

**UPPERTUNITY CIC**

"I feel comfortable, I  
can be myself. I feel  
respected and happy"



**#RISING TO OUR POTENTIAL**

## **WHO WE ARE**

Uppertunity is a social enterprise offering a personal development service and social inclusive opportunities for individuals with additional needs, learning disabilities and Autism in Dundee.

## **OUR GOAL**

Our goal is to create a safe and nurturing environment, where individuals feel comfortable to test themselves and explore their talents and capabilities, leading to self-reliance, and a sense of purpose and belonging.

## **Contact**

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Uppertunity, The Circle, Unit  
4-6 Staffa Place  
Dundee, DD2 3SX

Company Number  
SC515689

# WHAT WE OFFER

## Weekly Warriors

Our programme of activities that take place each week, including art, sewing, jewellery making, lunches and active groups.

## Daring for Development

A programme all about building skills that can be used throughout life and developing the unique talents of the individual.

## The Upside

A pluralistic counselling service for individuals with additional needs to resolve personal and psychological problems.

## Change Makers

We offer weekly meaningful volunteer roles for our members, bringing the community together and developing personal skills.

## Mini UpMakers

We support our clients to develop their talents into something more, a professional final piece or pieces that can be sold.

## Serendipities

We have a social change space in the form of a cafe in the City Centre, offering unique food, social events, volunteering, job roles and catering.

## Big Beautiful Beyond

A programme helping individuals develop good mental health and learn how to cope with life's stresses.

## Events

Uppertunity loves to bring the community together, hosting regular events including our annual Burns Lunch, Two's Company, Bake Off, camping trips and craft fairs.

### Uppertunity Weekly Warriors

Monday	Tuesday	Wednesday	Thursday	Friday
Bejewelled 10am to 12pm £3.50	Totally Stitched 10am to 12pm £3.50	Cooking for Charity 10am to 12pm	Creating for Charity 10am to 12pm	Growing Places 10am to 12pm
Souperb Lunch 12pm to 12:30pm £1	Souperb Lunch 12pm to 12:30pm £1	Mini UpMakers 10am to 12pm £3.00	Souperb Lunch 12pm to 12:30pm £1	Piece and Love lunch group 12pm to 12:30pm £1.50
	Social Antics 1pm to 3pm £3	Souperb Lunch 12pm to 12:30pm £1	Scribbles 1pm to 3pm £3.50	Active Hour 12:30pm to 1:30pm £3.50
	Warriors of Love 6pm to 7pm £2.50	Totally Stitched 1pm to 3pm £3.50	The Dramatics 3:15pm to 4:45pm £4.50	Doodles 2pm to 4pm £3.50