

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 ☀️

MARCH HIGHLIGHTS

We wrapped up our two exhibitions, thank you to everyone who visited and supported them. We enjoyed a trip to the Museum of Transport, learning about Dundee's history, old vehicles, and how technology has changed over time. Alexandra from Maya Therapies ran a creative session for our members, exploring expressive painting and vision boards. We also hosted open garden volunteer days (even featuring a quick interview with That's TV!), kept busy with several large catering orders, and began testing some new cooking skills workshops.

NEW GROUPS STARTING!

We have some new groups starting at Uppertunity

Tuesday, 1-3pm: Upp & Oot

Upp & Oot is a fun, nature-inspired group where we get active, explore the outdoors, and learn simple ways to care for the world around us and ourselves. Some weeks we'll head outside for walks, litter picks, or nature spotting. Other weeks we'll stay indoors and grow plants, create nature crafts, or learn about wildlife and the environment.

Wednesday, 1-3pm: Doodles

Doodles is a relaxed and friendly art group where creativity can take any shape. Together we'll explore drawing, painting, colouring, and creative design while trying out different art materials and techniques. Some weeks we'll follow fun themes, and other weeks we'll simply enjoy experimenting and letting our imaginations lead the way.

Thursday, 1-3pm: Shine Time

Shine Time is all about confidence, creativity, and expressing yourself. In this group we'll explore singing, movement, music, drama games, and creative expression in a fun and supportive environment. Activities include rhythm activities, storytelling, movement exercises, group performances, singing etc. From time to time we'll also welcome guest facilitators who bring different creative skills and ideas to the group.

☀️ 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



VOLUNTEER FACILITATORS NEEDED

Our volunteers are at the heart of Uppertunity, we genuinely couldn't do what we do without them. From performers to quiet supporters, from social butterflies to creative experimenters, we're lucky to work with the amazing mix of people we do. We are on the look out for volunteers to help us with some groups.

Volunteer for Unique Beats Performance Art Group

Do you love getting into character, being playful, and imaginative? Unique Beats is our performance art group where we dive into dramatics, play with characters, write scripts, create small films, and explore all kinds of expressive storytelling. We're looking for someone who can bring a little fun and weird, and support members to join in at their pace, and help us keep the sessions fun, inclusive, and full of creativity.



Tuesdays, 10am-12pm

Volunteers for Scribbles, Doodles and Freestyle

Do you enjoy chatting, getting creative, and helping others relax into a bit of playful making? These groups are gentle craft groups, with lots of experimenting, lots of colour, and lots of chilled-out conversation. We're looking for someone who loves supporting people to try new things, socialise, and enjoy a calm space to unwind and be creative.



Scribbles: Tuesdays, 1pm-3pm

Freestyle: Thursdays, 10am-12pm

Scribbles: Thursdays, 1pm-3pm

Doodles: Fridays 10am-12pm

Interested? Email Danielle (Manager) at danielledp@uppertunity.co.uk.
Feel free to ask any questions.

All volunteers are welcome to a free soup and/or 50% on our menu!
All roles are subject to completed disclosures before starting.

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 1pm - all welcome. Bring your own lunch or buy from our lunch menu.			
<p>MORNING</p> <p>Unique Beats: Backstage 10am-12pm, £5</p> <p>A chill performance art group where we make props, write stories and poetry, and more.</p>	<p>MORNING</p> <p>Scribbles 10am-12pm, £5</p> <p>A social and therapeutic arts group where different senses are stimulated and explored</p>	<p>MORNING</p> <p>Freestyle 10am-12pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p>MORNING</p> <p>Moving on Upp 10am-12pm £5</p> <p>A fun active and social group offering different activities including dance, yoga and ball sports</p>
<p>MORNING</p> <p>Unique Beats 10am-12pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, filmmaking, and more</p>	<p>MORNING</p> <p>Freestyle 10am-12pm, £5</p> <p>A social and creative group where we take part in different creative projects every week</p>	<p>MORNING</p> <p>Upp Skills 10am-12pm, £5</p> <p>A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website</p>	<p>MORNING</p> <p>Doodles 10am-12pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>
<p>AFTERNOON</p> <p>Freestyle 1pm-3pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p>AFTERNOON</p> <p>Unique Beats 1pm-3pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more</p>	<p>AFTERNOON</p> <p>Scribbles 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p>MORNING</p> <p>Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3</p> <p>A fun music singing group, led by Ed from Face the Music</p>
<p>AFTERNOON</p> <p>Scribbles 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p>AFTERNOON</p> <p>Totally Stitched 1pm-3pm, £5</p> <p>This group uses fabrics and textiles in different ways to create art, including sewing</p>	<p>AFTERNOON</p> <p>Wise Upp 1pm-3pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc</p>	<p>MORNING</p> <p>Grow Curious (Garden Volunteering) 10am-12pm</p> <p>A fun nature based workshop where we tend to our gardens</p>
<p>AFTERNOON</p> <p>Upp & Oot 1pm-3pm, £5</p> <p>A fun nature and active group where we explore outdoors, grow plants indoors, and learn about the environment</p>	<p>AFTERNOON</p> <p>Doodles 1pm-3pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>	<p>AFTERNOON</p> <p>Shine Time 1pm-3pm, £5</p> <p>A fun and expressive group exploring music, movement, singing, drama games, and confidence building through creativity</p>	<p>AFTERNOON</p> <p>Scribbles 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>

