

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

NEW SOCIAL EVENTS!

Our brand-new Social Events Calendar is here, packed with exciting activities and outings! From trying out groups at Boomerang, to joining in the fun at West Fest, and more! There's something for everyone. Make sure to check it out and get involved!

Save the Date - UpperFest is Back!

We're thrilled to announce that our annual UpperFest mini festival is returning on Saturday 12th July! Expect a day full of music, creativity, food, and community joy in the gardens at Dudhope Castle!



FEARLESS THREADS CAMPAIGN

We're launching an exciting new creative campaign called Fearless Threads. Want to know more? Turn to page 7 for all the details and find out how you can get involved!

WE'D LOVE YOUR FEEDBACK!

We're gathering feedback from members, volunteers, carers, and supporters—and we'd really value hearing from you! You can chat with any Uppertunity staff member, send us an email, or write us a letter.

Here are some questions to think about:

- How has Uppertunity made a difference to you?
- What do you enjoy about Uppertunity?
- What could we do better?

Your voice helps us grow—thank you for sharing!





WEEKLY TIMETABLE AT UPPERTUNITY

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

SOCIAL BUTTERFLIES: WEEKLY EVENTS




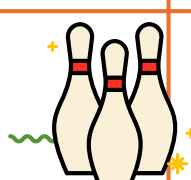
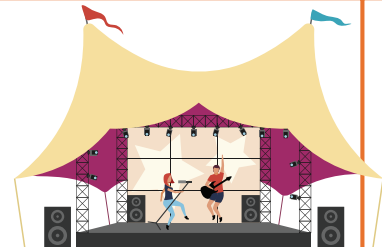
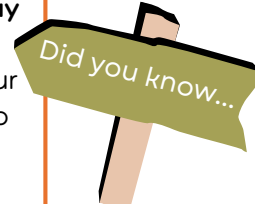
Uppertunity offers a programme of weekly social activities

These alternate between:

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


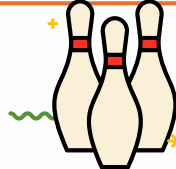

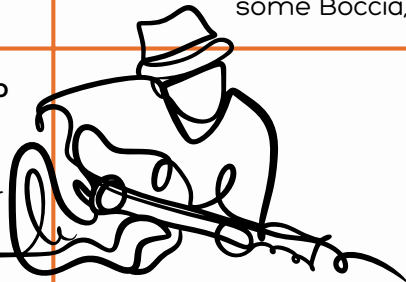
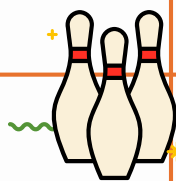
 Social Outings - exploring new places in Dundee as a group

 Bowling Stones League - our friendly and inclusive bowling league

Date	Event at Uppertunity	Social Outing	Bowling League
May 1st Thurs / May 2 nd Fri	Fearless Thread drop in - Fri 2nd, 10am to 12pm at Uppertunity Drop in and share your ideas on slogans and t shirt ideas, all about diversity. Free hot drinks and cakes.	Visit to Scrapantics Community Thursday - Thursday 1st, 12:30pm to 2:30pm Meet at Scrapantics in the Wellgate. Enjoy games, crafts and meeting new people! Donations welcome.	
May 8 th Thurs		Bingo at Boomerang - Thursday 8th, 1:30pm to 3pm Meet at Boomerang for 1pm to enjoy some Bingo, 50p a book.	
May 15 th Thurs		Health Walk around Dudhope Park - Thursday 15th, 1pm to 3pm Meet at Uppertunity for 12:30pm, then enjoy a walk around Dudhope Park. Go to Dudhope Multicultural centre afterwards for tea and games.	
May 23 rd Fri			Bowling League, (23rd May) 10am to 12pm at Tenpin Dundee
June 1 st Sun		Celebration at West Fest - Saturday 1st, 12pm Meet at Magdalen Playpark at 12pm, bring a packed lunch, and we'll enjoy the festivities. Bring extra money to buy things from stalls.	
June 6 th Fri	History and Nature Trail Launch - Friday 6th, 11am to 1pm Join us in celebrating the launch of our trail! There will be games, a chance to complete the trail, music, and food! Free, open to all.		



SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Event at Uppertunity	Social Outing	Bowling League
June 10 th Tue		Tea Dance at Boomerang - Tues 10th, 1:30pm to 3pm Meet at Boomerang for 1pm, enjoy some tea dancing, £1.50	
June 20 th Fri			Bowling League, (20th June) 10am to 12pm at Tenpin Dundee
June 26 th Thurs		Sport Activities at Douglas Sports Centre - Thurs 26th, 10-11.30am Meet at Douglas Community centre for 10am, enjoy different sports. Stay for lunch at Douglas Community Café.	
July 4 th Fri		Boccia at Boomerang - Friday 4th, 1-3pm Meet at Boomerang for 12:30pm, enjoy some Boccia, £1.50	
July 12 th Sat	Upperfest - Saturday 12th, 11am to 3pm Join in a fun-filled day at Uppertunity, our vibrant summer mini festival open to everyone! £10 a ticket. Open to all.		
July 18 th Fri			Bowling League, (18th July) 10am to 12pm at Tenpin Dundee



● TRAIL LAUNCH: 6TH JUNE

HISTORY & NATURE TRAIL LAUNCH AT DUDHOPE CASTLE!

