

## 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!

## ☀ November Highlights ☀

We started the month with a fun visit to Kingspark School, and they joined us at Uppertunity the following week. Our second Bowling Stones league kicked off with its very first game. The competition is already heating up!

We were out and about as well: taking part in Dundee City Centre's Lights On event and joining a lovely concert at Dundee Jazz Festival.

And of course, our very first Sports Dinner! A night of good food, awards, and plenty of dancing. To top it all off, we proudly walked in Dundee's Hooley parade - what an atmosphere, photos coming soon!

## ☀ Supporting Socialising at Uppertunity ☀

We're looking at new ways to help everyone feel comfortable, connected, and able to enjoy group life. With such a diverse community, misunderstandings can sometimes happen and we know this doesn't feel good. We're committed to listening, learning, and improving so our groups remain welcoming spaces for friendship and fun. Read more on pages 3 and 4.

## ☀ Three Exhibitions Coming in 2026! ☀

We're thrilled to share that Uppertunity will be hosting three creative exhibitions next year to celebrate our community! Our sculptures for the Dundee Hooley are part of this exciting journey, and the first exhibition is planned for February, featuring stunning photography and sculpture work from the parade. More details coming soon!



## ☀ Holiday Closure Dates ☀

Uppertunity will be closed over the festive period from Friday 19<sup>th</sup> December to Monday 5<sup>th</sup> January. Our last day open will be Thursday 18<sup>th</sup> December, and we'll reopen on Tuesday 6<sup>th</sup> January. We wish you all a lovely holiday!

## ☀ Sign Up to Our Online Newsletter! ☀

Don't miss out on updates, events, and all the wonderful things happening at Uppertunity. You can now sign up to receive our newsletter directly to your inbox each month. Scan the QR code or follow the link to join our mailing list – it only takes a moment:

[uppertunity.org.uk/monthly-newsletter](https://uppertunity.org.uk/monthly-newsletter)





# WHAT HAVE WE BEEN UP TO?





# CREATING A SPACE WHERE EVERYONE CAN THRIVE



At Uppertunity, we want our groups to feel welcoming, fun, safe, and supportive. We work with a wonderfully diverse community – members, volunteers, staff, and students – all with different strengths, needs, and ways of communicating.

Sometimes this mix can make group life a bit tricky. Recently, some people have felt frustrated or uncomfortable, and there have been a few misunderstandings. We know this doesn't feel good, and we're actively looking at how to improve things.

We won't always get everything right, but we're committed to learning, listening, and growing together.



## What We're Doing

### Reflecting and learning as a team...

We have regular team meetings, and we are exploring new approaches together. Our team continues to take part in training, with more planned for next year. If you know of good workshops or resources, we'd love to hear about them.

### Creating easy-use tools....

We're working with students to design simple, supportive resources that help Uppertunity members to:

- socialise more confidently
- manage stress and sensory overwhelm
- communicate when they need support



We've already created a simple sign that anyone can raise when they are feeling overwhelmed or need support. We will then support each other as a group.

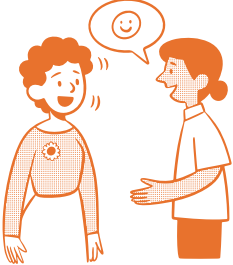



If you have ideas or helpful tools, feel free to share them with us.

## What We're Asking From You

Share any training, resources, or ideas that you think could help. Support us in using the new easy-read tools during groups. Speak to us if you notice something we need to be aware of. Early communication helps everyone.



