

WHO IS 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 who have an additional support need of any kind, including learning disabilities and autism.

Our mission is to create safe, supportive, and creative spaces that encourage growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection.



★ ANNOUNCEMENTS AND UPDATES ★

JULY HIGHLIGHTS

July was another busy and exciting month at Uppertunity. We completed our four-week philosophy workshop, exploring big ideas. Our kitchen volunteers took part in a fermentation workshop, while staff enjoyed a team day at the Elie Chain Walk, with lunch and ice cream. We also visited the V&A Dundee to see a wonderful disability awareness exhibition and enjoyed making some art of our own. UpperFest was an absolute blast, with a fantastic turnout and brilliant live performances from our members. We are incredibly proud of everyone who took part. Alongside our monthly bowling league, our staff and volunteers also completed trauma-informed training to help us continue creating safe, supportive and welcoming spaces



SAYING GOODBYE AND WELCOMING BACK

We are sadly saying goodbye to Dulcie, who is moving to England to begin a Master's degree. Her last day will be Friday 14 August. We will be celebrating at Uppertunity with pizza and cake, and anyone who would like to join us for lunch and say goodbye is very welcome.

On a positive note, we are delighted to welcome Kirstin back to the team! Kirstin previously worked at Uppertunity before leaving to continue her studies. She has now moved back to the area and will be taking on Dulcie's role.

WELLBEING ACTIVITIES COMING SOON

We have some exciting wellbeing and movement activities planned for September and October. In September, Heartspace will be running a four-week gentle movement block on Tuesdays from 1pm-3pm at Uppertunity. There are eight spaces available, so please book in advance. £5 per week.

October will be our Challenge Month in partnership with Active Dundee. We will have two exercise activities each week for four weeks (8 different activities, all accessible), finishing with a special activity at Ancrum. Expect plenty of challenges, movement, teamwork and fun! More information will be shared soon.

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VOLUNTEER OPPORTUNITIES

Our volunteers are an incredibly important part of Uppertunity, and we love seeing people develop their confidence, experience and skills with us. Some of our volunteers have recently moved into employment, which is fantastic news, and this means we have spaces available in the following workshops:

- Tuesday, 10am-12pm: Unique Beats
- Tuesday, 1pm-3pm: Freestyle
- Wednesday, 10am-12pm: Freestyle
- Thursday, 10am-12pm: Freestyle
- Friday, 10am-12pm: Doodles
- Friday, 1pm-3pm: Comic Club



Please get in touch to find out more about volunteering with us.

SPACES AVAILABLE IN GROUPS.

We have some spaces available in our weekly groups at the moment:

Day	Time	Group	Spaces
Tuesday	10am	Unique Beats Backstage	3
	10am	Unique Beats	1
	1pm	Freestyle	1
Wednesday	1pm	Doodles	1
Thursday	1pm	Wiseupp	1
Friday	10am	Unique Rhythm	3
	11am	Unique Rhythm	1
	1pm	Scribbles	2
	1pm	Upp and Oot	2
	1pm	Comic Club	2

JOIN OUR WHATSAPP ANNOUNCEMENTS GROUP

We have launched a new WhatsApp announcements group, which is open to members, families, carers, volunteers and anyone connected to Uppertunity. This group will be used to share important updates, events and opportunities. It will not be open for comments, helping us keep information clear and easy to find. Scan the QR code to join and keep up to date.



UPPERTUNITY ON SHOW!

JOIN US FOR A FUN EVENING CELEBRATING
11 YEARS OF UPPERTUNITY!

TUESDAY 22ND SEPTEMBER, 6-10PM
CANVAS DUNDEE, URE STREET

There will be; live drumming,
dance, creative catwalks,
member stories, poetry,
audience activities, and food.

This is a chance to celebrate
the creativity, confidence
and talent of our amazing
community!



FREE ENTRY AND OPEN TO EVERYONE!
DONATIONS WELCOME. DRINKS AVAILABLE TO BUY AT THE BAR.

info@uppertunity.co.uk



★ DO YOU WANT TO JOIN THE CATWALK? ★

Part of Uppertunity on Show will include several catwalks, and we would love you to be involved! Please let Danielle or Caroline know if you would like to join any of them.

