

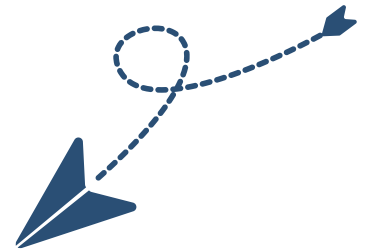
### ● ABOUT UPPERTUNITY



We are a registered charity, working with individuals (16-65+) with additional support needs, mental health barriers & who are neurodiverse. We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and skills. Our mission is to empower individuals in our community to be the best versions of themselves. We create safe and reflective environments where individuals feel comfortable to explore their capabilities, challenge themselves, and develop transferable skills.

### ● WHAT'S IN THIS MONTH'S NEWSLETTER...

- How to support us
- Our new History and Nature Trail
- Weekly timetables: Weekly Warrior and UppSkills programmes
- Social Butterflies events
- Community event: Halloween Party
- Community event: Destination Dundee
- Community event: Ceilidh Night
- Volunteering opportunities



### ● ANNOUNCEMENTS



We are very excited to announce that we are creating an interactive trail around Dudhope Castle and the surrounding gardens. This will include different sections with sculptures, items to search for, history facts, special garden landscapes and more! Find out how to get involved on page 4.

We have also launched our hands-on learning programmes through our volunteering roles. Volunteers work towards achieving badges in different topics. We currently have three programmes: Kitchen, cooking & baking skills; Gardening & outdoor skills; and Volunteering & work readiness skills. We're very proud to start presenting so many badges already! Learning and development happens in various ways; it should be acknowledged & celebrated!

# ● TELL A FRIEND ABOUT US, AND SUPPORT US!

YOU CAN  
SUPPORT US  
BY . . . .

BUYING OUR  
UPCYCLED  
ITEMS

SHOUTING  
ABOUT US ON  
YOUR SOCIALS

DONATING  
TO US

As the festive season approaches, your diary may be filling up with parties and nights out. You might have even started shopping! There are so many amazing organisations in Dundee, providing wonderful and much needed support. As the cost of living increases, so have costs for these organisations, including us.

We are asking for your support! Here are some ideas...

- ★ Stop by our pop-up shop in Dudhope Castle and browse the selection of upcycled items made by our volunteers. Great handmade gifts for everyone!
- ★ Skip a takeaway coffee once a week and donate the money instead!
- ★ Tell a friend about us, point them to our website or share our posts on your socials!

## SOME OF OUR RECENT UPCYCLED ITEMS



Your support, no matter the size, will support all our services.

One of our services is called Big Best Life, a personal development programme offering a range of services, one of which is inclusive volunteering opportunities for adults with additional support needs. We record learning under a variety of topics and, through these roles, individuals can work towards achieving award badges. We have three programmes underway: Kitchen, cooking & baking skills; Gardening & outdoor skills; and Volunteering & work readiness skills. This is a new programme but lots of badges have already been earned!

Donations help to cover running costs such as rent, staff costs, materials and all the other hidden costs related to all our services.



# WHAT YOUR SUPPORT ...SUPPORTS!





# OUR NEW HISTORY & NATURE TRAIL



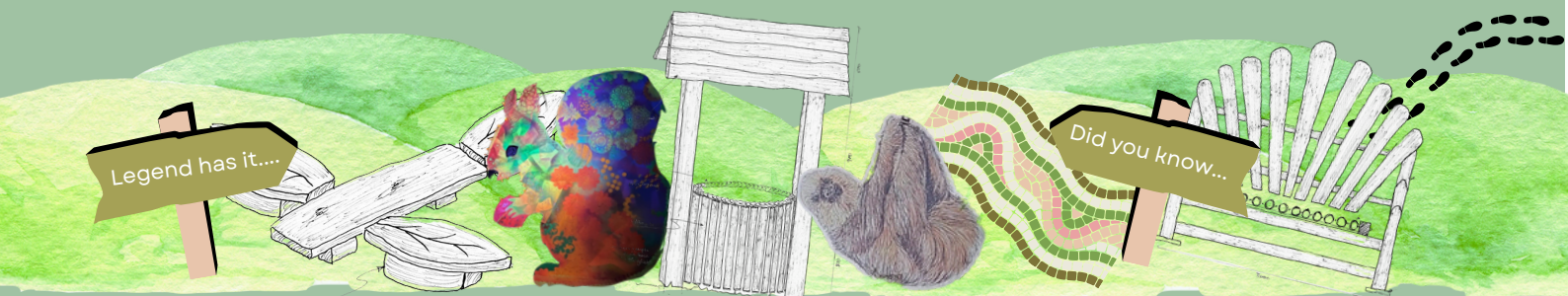
An **interactive trail** is being created and built around Dudhope Castle Dundee and the surrounding gardens to encourage individuals to connect with nature, history and each other!

