

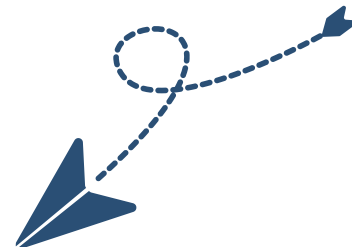
● ABOUT UPPERTUNITY



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 MONTHS NEWSLETTER...

- Thinking and Doing Blog: reducing and reusing
- Our new and improved personal development programme...Big Best Life
- New workshop: Unique Rhythm
- Weekly timetables: Weekly Warrior and UppSkills programmes
- Social Butterflies timetable for August and September
- Monthly social and community events for the year
- Community event: Nature Day 17th August
- Community event: Bake Off 18th September
- Volunteering opportunities



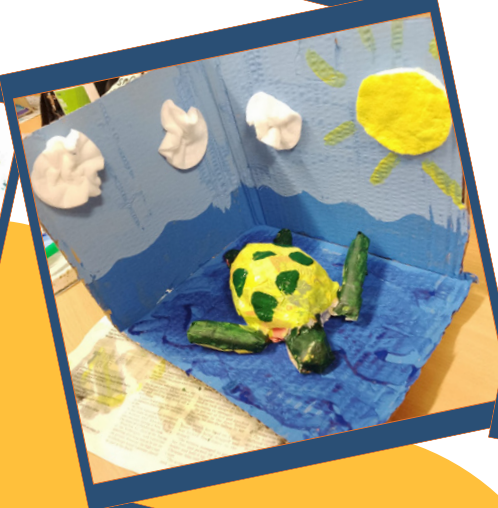
● ANNOUNCEMENTS



We have revamped our personal development programme, and are excited to now offer a weekly life skills workshop, as well as offer opportunities to gain awards in gardening, kitchen based activities, and volunteering and work based activities.

We have received funding to grow and develop our garden project, and will be working towards creating an interactive trail around Dudhope Castle, including outdoor art pieces!

Daniëlle, our co-manager, is heading to America for 6 weeks in September/October, as part of an entrepreneur programme to learn from other organisations, coming back with new ideas!



● NEW WORKSHOP: UNIQUE RHYTHM

UNIQUE RHYTHM



A fun, interactive and therapeutic music and singing group for adults with additional support needs! Starting 9th of August. Supported and led by Ed from Face the Music

When:

Session 1: Fridays, 10am to 10:50am

Session 2: Fridays, 11am to 11:50am

Where:

Uppertunity, Dudhope Castle, Barrack
Road, DD36HF

Cost:

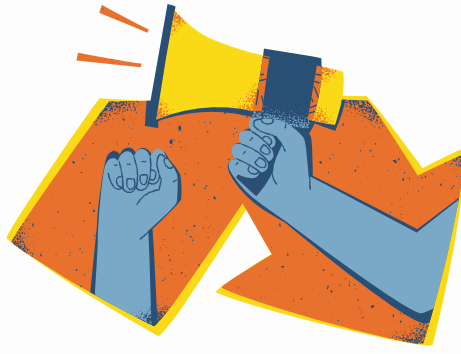
£2 per session

How to join:

Contact info@uppertunity.co.uk to
find out more and book a space.

10 spaces per session





Did you know?

Did you know that Britons send 700,000 tonnes of clothing to recycling centres, clothes collections and charities each year. That's enough to fill 459 Olympic-size swimming pools! However, did you also know that a lot of those donated clothes aren't sold in the UK? A lot gets shipped abroad because they don't sell or there's just too much to manage and store. Did you know that 350,000 tonnes, that's around £140 million worth, of used but still wearable clothing goes to landfill in the UK every year!

Clothes waste has a negative impact on our planet, just like food waste. Did you know that in the UK, households waste 6.6 million tonnes of food every year! 4.5 million tonnes of that is edible food - products that could have been eaten. This could fill eight Wembley Stadiums! It might not seem like it, but throwing food in the bin can affect climate change. The process of getting food on our plates takes a lot of time and resources such as water, energy, and transportation.

What is Uppertunity doing about it?

In our main base, we have a Swap Shop, where everyone is welcome to take or swap different items. These items include clothes, books, jewellery, and household items. Everyone is encouraged to take, borrow or donate items. ALL FREE!

We also have a community food cupboard, where we sell reduced food items such as snacks, pasta, cereal, soups and cooking ingredients. These items come from local supermarkets that have excess food that needs used. We also use excess food in our cooking and baking workshops, and get creative with ingredients to fight waste.

What can you do?

You can help fight waste by only buying what you need. When you need or want something, have a look at charity shops or swap with friends and family. A lot of our clients and volunteers have been swapping and sharing in our Swap Shop. Why not repair or upcycle something, or get creative in the kitchen with ingredients!