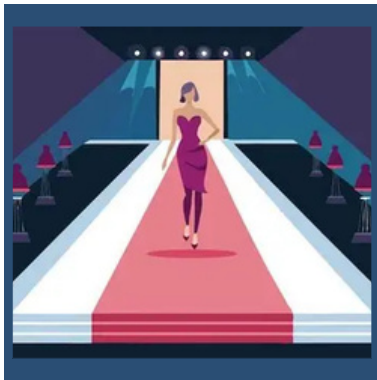
CATWALK CATEGORIES

WALKING ART

Members can carry and show off artwork we have made. Do you have something you're especially proud of?

FORMING CARE SCULPTURES

Sharing our wearable sculptures made for one of our exhibitions to explore care for ourselves and our community.



DREAMING BIG AND BEING BRAVE

Sharing art and wearable art made around bravery, dreams and confidence.

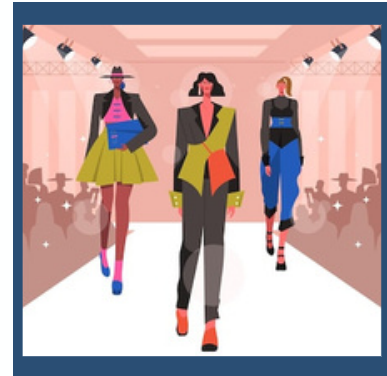
UPPERTUNITY MERCHANDISE

Showcasing our special merchandise and products, and the story behind them.



WANT TO TAKE PART?

We will be using artwork, costumes and sculptures already made in our groups. To help us plan costumes, timings and support, please let us know if you would like to take part. **Let us know by 4th of September.**



HALLOWEEN AND DRAMA COSTUMES

Showing off costumes, characters and creative pieces from drama groups and Halloween-themed work.

DRAG AND BOLD IDENTITY

A performance celebrating self-expression, confidence, character and being brave enough to be seen. Get dressed up in your own persona and give us your best strut!



ACTION AND JUSTICE

Walk holding placards, messages and art pieces that demonstrate our values and what we care about.

COMMUNITY INVOLVEMENT

A final joyful section where members, families, carers, volunteers and the wider community can join in.

WEEKLY TIMETABLE AT UPPERTUNITY

Spaces must be booked ahead of time. Get in touch to find out about available spaces.

Tuesday	Wednesday	Thursday	Friday
Lunch Club 12pm to 12.45pm - all welcome. Bring your own lunch or buy from our lunch menu.			
Unique Beats: Backstage 10am-12pm, £5 A chill performance art group where we make props, costumes, characters and stories	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	Moving on Upp 10am-12pm, £5 An active group offering activities including dance, yoga and ball sports
Unique Beats 10am-12pm, £5 An active art group where we play drama games, create characters, write scripts, and have fun	Freestyle 10am-12pm, £5 A social and creative group where we take part in different creative projects every week	Upp Skills 10am-12pm, £5 A hands-on workshop changing every 4 weeks. Explore a new skill each block. See website	Doodles 10am-12pm, £5 A social and creative based art group, where we learn to design and create different art
Freestyle 1pm-3pm, £5 A social group where we explore new creative projects, and experiment with art	Unique Beats: Spotlight 1pm-3pm, £5 A performance art group where we explore drama, scripts, characters, filmmaking and creative confidence.	Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3 A music singing group, led by Ed from Face the Music
Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Totally Stitched 1pm-3pm, £5 This group uses fabrics and textiles in different ways to create art, including sewing	Wise Upp 1pm-3pm, £5 An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	Grow Curious (Garden Volunteering) 10am-12pm Help tend to the gardens at Dudhope Castle.
Green: Morning sessions	Doodles 1pm-3pm, £5 A social and creative based art group, where we learn to design and create different art	Shine Time 1pm-3pm, £5 An expressive group exploring music, movement, singing, drama games, and confidence building.	Scribbles 1pm-3pm, £5 A social arts and crafts group where different senses are stimulated and explored
Orange: Afternoon sessions			Upp & Oot 1pm-3pm, £5 Nature and active group to explore outdoors, grow plants indoors, and learn about the environment
			Comic Club 1pm-3pm, £5 Learn about character creation, stories, and drawing people!

