

## ABOUT UPPERTUNITY

Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives. We work with people aged 16 and over with additional support needs, learning disabilities, autism, and mental health barriers. Our mission is to create safe, supportive, and creative spaces that foster growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection. Through a range of activities, we support: personal development; confidence and resilience; social connection; and transferable life skills.



# ● ANNOUNCEMENTS



## CALL OUT FOR COSTUME DONATIONS!

Do you have any costumes, fancy dress, or props lying around at home? We'd love to give them a new life in our drama groups at Uppertunity!

Our fun, inclusive, and expressive drama sessions provide adults with additional support needs a chance to build confidence, get creative, and step into different roles. Your donations will help bring their performances to life!

### **We're looking for:**

- Costumes & fancy dress (any size or theme!) -
- Hats, wigs, accessories - Props for performances -

### **How to donate:**

Drop off your items at Dudhope Castle or email us.



## PAYING IN BLOCKS

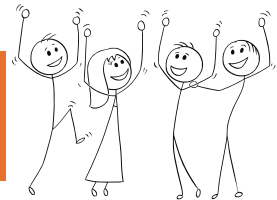
Thank you to everyone for being flexible with our new payment system. This has helped our members budget, and also helps us manage spaces better to be able to support more individuals.

Some clients are still unaware, so we're just giving a wee reminder. Payments for groups are now made in 4 or 5 week blocks, and can be paid by cash, card or bank transfer. Please email [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) with any questions.



## NEW SOCIAL EVENTS

We have some exciting social events coming up, including swimming at the Olympia! We're also looking for your ideas and thought on events!



## ROAD REPAIR DELAYED

The repairs for Barrack Road (The road you drive or walk on to get to Dudhope Castle) has been delayed. The date has not been confirmed yet, but will let you know as soon as possible,





# WEEKLY TIMETABLE AT UPPERTUNITY

Tuesday	Wednesday	Thursday	Friday
<b>Totally Stitched</b> 10am-12pm, £5  This group uses fabrics and textiles in different ways to create art, including 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 group where we explore new creative projects, and experiment with art	<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 group where we explore dramatics, write scripts, experiment with filmmaking, 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 enjoy various fun indoor and outdoor games	<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 the team. You can either bring your own lunch or order from our menu	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and the team. You can either bring your own lunch or order from our menu	<b>Grow Curious (Volunteering)</b> 10am to 12pm  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment	<b>Grow Curious (Volunteering)</b> 10am to 12pm  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment
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<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>Totally Stitched</b> 1pm-3pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored
		<b>Wise Upp</b> 1pm-3pm, £5  An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	<b>Upp Makes</b> 1pm-3pm, £5  An advanced art group learning skills such as woodburning, specific painting styles, and more



# BOWLING STONES

## Bowling League for adults with additional support needs

Team's are made up of 5-10 people, and can be from existing organisations, or you can create your own team.

3-5 individuals from each team will play at each monthly match, with their scores being added to the teams total score for the year.

League scores can be found here:  
[uppertunity.org.uk/score-board](http://uppertunity.org.uk/score-board)

Join an inclusive bowling league specifically for adults (16+) with additional support needs!

The league is made up of various teams from local organisations from Dundee and surrounding areas. We play once a month, with scores adding up!

This is a fun opportunity to meet others and for different services to connect. At the end of the season (Oct 2025), we'll host an exciting awards ceremony to celebrate everyone's achievements, complete with special prizes!

More info here:  
[uppertunity.org.uk/what-is-it](http://uppertunity.org.uk/what-is-it)

League dates:  
21/03, 18/04, 23/05,  
20/06, 18/07, 22/08,  
19/09, 17/10

Matches take place on Fridays, 10am to 12pm at Tenpin Bowling, Kingsway Retail Park, Dundee. Each person plays 2 games for £5.50.

