3 workshops at the V&A where we heard from 12 speakers, held over 15 in depth interviews, and spoke to various individuals across the year to gain more insight. We are now gathering all the information, voices, and thoughts we've heard and putting them together in a report.



## Launched Big Best Life Programme!

We worked with 50 volunteers, who contributed over 3,500 hours. Our new skills programme, Big Best Life, helps us all recognise and celebrate the contribution that our volunteers make. Volunteers are central to Uppertunity: we want to support different opportunities for development, and we all learn from each other.



**We started creating and building a history and garden trail around Dudhope Castle!**



## **Started creating a wellbeing book!**

We are creating a wellbeing book, led and created by individuals with lived experience, that will include fun and easy recipes to follow at home. The aim is to work with existing lifestyles and include easy changes towards healthier ones. This will be launched in 2025!



# ● ANNOUNCEMENTS



## NEW ACTIVE GROUP

We will be running a weekly fun active group starting the 16th of January... Moving on Upp! Sessions will include fun active social games, both indoor and outdoor, building coordination, team work skills and physical movement to be healthy. Expect lots of laughs! Thursdays 10am to 12pm, £5

## PRICE CHANGE IN GROUPS



Our costs have been increasing recently, including rent and staff wages. For us to be able to keep doing what we do, we have decided to increase the price of our group sessions from £4 to £5. We have not taken this decision lightly, as we appreciate that the cost of everything may be rising for you as well. As always, we aim to offer great value for money, including free clothes and other items from our Swap Shop shelves, low-cost food from our Community Cupboard, one-to-one mentoring from our staff team and our programme of Social Butterflies activities with no additional charge for our team's support. The increase will start from January 2025.

## PAYING IN BLOCKS

We are starting a monthly advance payment system for our weekly groups, starting from January. We hope that this will simplify making payments as well as encourage regular attendance, which we promote as beneficial to our members' mental health. Most of our groups are fully-booked on paper, but attendance is not always high. We have people waiting to join our groups and feel it is unfair to tell them the groups are full when attendance is low. If you think that either the cost rise for groups or the monthly payment system will cause you problems, please speak to one of us about this.



## ROAD CLOSURE FOR REPAIRS - JANUARY



The Council will be making repairs to Barrack Road. These are scheduled for the week 27 January to 1 February 2025. During this time, there will be no vehicle or pedestrian access from Infirmary Brae to Dudhope Castle.

Instead, the road from Lochee Road will be opened up and the car park behind the Castle will be accessible from there. Drop-offs for Uppertunity will be from the two closest disabled parking bays to the front door and members will need to make their way from the bays to the door via the path. This is the Council's schedule, which may change. We will let you know of any changes if that happens.

# HISTORY AND GARDEN TRAIL

We have been working on an **interactive trail** around Dudhope Castle Dundee and the surrounding gardens to encourage people to connect with nature, history and each other! We have been working with Scrapantics and other local groups to build and create the trail.

The Trail is in its early stages, and we're still doing a lot of the ground work, but we are really happy with how it's looking. Some structures are installed already, paths are being built, and we have hosted a creative workshop with Scrapantics to make bird sculptures from recycled materials.

Groups are still welcome to get involved at any point, with any of the work. There are various creative activities involved at all stages. Get in touch!



Legend has it....

# BOWLING STONES: OUR FIRST LEAGUE GAME

Our Bowling Stones league has had 2 games already for our first league year, and it's been a great time! Have a look at our website to follow the league score board:

**[uppertunity.org.uk/score-board](http://uppertunity.org.uk/score-board)**

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: [uppertunity.org.uk/what-is-it](http://uppertunity.org.uk/what-is-it)**

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 still can. Just get in touch!