UPPSKILLS - NEW COURSES COMING UP

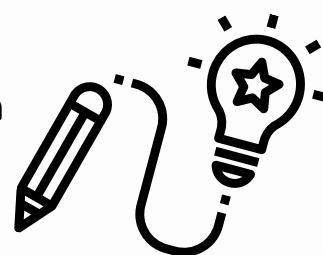
UppSkills is a series of hands-on workshops where the topic changes every month. In each block, we explore a new skill such as photography, music, digital creativity and more. It's a great way to try new things, learn new skills and build confidence!

Thursdays, 10AM-12PM | £20 for a 4-week block or £25 for a 5-week block

WHAT IS DESIGN? - AUGUST

Starts Thurs 6th August | 4 weeks | £20 | 10am to 12pm

We will take part in a series of workshops run by the team at V&A Dundee and supported by Uppertunity staff.



HACK YOUR ROUTINE WITH HELM - SEPTEMBER

Starts Thurs 3rd September | 4 weeks | £20 | 10am to 12pm

Learn some hacks for your daily routine, led by Helm. Things featured will be tips on building good habits to keep yourself feeling good and comfortable such as nail and hair care, skin hygiene and self-care.



UKULELE FUN - OCTOBER

Starts Thurs 1st October | 5 weeks | £25 | 10am to 12pm

In this playful music-making group, we will start each session with some movement to loosen up. We will then be joined by a music teacher who will show us how to start playing the ukulele. We will use percussion instruments and our voices to add rhythm and sounds - and have lots of fun! Sessions will be supported by Uppertunity staff. All instruments will be provided.

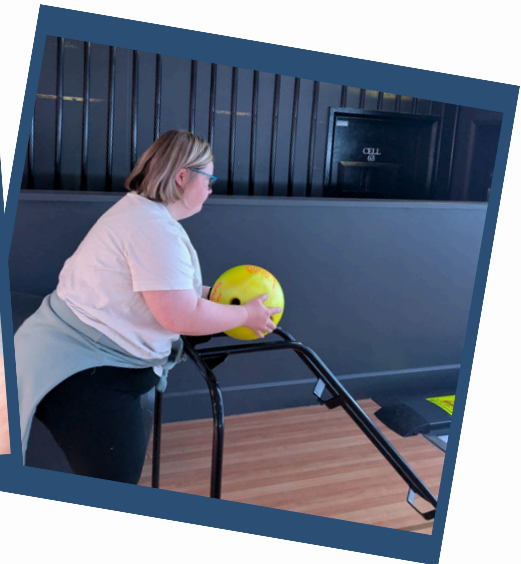


SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

Join us for fun gatherings, themed parties, creative workshops, and seasonal celebrations, all designed to bring people together in a safe, welcoming space full of laughter, fun, and community.

DATE	DETAILS	WHERE & COSTS
Friday 7 th August 10am-12:30pm	Wildlife Hunting at The Friary We're joining RSPB at The Friary to try out wildlife-recording tools, learn how to identify and record what we find, and enjoy time outdoors.	Free Meet at The Friary, Tullideph Road
Saturday 8 th August 12pm-4pm	Dudhope Park Fun Day Lots of fun activities, open to all! Uppertunity will have a stall too. Run by friends of Dudhope Park.	Dudhope Park Free Entry
Monday 10 th August 12pm-2pm	Volunteer Celebration Barbecue We're holding a volunteer celebration to say thank you to all our volunteers, and enjoy some food, games and good company.	Dudhope Park Free Entry
Friday 14 th August 10am-12pm	Bowling Stones League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
Starting Tuesday 1 st September 1pm-3pm 4 weeks	Gentle Movement Workshop Heartspace will be running a four-week gentle movement block. There are eight spaces available.	£5 per session At Uppertunity
Thursday 3 rd September 10pm to 12pm	Camperdown Wildlife Centre Explore the zoo and see animals like bears, lemurs, meerkats and macaws! Need a lift? Let us know.	Meet at Zoo £6.50 with C+ card. Carer free.
Tuesday 22 nd September 6pm-10pm	Uppertunity on Show! 11th Birthday Celebration Celebrate 11 years of Uppertunity with us! There will be live drumming, dance show, catwalks and creative performances! Open to everyone!	CANVAS Dundee, Ure Street
Thursday 1 st October 10am - 12pm	Dundee Museum of Transport A look at Dundee's past, present and future. A guide will show us around and answer our questions. Enjoy lunch together afterwards.	Meet at Museum Entry £6. Carer free
Friday 2 nd October 10.30am - 12pm	Being Brave Exhibition Launch Our third exhibition of the year, showcasing artwork and performances around being brave.	Free Dundee Central Library

BOWLING STONES LEAGUE!