**We want the community to be involved in every step! Be part of an exciting project!**

Over the next 9 month  $\pm$ , Uppertunity and Scrapantics, along with support from The Circle, will be designing and creating a physical trail around Dudhope Castle. We are looking for 15 local organisations who would like to help design and create a site each, as part of the trail.

**For local organisations:** Each site on the trail (approximately 15 sites) will include a physical interactive sculpture, a landscaped garden, a plaque with history information, and a 2D item to search for. We will run planned sessions with each organisation.

**Regular volunteering:** We are looking for any volunteers to help on a regular basis, and any work places who can help on a one off basis. We offer volunteering as a group on Thursdays and Fridays 10am to 12pm, as well as independent volunteering at other times.



Contact Danielle at Uppertunity to get involved as an organisation or as a volunteer:  
[danielled@uppertunity.co.uk](mailto:danielled@uppertunity.co.uk)

# WEEKLY TIMETABLE: WEEKLY WARRIORS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<b>Totally Stitched</b> 10am-12pm, £4  This group uses fabrics and textiles in different ways to create art, and includes sewing	<b>Scribbles</b> 10am-12pm, £4  A social and therapeutic arts group where different senses are stimulated and explored	<b>Freestyle</b> 10am-12pm, £4  A social and creative group where we take part in different creative projects every week	<b>Doodles</b> 10am-12pm, £4  A social and creative based art group, where we learn to design and create different art
<b>Unique Beats</b> 10am to 12pm, £4  A performance art focused group where individuals create dramatics, write plans, experiment in film making and more	<b>Freestyle</b> 10am-12pm, £4  A social and creative group where we take part in different creative projects every week	<b>Grow Curious</b> 10am to 12pm Volunteering  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment	<b>Unique Rhythm</b> 10am to 10:50am, £2 11am to 11:50am, £2  A fun, and therapeutic music and singing group, supported and led by Ed from Face the Music
<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches	<b>Grow Curious</b> 10am to 12pm Volunteering  A fun nature based workshop where we tend to our gardens, learn about nature & help the environment
<b>Freestyle</b> 1pm-3pm, £4  A social and creative group where we take part in different creative projects every week	<b>Unique Beats</b> 1pm to 3pm, £4  A performance art focused group where individuals create dramatics, write plans, experiment in film	<b>Scribbles</b> 1pm-3pm, £4  A social and therapeutic arts and crafts group where different senses are stimulated and explored	<b>Lunch Club</b> 12pm-12:30pm  Enjoy lunch with fellow members and team. Either bring your own lunch or order from our menu. Members can also help serve lunches
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# WEEKLY TIMETABLE: UPPSKILLS

(PLEASE ASK ABOUT SPACES AS THESE CHANGE)

Tuesday	Wednesday	Thursday	Friday
<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>	<p><b>UppBakes</b> 10am-12pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering</p>
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		<p><b>Wise Upp</b> 1pm-3pm, £4</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more</p>	<p><b>General UppCycling</b> 1pm to 3pm Volunteering (UppSkills)</p> <p>A skill development opportunity to learn to upcycle small items such as candles, small furniture, and jewellery to sell in our pop-up markets</p>





# SOCIAL BUTTERFLIES: WEEKLY EVENTS

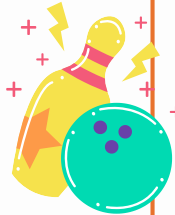
Uppertunity offers a weekly social activity that helps different people connect, have fun and experience new things! Please get in touch to book spaces.

## These alternate between:

- **Group outings:** these take place across Dundee and surrounding areas
- **World Lunches and Games:** we play some indoor or outdoor games, and then enjoy a themed lunch at Uppertunity, made by our kitchen team
  - **Larger community events:** different themed events
  - **Bowling Stones:** Bowling league starting in November