# LOOKING AFTER EACH OTHER AT UPPERTUNITY

Helpful Behaviour	HOW
<p><b>Be Kind</b></p> 	<p>Kindness helps everyone feel safe, welcome, and happy in the group.</p> <ul style="list-style-type: none"><li>• Use friendly and respectful words.</li><li>• No gossiping or being mean about others.</li><li>• If you feel annoyed, ask for help instead of reacting.</li><li>• You can use words like: "Please," "I need help," "I don't understand." "I don't like this."</li></ul>
<p><b>Communicate</b></p> 	<p>Talking and listening helps us understand each other and fix small problems before they become big ones.</p> <ul style="list-style-type: none"><li>• Speak to someone if something feels wrong.</li><li>• Listen when others are speaking - be respectful.</li><li>• Communication goes both ways – we talk and we listen.</li></ul>
<p><b>Calm and Relaxed</b></p> 	<p>Some people feel overwhelmed by noise, busy spaces, or too many questions. Some people also can't help being a bit louder.</p> <ul style="list-style-type: none"><li>• Try to keep conversations at a gentle level.</li><li>• Try not to interrupt others.</li><li>• Give people space when they need it.</li><li>• If you need space or support, raise your hand or say: "Can I have a moment?".</li></ul>
<p><b>Support Each Other</b></p> 	<p>We all have different needs. Helping each other makes our groups friendly and enjoyable.</p> <ul style="list-style-type: none"><li>• If you feel upset, take a slow deep breath and say 'I need space'.</li><li>• Use clear words to say how you feel: "I'm overwhelmed," "It's too much." or "I need space".</li><li>• Let your group know what helps you feel calm.</li></ul>

# 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.			
<b>MORNING</b> <b>Totally Stitched</b> 10am-12pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>MORNING</b> <b>Scribbles</b> 10am-12pm, £5  A social and therapeutic arts group where different senses are stimulated and explored	<b>MORNING</b> <b>Freestyle</b> 10am-12pm, £5  A social group where we explore new creative projects, and experiment with art	<b>MORNING</b> <b>Moving on Upp</b> 10am-12pm £5  A fun active and social group offering different activities including dance, yoga and ball sports
<b>MORNING</b> <b>Unique Beats</b> 10am-12pm, £5  A performance art group where we explore dramatics, write scripts, filmmaking, and more	<b>MORNING</b> <b>Freestyle</b> 10am-12pm, £5  A social and creative group where we take part in different creative projects every week	<b>MORNING</b> <b>Upp Skills</b> 10am-12pm, £5  A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website	<b>MORNING</b> <b>Doodles</b> 10am-12pm, £5  A social and creative based art group, where we learn to design and create different art
<b>AFTERNOON</b> <b>Freestyle</b> 1pm-3pm, £5  A social group where we explore new creative projects, and experiment with art	<b>AFTERNOON</b> <b>Unique Beats</b> 1pm-3pm, £5  A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more	<b>AFTERNOON</b> <b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>MORNING</b> <b>Unique Rhythm</b> 10am-10:50am, £3 11am-11:50am, £3  A fun music singing group, supported led by Ed from Face the Music
<b>AFTERNOON</b> <b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>AFTERNOON</b> <b>Totally Stitched</b> 1pm-3pm, £5  This group uses fabrics and textiles in different ways to create art, including sewing	<b>AFTERNOON</b> <b>Wise Upp - Life Skills</b> 1pm-3pm, £5  An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc	<b>MORNING</b> <b>Grow Curious (Garden Volunteering)</b> 10am-12pm  A fun nature based workshop where we tend to our gardens
			<b>AFTERNOON</b> <b>Scribbles</b> 1pm-3pm, £5  A social and therapeutic arts and crafts group where different senses are stimulated and explored
			<b>AFTERNOON</b> <b>Freestyle</b> 1pm-3pm, £5  A social group where we explore new creative projects, and experiment with art. A more quiet group.



# 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 4 week block**

## WHAT DID WE GET UP TO IN NOVEMBER?

In November, we worked with Enable and explored how to travel and manage stress around travel. We ended the block with a day trip to Broughty Ferry. It was a great learning experience as we learnt how to adapt and come up with plan B when plans don't quite go to plan.



## DRAWING FROM LIFE - DECEMBER

**Starts 4<sup>th</sup> December | 3 weeks | £15**

We'll explore the basics of observing and recording what you see using different materials. Starting with simple shapes, we'll build up to full compositions and even figures! We'll experiment with pencil, charcoal and ink, and look at shading and light.