An inclusive bowling league for adults (16+) with additional support needs.

Next League Dates (2025/26)

Fridays | 10am sign-in 10:30am start | 12pm finish

£5.70 for two games

Tenpin, Kingsway Retail park, Dundee

14 th Nov	12 th Dec
16 th Jan	13 th Feb
13 th Mar	10 th Apr
22 nd May	19 th Jun
17 th Jul	<u>14th Aug.</u>
11 th Sep	9 th Oct



Contact info@uppertunity.co.uk for more info or to join. You can join the league any time.

MADE TOGETHER: OUR MERCH AND PRODUCTS

Our merchandise is more than something lovely to buy.

Every product has been created collectively by Uppertunity members, staff, volunteers and our wider community.



Different people have contributed ideas, artwork, recipes, skills and practical work, with all the individual pieces brought together to create something special. Each product celebrates the creativity, perspectives and talents of our members. By purchasing something from our range, you are also helping Uppertunity provide social activities, events, learning experiences and new opportunities for the people we support.

MIX IT UPP RECIPE BOOK — £12

Created with the input of our members, Mix it Upp brings together accessible recipes, creative activities and practical resources designed to help people:

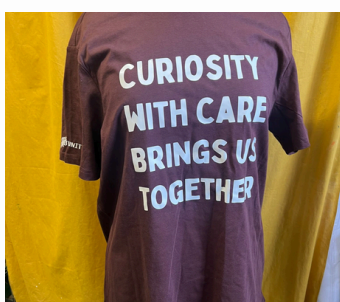
- Build confidence
- Develop practical life skills
- Become more independent
- Enjoy preparing and sharing food
- Have fun in the kitchen



Every page has been thoughtfully developed with our members, making the book accessible, colourful and enjoyable to use. Since launching last summer, Mix It Upp has begun making its way into homes, classrooms and communities. Nearly 100 copies have now been purchased by local schools and libraries.

POWER OF DIVERSITY T-SHIRTS — £15

As part of our Power of Diversity project, we looked at what supports places to embrace diversity. Together, we developed key statements that reflect the group's ideas, experiences and values. These statements have now been turned into a limited collection of T-shirts. We print these ourselves at Uppertunity using our Cricut machine. These T-shirts are available in limited quantities from our current stock and cannot be pre-ordered, so each one is a little bit special.



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PROUD TO BE ME T-SHIRTS — £15

Our Proud to Be Me range celebrates identity, diversity and belonging. Members created lots of individual pieces of artwork, which were then brought together to form two large collaborative designs: one featuring colourful flowers and another featuring a collection of fantasy characters. The original artworks were approximately A2 in size before being digitised and combined with our Proud to Be Me message. T-shirts are printed locally by Lee's Tees and can be ordered in:

- Flowers or fantasy character designs
- Pink, yellow, blue or white
- Small, medium, large, XL and XXL



PROUD TO BE ME TOTE BAGS — £4

Carry a little colour and a positive message wherever you go! Our reusable tote bags feature the collaborative flower artwork from our Proud to Be Me range, alongside the Uppertunity logo. The design is printed onto recycled cotton bags, making them a practical and more sustainable choice.



PASS ON THE LOVE POSTCARDS — £1

Our members created three colourful postcard designs using mixed-media and recycled materials to make rainbows. The postcards were created to help spread kindness, connection and a little more love throughout our communities. Buy a postcard for £1 and write a kind message to someone else. A few thoughtful words can make a bigger difference than we sometimes realise. Your message might be exactly what someone needs today.



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. We look at the dynamic of each group to ensure there is a good fit for everyone. 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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☀️ SIGN UP TO OUR ONLINE NEWSLETTER! ☀️

Remember to sign up for our online newsletter!

Scan the QR code or follow the link to join our mailing list – it only takes a moment: uppertunity.org.uk/monthly-newsletter