UPPSKILLS - NEW COURSES COMING UP

UppSkills is a series of hands-on workshops that change every 4 weeks. We'll explore a new skill in each block such as photography, music, digital creativity and more. It's a great way to try new things, learn new skills and build confidence!

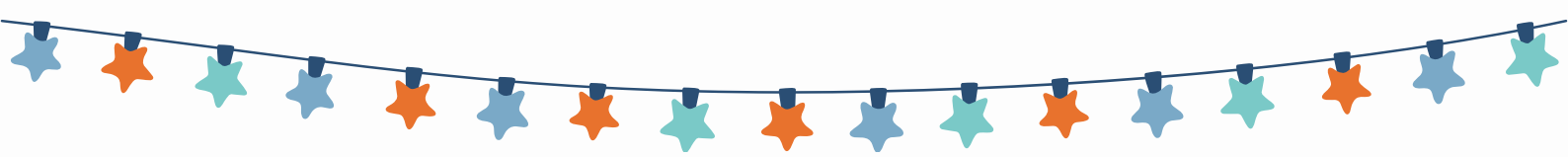
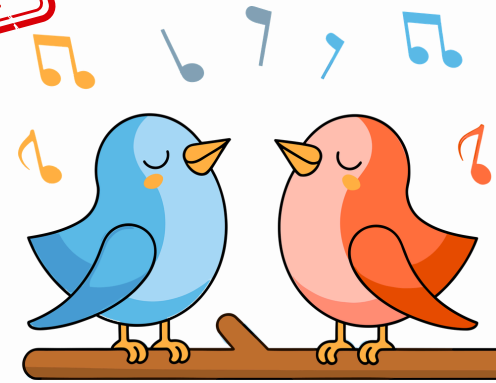
Thursdays, 10AM-12PM | £20 for a 4-week block

SING UPP - APRIL

Starts Thurs 4th April | 4 weeks | £20

A joyful singing group where we'll explore rhythm, movement & percussion, and build confidence in your voice. No experience needed, just come ready to make music together! We'll work towards a fun group performance at the end.

GROUP FULL



JEWELLERY MAKING - MAY

Starts 7th May | 4 weeks | £20

A relaxed craft group where we'll experiment with different materials and techniques. Design your own unique pieces, learn to use jewellery-making tools, choose colour combinations and create your very own pieces to take home.



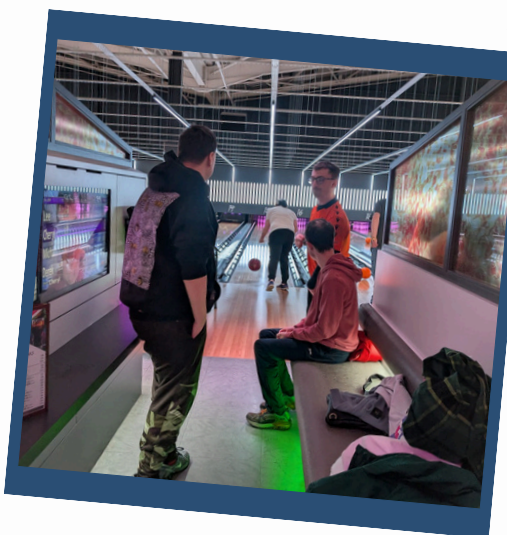
SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

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
April 1st 10am-12pm	DCA visit to "We Contain Multitudes" Be inspired by the multimedia artwork of 4 fantastic artists on display at the DCA. There will be art making! Bring a packed lunch to enjoy together!	DCA, 152 Nethergate, Dundee DD1 4EA
April 3rd Friday 10am-1pm	Dreaming Big Visioning Day Take part in visioning Uppertunity's future and creating spaces for everyone to flourish! Free.	Dudhope Castle, Barrack Road, Dundee
April 10 th Friday 10am-12pm	Bowling Stone League Game  Join in two games of bowling!	Tenpin, Kingsway £5.70
April 17 th Friday 10am start	Botanic Garden Visit Join in some outdoor games, explore the spring gardens, followed by lunch at Uppertunity.	Botanic Gardens, Dundee £3.50 per person, +1 carer free
May 8th Friday Lunch at 12.30pm, games at 1.30pm	Games & Lunch at Cake or Dice Join us at Beans & Berries for a bite to eat and then head to Cake or Dice for some games. Gain confidence in a group while learning new games and meeting new friends.	Meet at Beans & Berries, 70 Commercial Street

BOOK YOUR SPACES!