## MENTAL HEALTH AND WELLBEING - JANUARY

**Starts 8<sup>th</sup> January | 4 weeks | £20**

Over four weeks, we'll explore what mental health really means, simple ways to look after our wellbeing, and practical tools for managing anxiety and everyday stress. These sessions are friendly, supportive, and designed to help everyone build confidence and learn useful skills for daily life.



# 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
December 9 <sup>th</sup> Tuesday 6pm-9pm	<b>End of year festive party!</b> Join in some festive celebrations, with games, music and food! 	Scrimgeour Room Uppertunity £5
December 12 <sup>th</sup> Friday 10am-12pm	<b>Bowling Stone League Game</b> Join in two games of bowling!	Tenpin, Kingsway £5.70 
CLOSED	Uppertunity is closed for 2 weeks from Friday 19 <sup>th</sup> December to Sunday 4 <sup>th</sup> January	
January Date to be confirmed	<b>Creative Expression!</b> Join us for a fun and creative workshop where we will dance, move and play with sounds and light to find different ways to express care. You can attend all day or choose the morning or afternoon session. Spaces limited.	 Details coming soon!  This will also form part of our January exhibition.
January 16 <sup>th</sup> Friday 10am-12pm	<b>Bowling Stone League Game</b> Join in two games of bowling!	Tenpin, Kingsway £5.70 
January 29 <sup>th</sup> Thursday 12pm-3pm	<b>Pamper Party &amp; Gift swap!</b> Treat yourself to mini-treatments, make your own products to take home and swap unwanted gifts for something you love! 	Scrimgeour Room, Uppertunity Free entry   £1 per treatment Soup, hot drinks & treats included.
February 20 <sup>th</sup> Friday	<b>Dates-n-Mates Event</b> Uppertunity is joining a larger event with interactive relationship workshops and a daytime disco!	Details to be confirmed. Save the date! 

## BOOK YOUR SPACES!

WE HAVE LOTS OF FUN ACTIVITIES PLANNED FOR THE NEW YEAR!  
INCLUDING EXHIBITIONS AND VOLUNTEER CELEBRATIONS.



# BOWLING STONES LEAGUE...NEW SEASON!



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

Teams play from Dundee & surrounding areas. We play once a month, with scores adding up over the year! The league is fun way to meet others & connect services. Each season ends with a special Sports Dinner & Awards Ceremony open to everyone.

## Next League Dates (2025/26)

Fridays | 10am sign-in 10:30am start | 12pm finish  
£5.70 for two games  
Tenpin, Kingsway Retail park, Dundee

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

Run and managed by Uppertunity.  
Contact [info@uppertunity.co.uk](mailto:info@uppertunity.co.uk) for more info..



# BOWLING STONES AWARD WINNERS

AWARD	WINNER/S
<b>League Legends</b> For the team that rolled their way to victory! Showing consistency, teamwork, and unstoppable spirit all season long!	<b>4 Leaf Clover Team</b> Lee, Christopher, Richard, Jamie
<b>Strike Star</b> For the bowler whose precision and power knocked down the most pins, a true master of the strike!	<b>Super Bowls Team</b> Paul
<b>Bowling Ace</b> For the player who kept their cool, played with focus, and achieved the highest overall points in the league. A true all-round champion!	<b>Super Bowls Team</b> Paul
<b>Power Roller</b> For that bowler whose throw could shake the lanes! Full of strength, confidence, and energy every time they played.	<b>Super Bowls Team: Ian</b> <b>Wellgate Wonders Team: Kian</b>
<b>Sunshine Spirit</b> For the person who lights up every session with positivity, laughter, and encouragement, brightening the day for everyone around them.	<b>Ellen Mhor Team</b> Matthew
<b>Chatty Champion</b> For the bowler who can spark a conversation with anyone, making sure everyone feels included, welcome, and part of the fun.	<b>3 Musketeers Team</b> Michal
<b>Picture Perfect Player</b> For always striking a pose, spreading smiles, and bringing personality to every snap! Our star of the camera and the lanes.	<b>Disney team</b> Jenna
<b>Fearless First Timer</b> For stepping up with courage, an open heart, and a big smile! Showing us all how to embrace something new with positivity and spirit.	<b>Spare Team</b> Olivia & Raymond
<b>Dynamic Duo</b> For the perfect bowling pair, always cheering each other on, sharing laughs, and showing true team spirit every frame.	<b>Spare Team</b> Derek & Cheryl
<b>Style on the Lanes</b> For turning heads with flair and creativity, proving that bowling is not just about strikes, but also about style!	<b>Capabilities Baddies Team</b> Tony
<b>Most Dramatic Delivery</b> For bringing theatre to the lanes, the most unforgettable stance, follow-through, and celebration.	<b>4 Leaf Clover Team</b> Lee
<b>Progress Pro</b> For the player who kept improving with every game, showing determination, focus, and a real learning mindset.	<b>Disney Team</b> Alice
<b>Dedication &amp; Joy Award</b> For the player who showed commitment, positivity, and enthusiasm every game, bringing joy to the lanes.	<b>Westlands Team</b> Lesley