# SOCIAL BUTTERFLIES: WEEKLY EVENTS

Date	Community Event	Social Outing	World Lunches	Bowling League
6th Nov Wed/ 7th Nov Thurs	Visit to Perth Museum on 6th of Nov (Entry is free) and lunch in Perth. Get mega bus at 9:50am from Dundee, return on 14:13pm bus from Perth.		Tennis (7th Nov) at Dudhope Park (or indoors at Uppertunity if the weather is bad). Meet at Uppertunity 10am, tennis from 10.30am to 11.30am	
13th Nov Wed/ 15th Nov Fri	Destination Dundee workshop: 13th Nov, 10am to 1pm, V&A. Come share your ideas and thoughts on how to make Dundee a place for everyone. Free & open to all.			Bowling League begins on the 15th! 10am to 12pm at Tenpin Dundee
21st Nov Thurs/ 22nd Nov Fri	Ceillidh on 22nd of Nov, 6pm to 9pm at Coldsides Parish Church. Learn ceillidh dances and have fun with friends. Enjoy stovies and snacks. £5 for tickets			
28th Nov Thurs			Thai theme lunch, with tennis at Dudhope Park (or indoors at Uppertunity if the weather is bad). Meet at Uppertunity 10am, tennis from 10.30am to 11.30am. Lunch at 12pm, £4	
5th Dec Thurs	Watch the Oor Wullie show at Dundee Rep 10am, £10. Then enjoy lunch afterwards. Tickets must be booked ahead of time			
11th Dec Wed/ 13th Dec Fri	Join our end of year Christmas Party (11th Dec), and come dressed in your best jumper! 6pm to 9pm, various games, music and food! £5 for tickets. Carers free			Bowling League, (13th Dec) 10am to 12pm at Tenpin Dundee
19th Dec Thurs	Closed Friday 20th Dec (Last day Thursday 19th December). Return Tuesday 7th January 2025.		British Christmas theme lunch (19th Dec), with indoor games. Meet at Uppertunity 10am. Lunch at 12pm, £4	





EVENTS: HALLOWEEN PARTY 30TH OCTOBER

# HALLOWEEN PARTY

Wednesday 30th October  
6-9pm

**Dress up and join a night of  
Halloween fun!**

**Open to adults with additional  
support needs, £5, pay at door.  
Carers free.**

**MUSIC | DANCE | GAMES  
NIBBLES | COSTUME PARTY**

**At Uppertunity,  
Dudhope Castle, Dundee  
Barrack Road, DD36HF**

**Contact for more info:  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)**





# DESTINATION DUNDEE

Join us for our final disability and inclusion workshop, and networking event! Hear from inspirational organisations, share ideas on how we can support existing spaces to be inclusive, and how to inspire society to want to be accessible.

FREE and OPEN TO ALL. Hot drinks and snacks available.

## Speakers

Euan's Guide

-

The Circle Mobility

-

Disabling Barriers Scotland

All presenting on the importance of inclusivity, & how to achieve it.

**Wednesday  
13th November  
10am to 1pm**

**V&A Dundee**

## Activities

Help us write a guide to share with others on how to make spaces and places accessible

-

Share opinions on what would help employment and volunteering be accessible

-

Add your voice and stamp to a creative poster showcasing the importance and benefits of inclusivity

**Book your  
FREE space**

**<https://rb.gy/y8nosr>**

This event is hosted by Uppertunity and Porphura, with support from V&A Dundee. The aim is to use the information gathered to create opportunities or bring together organisations to overcome hurdles, and make Dundee a place for all.



EVENTS: CEILIDH NIGHT 22ND NOVEMBER

# Ceilidh Night

Friday 22nd November  
6-9pm

**Learn ceilidh dances and have fun with friends. Enjoy stovies and snacks. Wear your best Scottish outfit!**

**Open to adults with additional support needs. £5, pay at door. Carers free.**

**Learn Dancing | Games  
Hot Food | Music**

**Coldside Parish Church**

Main Street, DD3 7HT

Contact for more info:  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)



# VOLUNTEERING AT UPPERTUNITY

We are looking for volunteers, aged 16+, to help run our weekly activities and events.

These activities all help build confidence and skills, and offer safe socialising opportunities for our clients. Share skills & ideas, get experimental, socialise, learn new things and help us continue what we do!

## **We are looking for:**

- Volunteer arts & crafts group facilitators
- Volunteer cooking & baking facilitators
  - Volunteer gardeners
  - Volunteer upcyclers
- Volunteer event planners

Get in touch to find out more.

# HOW TO GET INVOLVED

## **Referral for 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 referral form, and fill in 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**  
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07544984289

**CAROLINE BENTLEY**  
Co-Manager  
[carolineb@uppertunity.co.uk](mailto:carolineb@uppertunity.co.uk)

**UPPERTUNITY LIMITED**  
[info@uppertunity.co.uk](mailto:info@uppertunity.co.uk)  
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Barrack Road, Dundee  
DD3 6HF