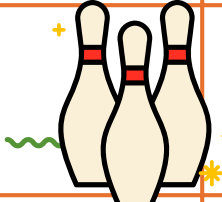



# SOCIAL BUTTERFLIES: WEEKLY EVENTS


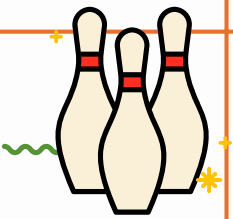

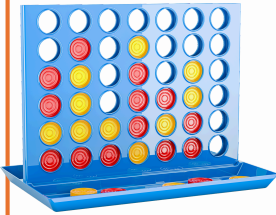
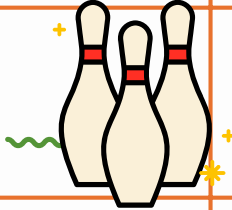

Uppertunity offers a programme of weekly social activities to help different people connect, have fun and experience new things! Please get in touch to book spaces.

## These alternate between:

- **Group outings:** these take place across Dundee and surrounding areas
- **World Lunches:** enjoy a 2-course themed lunch at Uppertunity, made by our kitchen team
- **Larger community events:** different themed events
- **Bowling Stones:** Bowling league

Date	Community Event	Social Outing	World Lunches	Bowling League
Jan 22nd Wed/ Jan 24th Fri	<b>Uppertunity volunteer celebration night!</b> Wed 22nd, 6pm to 9pm. This is open to all Uppertunity volunteers for us to say thank you. We'll enjoy karaoke, pizza, games & laughs. Uppertunity, Scrimgeour Room			<b>Bowling League,</b> (24th Jan) 10am to 12pm at Tenpin Dundee
Jan 30th Thurs		<b>Cinema, popcorn and hot chocolate!</b> We'll watch a fun uplifting movie, all cosied up. £5. 9:30am to 12pm, movie starts at 10am. Uppertunity, Room 2		
Jan 6th Thurs			<b>2 course lunch</b> at Uppertunity, 12pm	
Feb 14th Fri	<b>Pamper Day!</b> Come treat yourself! There will be different stalls with small treatments such as hand massage, Indian head message, manicures and more. Plus a space for chatting and making home pamper kits. £1 for each treatment. 1-4pm, Uppertunity Art Room 2			
Feb 21st Fri				<b>Bowling League,</b> (21st Feb) 10am to 12pm at Tenpin Dundee
Feb 26th Wed	<b>Science Centre trip!</b> Join in an outing to Dundee Science Centre, and lunch at Just Bee café. Meet at the Science Centre at 10am. £6.95 for Science Centre, lunch £5-10			

# SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Community Event	Social Outing	World Lunches	Bowling League
Mar 6th Thur			2 course lunch at Uppertunity, 12pm	
Mar 12th Wed	<b>Karaoke Night!</b> Belt your heart out at our karaoke night! 6pm to 9pm, £5. Uppertunity, Scrimgeour Room			
Mar 21st Fri				<b>Bowling League,</b> (21st Mar) 10am to 12pm at Tenpin Dundee
Mar 26th Wed		<b>Camperdown Zoo trip!</b> Meet at the Zoo, or get a lift from Uppertunity, for 10:30am. Explore and have a picnic at the park. £5 entry		
Apr 3rd Thur			2 course lunch at Uppertunity, 12pm	<b>TIME FOR LUNCH</b>
Apr 9th Wed	<b>Games Night!</b> Join in a fun games night where we'll play large games, social games, ball games and more! 6pm to 9pm at Uppertunity, Scrimgeour Room. £5			
Apr 18th Fri				<b>Bowling League,</b> (18th Apr) 10am to 12pm at Tenpin Dundee
Apr 23 Wed		<b>Botanic Garden visit and lunch!</b> Meet at the Botanics at 10:30am, walk around the gardens and do some drawing along the way. We'll then enjoy some lunch or a coffee in the Botanic Café at 12pm. £5 entry.		<b>TIME FOR LUNCH</b>
May 1 Thur			2 course lunch at Uppertunity, 12pm	<b>TIME FOR LUNCH</b>

# OVERVIEW OF OUR SERVICES

## Weekly Warriors

Weekly therapeutic and creative based workshops for adults with additional needs



## UppSkills

Weekly cooking and upcycling skill based workshops for adults with additional needs



## Social Butterflies

Various inclusive weekly social activities ranging from group outings to bigger events



## Big Best Life

Personal development opportunities including life skills groups, therapy & skill programmes



## Catering

Climate conscious catering for everyone and all occasions, also offering inclusive skill opportunities



## Mini Take Away Café

Café based in Dudhope Castle for members and other tenants



## Volunteering

Meaningful volunteering opportunities for all: supporting groups, cooking, gardening, events and more



## Growing Places

Garden project at Dudhope Castle, involving a trail and growing. Open to all to get involved in



## Bowling Stones

Inclusive bowling league for adults with additional support needs across Dundee



## Changemakers Hub

Community hub run by 5 local organisations, helping to amplify and link existing projects



# ● HOW TO SUPPORT US

## TIME - VOLUNTEERING

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; and Volunteer event planners.