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	<u>10th Apr</u>
22 nd May	19 th Jun
17 th Jul	14 th Aug
11 th Sep	9 th Oct



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

GREEN EXPLORERS

We're excited for something new at Uppertunity: Green Explorers!
Green Explorers is all about getting outdoors, trying new things, and spending time together in nature.



Thank you to SafeDeposits
Scotland Community Fund
for supporting this!



Being out in nature has benefits for our bodies and minds. Walking around and exploring the outdoors helps us keep active and breathing fresh air. Taking time in nature can help us feel calm, and the colours, smells and textures can stimulate the senses. By spending time in nature, we can also foster a connection with it!

We'll be learning about nature through practical activities like building habitats, planting, litter picking and helping other community groups. We'll exercise with gentle movement like walks, yoga and nature hunts.



Upp & Oot (Weekly Group) - Tuesdays, 1-3pm

A fun group where we'll go for walks and explore, do nature crafts, learn about the environment, do indoor planting and do outdoor exercises. Some weeks we'll be outside, some weeks inside, always something new!

GREEN EXPLORERS

Nature Day - Thursday 18 June 2026

We are hosting an open nature day for everyone, There'll be pizza making, mocktails, outdoor nature scavenger hunts, outdoor and nature themed crafts and more.



Garden Volunteering Days

We have a large green space to maintain at Dudhope Castle, including the front Victorian garden, rear quad, our History & Nature Trail and several seating areas. We want to make the Castle grounds a vibrant and beautiful place for all visitors, including our wild neighbours!



Weeding



Painting outdoor furniture



Planting shrubs, bulbs, and wildflowers



Pruning existing plants

No gardening experience required. Some ability to work independently, and handle standard garden tools safely without immediate supervision required.

Our next two open garden days are 10th April, 24th April. Free lunch at 12, volunteering 1-3pm.

Can You Help?

Think you'd like to help out with this project? We'd love support with running activities, helping in the garden, sharing your skills and experience, or just being part of the group!





CATERING & HOSPITALITY SKILLS FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS



Through our catering service, Serendipities, we offer a hands-on training programme to develop real skills and experience in catering and hospitality.

Who is it for?

This pathway is for adults with additional support needs who:

- Want to develop catering or hospitality skills
- Can work with some independence
- Are ready to follow kitchen routines and expectations

What does it involve?

You'll learn by doing, supporting our catering service, preparing food, and working as part of a team in a real kitchen environment.

What you'll do:

- Help prepare food for real catering orders on a weekly basis
- Support at catering events
- Learn food safety and kitchen standards
- Take part in additional training opportunities
- Track your progress through a skills logbook
- Build confidence working in a kitchen



Want to join? We have two spaces currently available.

To find out more or express interest, email: danielledp@uppertunity.co.uk.

We'll have a chat with you to see if it's the right fit.

OUR BOOK IS IN SCHOOLS AND SHOPS!

We're excited to share that Mix it Upp, our feel-good recipe book created by and for adults with additional support needs, is making its way into classrooms and communities!



Since launching last summer, we've now sold nearly 100 copies to local schools and libraries. Dundee Libraries have ordered copies for schools across the city, and Rosebank Primary are already using the book with pupils.

Mix it Upp is more than a recipe book, it's a fun, accessible resource designed to help people build confidence, learn new skills, and enjoy time in the kitchen. Every page has been co-created with our members, bringing together practical tips, creative ideas, and joyful illustrations.

We're now working with organisations who would like to use the book in:

- cooking groups
- supported living settings
- wellbeing activities
- life skills sessions

We also offer discounted book packages, fun learning games, and optional in-person sessions to bring the book to life.

Interested in using Mix it Upp? Email Caroline: carolineb@uppertunity.co.uk

Available locally (individual copies) at: DCA, The McManus, Ninewells (NHSTCF shop), and Pathfinder CIC (Perth).



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

DANIËLLE DU PLOOY

Managing Director

danielledp@uppertunity.co.uk

CAROLINE BENTLEY

Community Engagement Lead

carolineb@uppertunity.co.uk

UPPERTUNITY LIMITED

info@uppertunity.co.uk

07931 560936

The Circle, Dudhope Castle

Barrack Road, Dundee

DD3 6HF

