

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



UPDATED TIMETABLE

We have updated our timetable, and added a weekly active social group, as well as an advanced art group! We have spaces available in some of our groups, please do get in touch to discuss joining and to come see our space.

PAYING IN BLOCKS

We have started our monthly advance payment system for our weekly groups. Payments will be made in 4 or 5 week blocks, and can be paid by cash, card or bank transfer. Please email info@uppertunity.co.uk with any questions.

The aim is to help our members and families with budgeting, as well as encourage regular attendance, which we promote as beneficial to our members' mental health.



ROAD CLOSURE FOR REPAIRS - MARCH

The Council will be making repairs to Barrack Road. These are now scheduled for the 18th of March for one week. 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.



TEAM IDEA-GENERATION DAY

We had a recent staff team day, where we regrouped and reflected on suggestions from members and volunteers. It was a great opportunity to update our mission and values, and come up with exciting future plans. We worked on creating new ways to make our community even more welcoming and fun. Pages 4 and 5 include our updated mission and values.

We are a strong believer in everyone working together, to support each other to grow and be the best versions of ourselves. We ask that support staff, carers, members, volunteers and staff all get involved and embrace our values when in our space.





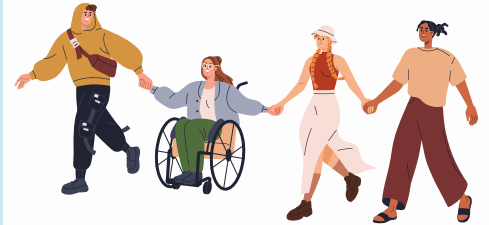
WEEKLY TIMETABLE AT UPPERTUNITY

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

OUR MISSION...WHAT WE AIM TO DO

Foster empowerment and belonging

Support individuals with additional support needs and those who feel marginalised to feel empowered, valued, and connected to their community.



Promote growth and resilience

Encourage individuals to develop thriving mindsets, transferable life skills, confidence, and resilience through curiosity, playfulness, and exploration.



Challenge perceptions

Shift negative perceptions of self and others, fostering open-mindedness and breaking down barriers of misunderstanding.



Build sustainable communities

Create social, economic, and environmental sustainability by engaging communities in partnership, education, and practical action.

Encourage connection and collaboration

Develop meaningful partnerships and connections to overcome isolation, learn from one another, and cultivate togetherness.



OUR VALUES...HOW WE DO WHAT WE DO

Creativity

Creativity engages the mind, enables broader thinking, and connects us to hidden parts of ourselves. We explore creativity through art, cooking, gardening, and playful activities that inspire new ideas and problem-solving.



Empowerment

We work with individuals, not for them. By fostering mutual respect and encouraging ownership, we help individuals build confidence and lead fulfilling lives.

Mindset

We advocate for progress, not perfection. It's about the journey. Through exploration, learning, and curiosity, we help individuals develop resilience and shift their focus to possibilities, not limitations.



Togetherness

True change happens collectively. We inspire community action, partnership, and collaboration to build stronger, more inclusive connections.

Sustainability

We aim to create a sustainable future through social, economic, and environmental practices, including creative waste reduction, awareness raising, and partnership working.





OUR CULTURE...HOW WE WORK WITH EACH OTHER

At Uppertunity, we strive to create a positive, inclusive, and empowering environment for all staff, clients, volunteers, board members, support staff, and visitors. Our culture is shaped by the following principles:

Appreciation and celebration	<p>Value everyone's contributions equally.</p> <p>Acknowledge achievements and celebrate successes, big or small.</p> <p>Verbally recognise and celebrate each person's efforts, regularly.</p>
Non-judgemental support	<p>Assume the best in each other and create a safe space to ask for help.</p> <p>Avoid judgment and negativity; instead, foster kindness and encouragement.</p> <p>See the best in everyone, respecting their journey and abilities.</p>
Respect and fairness	<p>Respect and value diverse backgrounds, abilities, and identities.</p> <p>Treat everyone with fairness. No favouritism, only equity.</p>
Playfulness and creativity	<p>Encourage humour, curiosity, and experimentation.</p> <p>Provide opportunities for creative expression and new ideas.</p> <p>Foster a safe space where individuals can showcase their talents.</p>
Growth mindset and learning	<p>Embrace progress over perfection.</p> <p>Use mistakes as opportunities to learn and grow.</p> <p>Support safe risk-taking and encourage stepping outside comfort zones.</p>