Friday 6th June
11.00am to 1.00pm



Come along and experience Uppertunity's completed history and nature trail for the first time!

Enjoy a fun, outdoor celebration with:

🎵 Interactive music activities



Freshly made pizza

🌳 A chance to explore our creative & inclusive trail, with hidden items to discover and playful features to enjoy

Bring your friends, your curiosity, and your sense of adventure. Let's explore, celebrate, and have fun together!

Free | Drop-in | Open to all!

THE POWER OF DIVERSITY: FEARLESS THREADS PROJECT



Friday 2nd May, 10am to 12pm

Uppertunity, Dudhope Castle



Uppertunity is making a special collection of hoodies, and T-shirts with positive messages that celebrate differences & challenges negativity.

We need your ideas!

-  What words should go on them?
-  What picture or symbol should we use?

 Drop in on the Friday the 2nd of May and share your ideas and help create some designs! Free hot drinks and cakes 

Or complete the online survey by the 9th of May:
<https://forms.gle/D3ViTdkGApG524tf7>

Your ideas will help us choose one main message.
Clothing will then be sold worldwide!

Let's create something powerful, creative, and
inclusive-together!

Wise Upp – Learning for Life, Together

Wise Upp is our weekly life skills group designed to build confidence, encourage independence, and support wellbeing through interactive, discussion-based workshops. Each session explores important everyday topics such as:

- ✓ Healthy living
- ✓ Active travel
- ✓ Keeping safe online
- ✓ Healthy relationships
- ✓ Money management
- ... and much more!

A big part of what makes Wise Upp so special is our focus on partnership. We believe in learning with and from others, which is why we've been working closely with a variety of local organisations to bring fresh voices, expertise, and real-life experience into the space.

👉 Recent collaborations include:

Adult Literacies Team, Dundee City Council - 4-week series on money management

Enable - 4 weeks of travel training and confidence-building

Lead Scotland - Monthly sessions on staying safe online

Dundee City Council Community Health Worker - Workshops on mental health, saving money, scams, and trying new things

DVVA - Reminiscence sessions

Feeling Strong - Breathing and relaxation workshop

St Andrew's First Aid - First aid basics

International Women's Aid - Exploring culture, diversity, and hate crime

Penumbra - Sessions on mental health, sleep, and wellbeing

Though the group is currently full, we are looking at how we can spread this learning further!



SERENDIPITIES CATERING – FOOD WITH PURPOSE

Did you know we have a social enterprise catering service!

Serendipities is Uppertunity's very own social enterprise catering service, offering delicious, plant-based food that supports real social change.

Every order helps provide training and volunteering opportunities for individuals facing barriers, including those with learning disabilities and mental health barriers. Our team gains hands-on experience in a supportive, purpose-driven environment.

 What we offer:

~ Sharing platters ~ Sweet platters ~ Mini quiches, skewers & pastries ~ Hot food options
~ Tailored menus for your event ~ Local delivery available

Every order supports inclusion & community! Order or find out more:

www.serendipities.co.uk

serendipities@uppertunity.co.uk

Let's make your next event meaningful-and tasty!



Our 6th Bowling Stones League game took place in April—and what a day it was! 🙌

✅ We welcomed some new players to the lanes

🎯 Had a fantastic 20 strikes across the teams

📊 And the leaderboard is getting exciting!

4 Leaf Clover are still holding the top spot, but newcomers Wellgate Wonders are hot on their heels and climbing fast! 🏆 A big thank you to all teams for bringing your team spirit, energy, and smiles! This league just keeps getting better!

What is Bowling Stones?

Bowling Stones is an inclusive bowling league for adults (16+) with additional support needs, including neurodivergence, learning disabilities, physical disabilities, and mental health barriers.

📅 Upcoming League Dates (Fridays):

23rd May | 20th Jun | 18th Jul | 22nd Aug | 19th Sep | 17th Oct

📍 Meet at 10AM at Tenpin Bowling Dundee (Kingsway Retail Park)

BOWLING 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	5517	23	1182	848	-	1014	1345	1128						
2	Super Bowls	4408	12	712	1020	-	879	1148	649						
3	Disney	4260	6	892	999	-	693	807	905						
4	3 Musketeers	4074	6	795	896	-	792	836	755						
5	Chenco 44 – Westlands	4073	11	796	871	-	605	947	854						
6	Wellgate Wonders	2741	7	-	-	-	822	928	993						
7	Baddies – Capability	2585	4	880	843	-	712	-	150						
8	Sense	1939	4	-	-	-	618	826	495						
9	Spare	1788	1	-	-	-	-	846	942						
10	Ellen Mhor – Cygnet	1774	1	895	879	-	-	-	-						
11	Lillybank Team	624		-	-	-	-	624	-						

BOWLING STONES



● HOW TO JOIN

JOIN US

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

DANIËLLE DU PLOOY

Co-Manager and Founder

danielledp@uppertunity.co.uk

07544984289

CAROLINE BENTLEY

Co-Manager

carolineb@uppertunity.co.uk

UPPERTUNITY LIMITED

info@uppertunity.co.uk

07931560936

The Circle, Dudhope Castle

Barrack Road, Dundee

DD3 6HF