**We are also looking for volunteer board members to join our board!**

We would love to welcome a family carer of one of our members. If you are interested, please contact Danielle.



## RESOURCES - DONATE MATERIALS



We would appreciate various materials to use in our projects.

**Art supplies** - paint, paper, beads, glue etc.

**Garden materials** - Large wooden barrels or round planters, spades, pallets, mosaic tiles, large slabs (Concrete or wooden), gravel path grid support, river rocks, sheet metal, outdoor paint, hardy outdoor plants, and bodies (To help put it all together!)

## MONEY - DONATE TO HELP FUND OUR GROUPS

Uppertunity aims to fight isolation and provide meaningful social activities for adults with additional support needs. We are seeking funds to help cover costs to run these events for 2025.

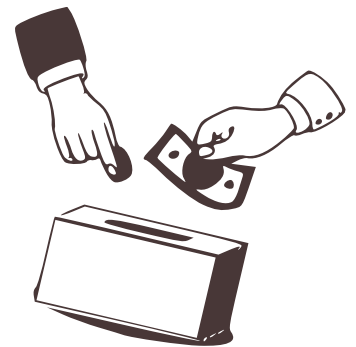
Get involved!

We are seeking funding to support the running of our Social Butterflies programme. Donations help to reduce ticket costs for our members, as well as cover our staff time to run the activities.

We don't ask members for money to cover staff time.

**You can donate on our Go Fund Me page:**

**<https://gofund.me/da7d5617>**



# WEEKLY TIMETABLE: WEEKLY WARRIORS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<b>Totally Stitched</b> 10am-12pm, £5  This group uses fabrics and textiles in different ways to create art, and includes sewing	<b>Scribbles</b> 10am-12pm, £5  A social and therapeutic arts group where different senses are stimulated and explored	<b>Freestyle</b> 10am-12pm, £5  A social and creative group where we take part in different creative projects every week	<b>Doodles</b> 10am-12pm, £5  A social and creative based art group, where we learn to design and create different art
<b>Unique Beats</b> 10am to 12pm, £5  A performance art focused group where individuals create dramatics, write plans, experiment in film making and more	<b>Freestyle</b> 10am-12pm, £5  A social and creative group where we take part in different creative projects every week	<b>Moving on Upp</b> 10am-12pm £5  A fun active and social group where we have fun with different games, both indoor and outdoor.	<b>Unique Rhythm</b> 10am to 10:50am, £3 11am to 11:50am, £3  A fun, and therapeutic music and singing group, supported and led by Ed from Face the Music
<b>Lunch Club</b> 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	<b>Lunch Club</b> 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	<b>Grow Curious</b> 10am to 12pm Volunteering  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment	<b>Grow Curious</b> 10am to 12pm Volunteering  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment
<b>Freestyle</b> 1pm-3pm, £5  A social and creative group where we take part in different creative projects every week	<b>Unique Beats</b> 1pm to 3pm, £5  A performance art focused group where individuals create dramatics, write plans, experiment in film	<b>Lunch Club</b> 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	<b>Lunch Club</b> 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
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# WEEKLY TIMETABLE: UPPSKILLS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<p><b>UppBakes</b> 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><b>UppBakes</b> 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><b>UppBakes</b> 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><b>UppBakes</b> 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><b>Wise Upp</b> 1pm-3pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more</p>	<p><b>General UppCycling</b> 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>



## ● HOW TO JOIN



### 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

**DANIËLLE DU PLOOY**

Co-Manager and Founder

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07544984289

**CAROLINE BENTLEY**

Co-Manager

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**UPPERTUNITY LIMITED**

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