OUR CULTURE...HOW WE WORK WITH EACH OTHER

Communication and honesty

Communicate openly. Share knowledge, ask for help, and clarify expectations.
Check in regularly and give constructive feedback.
Listen actively and with empathy, asking follow-up questions to show care.

Collaboration and teamwork

Promote teamwork and inclusivity over competition. Share ideas, support each other, and work together to achieve common goals.
Build a calm and fun environment where everyone feels they belong.

Accountability and trust

Take ownership of actions and be honest about successes and mistakes.
Assume good intentions and practice authenticity in every interaction.
Follow through on commitments and encourage continuous learning.

Empowerment

Guide and support rather than doing things for others. Believe in everyone's potential and create opportunities for independence.

Adaptability

Be open to new ideas and willing to adjust for the benefit of everyone.
Check in regularly to ensure processes are working effectively.

● UPDATE ON HISTORY TRAIL

Exciting progress! We've officially started laying the first of three paths on our history trail, and it's been quite the journey so far! There's been a lot more digging than we anticipated, but the progress and team have been incredible! So far, we've:

- Removed the topsoil
- Laid a cotton foundation (a huge thank you to Scrapantics for the support!)
- Added gravel grids and gravel

Now the first path is taking shape. Once all three paths are in place, we'll begin planting trees and greenery around them, bringing the trail to life.

We're still looking for a bit of extra help. If anyone knows of a small digger that could lend a hand, we'd love to hear from you. It would help us move along a lot quicker. We have a small budget to cover costs.

A massive well done to our hardworking team! Let's keep going!
Contact us at danielledp@uppertunity.co.uk if you can help or want to get involved.





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

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

League dates: 24/01, 21/02, 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.



Run and managed by Uppertunity.
Contact info@uppertunity.co.uk for more info.
Visit uppertunity.org.uk for more details and rules.



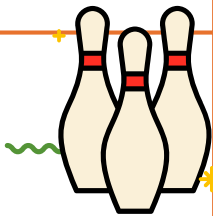



SOCIAL BUTTERFLIES: WEEKLY EVENTS

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.


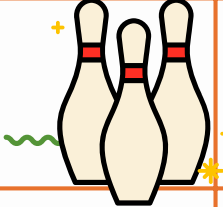


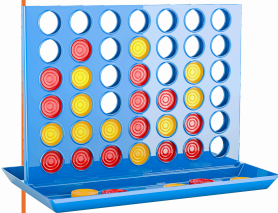
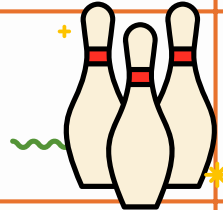


These alternate between:

- **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
Feb 6th Thurs			2 course lunch at Uppertunity, 12pm, £5	
Feb 14th Fri	Pamper Day! 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				Bowling League, (21st Feb) 10am to 12pm at Tenpin Dundee
Feb 26th Wed	Science Centre trip! 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			
Mar 6th Thur			2 course lunch at Uppertunity, 12pm, £5	



SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Community Event	Social Outing	World Lunches	Bowling League
Mar 12th Wed	Karaoke Night! Belt your heart out at our karaoke night! 6pm to 9pm, £5. Uppertunity, Scrimgeour Room			
Mar 21st Fri				Bowling League, (21st Mar) 10am to 12pm at Tenpin Dundee
Mar 26th Wed		Camperdown Zoo trip! 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, £5	
Apr 9th Wed	Games Night! 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				Bowling League, (18th Apr) 10am to 12pm at Tenpin Dundee
Apr 23 Wed		Botanic Garden visit and lunch! 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.		
May 1 Thur			2 course lunch at Uppertunity, 12pm, £5	

● 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

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