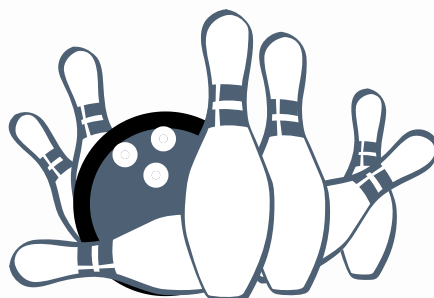
Players are welcome to have lunch at Tenpin afterwards, and socialise.





## POWLING STONES: LEADERBOARD

	TEAM	TOTAL SCORE	STRIKES	Nov 24	Dec 24	Jan 25	Feb 25	Mar 25	Apr 25	May 25	Jun 25	Jul 25	Aug 25	Sep 25	Oct 25
1	Four Leaf Clover	3044	9	1182	848	-	1014								
2	Super Bowls	2611	8	712	1020	-	879								
3	Disney	2584	4	892	999	-	693								
4	3 Musketeers	2483	5	795	896	-	792								
5	Baddies - Capability	2435	4	880	843	-	712								
6	Chenco 44 - Westlands	2272	6	796	871	-	605								
7	Ellen Mhor - Cygnet	1774	1	895	879	-	-								
8	Wellgate Wonders	822	1	-	-	-	822								
9	Sense	618	3	-	-	-	618								



We're so excited to share a sneak peek of our upcoming Wellbeing Book, launching this summer! Look at how pretty it is! Designed by our talented staff member Dulcie Robertson, this book is truly community-led, with content shaped by our members and other local groups. It's all about making small, achievable steps toward better wellbeing, with a focus on inclusivity and real-life experiences.

## What's Inside?

- Easy, fun recipes that fit into everyday lifestyles, created by adults with additional support needs to ensure relevance and a sense of ownership.
- Mindfulness activities & exercise ideas to support mental and physical health.
- Practical tips on healthy eating. Simple changes, big impact!
- Insights from lived experiences. This book is shaped by the real-life stories, ideas, and input from our members and external workshops.

Thank you to the NHS Charitable Trust for your support to make this happen!  
We can't wait to share more with you soon, stay tuned!



# SOCIAL BUTTERFLIES: WEEKLY EVENTS


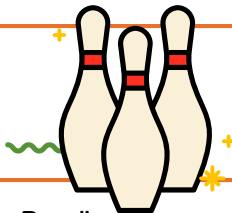




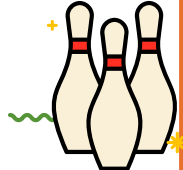


Uppertunity offers a programme of weekly social activities

**These alternate between:**

 Events at Uppertunity - fun gatherings, creative sessions, and themed socials

 Social Outings - exploring new places in Dundee as a group

 Bowling Stones League - our friendly and inclusive bowling league

Date	Event at Uppertunity	Social Outing	Bowling League
Mar 6th Thur	<b>2 course lunch at Uppertunity.</b> 12pm, £5		
Mar 12th Wed	<b>Karaoke Night!</b> Belt your heart out at our karaoke night! 6pm to 9pm, £5. Uppertunity, Scrimgeour Room		
Mar 20th Thur / Mar 21st Fri		<b>Little Acts, Big Impact</b> (Thurs 20th). Join us for a fun-filled day of hands on activities, and creative ways to save money, repair, and reuse. Free, 10am to 3pm, drop in.	<b>Bowling League,</b> (21st Mar) 10am to 12pm at Tenpin Dundee
Mar 26th Wed	<b>Swimming at the Olympia!</b> (Thurs 27th) Get active, have fun and feel confident in the water. Details on next page.	<b>Camperdown Zoo trip!</b> (Wed 26th) Meet at the Zoo, or get a lift from Uppertunity, for 10:30am. Explore and have a picnic at the park (Bring a packed lunch). £5 entry	
Apr 3rd Thur		<b>Central Library Visit!</b> (Wellgate). Have a tour of the library, find out about services there and enjoy craft making 10am to 11:30am.	
Apr 9th Wed / Apr 10th Thurs	<b>Games Night (Wed 9th)</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 Botanic 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	
May 1 Thur		<b>Visit to Scrapantics community Thursday!</b> 12:30pm to 2:30pm at Scrap in the Wellgate. Enjoy games, crafts and meeting new people!	