# PHOTOS FROM OUR SPORTS DINNER





# END OF YEAR FESTIVE PARTY

Tuesday 9<sup>th</sup> December  
6.00pm - 9.00pm

**Let's celebrate another amazing  
year at Uppertunity!**

Join us for a festive party with  
games, music, and food!

Prize for the most festive outfit!

**£5 | Uppertunity, Dudhope Castle**

Let a member of Uppertunity  
staff know if you're coming.

There will also be a  
special visitor...





# PAMPER PARTY & GIFT SWAP

Thursday 29<sup>th</sup> January 2026  
12pm - 3pm



**Come along and treat yourself!**

Try out mini-treatments like hand massages, hair-ups, reiki and nail painting.

Make your own products to use at home.

Bring unwanted Christmas gifts to swap with others. Find something you love!

Enjoy a cosy lunch, hot drinks & sweet treats with friends.

**Free Entry | Treatments £1 each**  
**Scrimgeour Room, Dudhope Castle**

Let a member of Uppertunity staff know if you're coming.

# REDUCED PRICE ON OUR RECIPE BOOK!

OUR VERY OWN RECIPE AND WELLBEING BOOK IS ON SALE AT A  
REDUCED PRICE OF £10!

THE PERFECT CHRISTMAS GIFT  
FOR ANYONE WHO WANTS TO HAVE FUN IN THE KITCHEN!



Our recipe and wellbeing book is all about celebrating creativity, confidence, and independence and fun in the kitchen!

Created by and for individuals with additional needs, it's packed with easy-to-follow recipes, tips, and fun ideas to help build skills and joy through cooking.

## How does it help you?

- Build confidence with simple, step-by-step recipes
- Become more independent in the kitchen and in your daily life
- Learn healthy habits through practical tips and wellbeing ideas
- Enjoy clear page layouts, supportive illustrations, and easy-to-read text
- Feel inspired by activities designed to be fun and boost your confidence

## Where to get your copy:

Direct from us at Uppertunity, Dudhope Castle

Online via eBay (£20): <https://www.ebay.co.uk/itm/365727523328>

At our upcoming pop-ups and events

From one of our stockists (£20): DCA Shop, McManus Shop, Ninewells Gift Shop (Level 7),  
The Pathfinder (Perth).

♥ All profits go straight back into supporting Uppertunity's services.

# DO YOU WANT TO JOIN OUR BOARD?



**"PEOPLE LIKE ME AREN'T IN THE ROOM  
WHERE DECISIONS ARE MADE."  
AT UPPERTUNITY, WE WANT YOU IN THE ROOM!**

Uppertunity turned 10, and we're stepping into an exciting new chapter. And we want your voice to help write it! Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives.

## **We're looking for 2 new board members:**

- Someone with lived experience of additional support needs and/or autism
- A parent or carer of someone with additional support needs



## **WHAT YOU'LL DO**

- Shape our vision
- Champion voices of our members
- Get creative and hands-on
- Join vision days
- Community events
- & more!



## **WHAT YOU'LL GAIN**

- A real voice in shaping change
- New skills & confidence
- Being part of a passionate, creative community
- The joy of making a difference!



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

Share your skills, interests and why you are interested.  
Any format is accepted.



# 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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