# SWIMMING AT THE OLYMPIA


## Olympia Splash Session

**Try a fun, relaxed swim session! A welcoming and supportive swimming session. Build water confidence at your own pace. Try small water activities, swimming, or just enjoy being in the pool. Use floatation aids like woggles, floats, and arm discs.**

The Olympia want to make this a regular activity, and this first session will help us shape it!

 17 Date: Thursday, 27th March 2025

 Time: 1:00 PM - 1:45 PM. Meet at the Olympia for 12:30pm for us to change. We'll then enjoy a coffee and snack afterwards (Bring extra pennies)

 Spaces: 10 available

\$ Cost: £4.50 per session



- 3 Olympia lifeguards will be present (on poolside, not in the water). There will be one Uppertunity staff member.
- Participants should be confident in the water or bring a carer/support staff.
- Water Depth: 1.2m (can be adjusted to 1m if needed).
- If participants want to come and view the session, they are free to sit on the spectator's balcony. This is for people who are curious about the session, but not confident enough to join.
- If you need incontinence swimwear, check out: <https://www.incywincy.net/>

If you would like more information or to book, please message [kendylr@uppertunity.co.uk](mailto:kendylr@uppertunity.co.uk).

Your feedback matters! We will ask what you enjoyed & what could be improved.  
Olympia will use your feedback to plan future swimming sessions

# SOCIAL BUTTERFLIES...NEW IDEAS

## ☀️ Help Shape Our New Social Butterflies Programme! ☀️

At Uppertunity, we believe that everyone deserves the chance to connect, have fun, and experience new things, and that's exactly what our Social Butterflies programme is all about! 🦋

We're planning our new programme and would love to hear from YOU! What activities, outings, or events would you like to see?

### How can we make Social Butterflies even better for you?

Is there something you'd love to try in Dundee, but you're nervous about going alone? We could go as a group!

Are there events you'd like to attend, but there's something stopping you? Let's find a way to make it happen!

Do you have ideas for workshops or events we could run? We'd love to hear them!



**Speak to one of the Uppertunity staff team, and share your thoughts.**

Did you know we offer catering? And not just any catering, catering with a purpose!

Serendipities Catering is our catering service which offers inclusive learning for adults with additional support needs, offers climate conscious food options, and all profits help us continue to do what we do.

**We've been so busy with orders! We are very grateful to everyone who continues to support us.**

Our service offers a wide range of catering, from small gatherings to large events! Our service can be customised to suit your needs, and we can even provide a volunteer serving team to help at large events. We have also updated our catering menu.

Thank you to everyone who supports us! By ordering with us, you continue to create inclusive opportunities for adults with additional needs. As our photos show, we love getting creative and are always open to new things and ideas.

Head to our website at [serendipities.co.uk](https://serendipities.co.uk) to check out what we do, and get in contact to discuss your order.





# Little Acts, Big Impact

A fun and interactive community event  
for adults with additional support needs

**Thursday 20th March, 10AM-3PM**

**DROP IN, LUNCH AVAILABLE, ALL FREE!**



## **Fun with Food**

Try some dishes and learn ways to make the most of your food, save money, and reduce waste!

**Join us for a fun-filled day of hands on activities, and creative ways to save money, repair, reuse, and help our community and planet!**

## **Fashion Fun**

Discover how to be a fashionista on a budget while helping the planet! Learn simple repair tricks and upcycling ideas.

## **Tip and Tricks**

Find easy ways to make daily life cheaper, smarter, and better for the world!

## **Share Your Voice & Get Creative**

A safe space to ask questions (no matter how daft or small!)

## **Connect with Nature**

Play with sounds, art, and plants to explore how nature can inspire and relax us.



Uppertunity, Dudhope Castle,  
Barrack Road, DD3 6HF  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)



## Joining 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 joining form, and fill out 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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