BIG BEST LIFE: PERSONAL DEVELOPMENT PROGRAMME

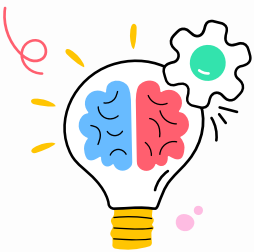


Our aim is to help individuals flourish and to be the best versions of themselves they can and want to be. We do this through informal and formal learning, therapy, mentoring and support to other services.



Art Psychotherapy

We offer one to one art therapy for adults with additional support needs. This is supported by a qualified Art Therapist. A range of different techniques are used, with the aim to support overall wellbeing. There is no charge for this service, donations are welcome



Wise Upp

We offer a weekly life skills group where workshops are interactive and involve discussions. Topics include healthy living, active travel, keeping safe online, healthy relationships, money management, and more. We will be working with other local organisations to run the workshops as well, and will be creating a healthy living book.



Skill Programmes

We offer inclusive volunteering opportunities for adults with additional support needs. Through these roles, individuals can work towards achieving badges in different topics. We have three programmes available: Kitchen, cooking & baking skills; Gardening & outdoor skills; and Volunteering & work readiness skills.

Wellbeing Check In's

We check in to see how you are, and what your goals and aims are, and then work together on how to achieve this.

The Assembly

We believe everyone has the right to lead a fulfilling life. The Assembly helps make this happen. The Scottish Assembly makes politics FAIR for people with a learning disability and autistic people who 'Don't do Politics'. We can support you to attend meetings, host meetings at Uppertunity, and help your voice be heard. Let us know.

GOALS!





WEEKLY TIMETABLE: WEEKLY WARRIORS, AND AVAILABLE SPACES:

Tuesday	Wednesday	Thursday	Friday
Totally Stitched 10am-12pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 0	Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored Spaces: 0	Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 1	Doodles 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art Spaces: 1
Unique Beats 10am to 12pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more Spaces: 3	Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0	Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment Spaces: 3	Unique Rhythm 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 Spaces: 12
Lunch Club 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	Lunch Club 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	Lunch Club 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	Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment Spaces: 0
Freestyle 1pm-3pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 2	Unique Beats 1pm to 3pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film Spaces: 0	Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 1	Lunch Club 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
Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 1	Totally Stitched 1pm-3pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 0		Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 1



WEEKLY TIMETABLE: UPPSKILLS, AND AVAILABLE SPACES

Tuesday	Wednesday	Thursday	Friday
UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0	UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0	UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0	UppBakes 10am-12pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0
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		Wise Upp 1pm-3pm, £4 An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more Spaces: 1	General UppCycling 1pm to 3pm Volunteering (UppSkills) A skill development opportunity to learn to upcycle small items such as candles, small furniture, and jewellery to sell in our pop-up markets Spaces: 1



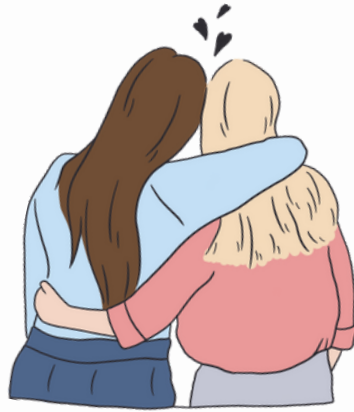


SOCIAL BUTTERFLIES: WEEKLY ACTIVITIES FOR AUGUST & SEPTEMBER

We offer a weekly social activity every week at Uppertunity, for adults with additional support needs. We alternate between:

- Group outings
- Lunch with world themes and indoor or outdoor games
- Larger community events
- Bowling league (Starting in November)

All activities are wheelchair accessible. Spaces must be booked for group outings.



<u>Date</u>	<u>Activity</u>	<u>Costs</u>
8th Aug, Thurs	<u>World Lunch and Fun at Uppertunity:</u> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with an Italian food theme at 12pm-12:45pm.	Lunch and games: £4
15th Aug, Thurs	<u>Dinner and Karaoke:</u> Enjoy dinner at Brae's (Perth Road) at 5pm, then head to Casa for Karaoke at 6:30pm. Casa is accessible from the back.	Dinner: £8-15 Karaoke: £2, plus drinks
22nd Aug, Thurs	<u>World Lunch and Fun at Uppertunity:</u> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with an American food theme at 12pm-12:45pm.	Lunch and games: £4
5th Sep, Thurs	<u>World Lunch and Fun at Uppertunity:</u> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with a Mexican food theme at 12pm-12:45pm. .	Lunch and games: £4
26th Sep, Wed	<u>World Lunch and Fun at Uppertunity:</u> Join in some indoor or outdoor games at Uppertunity, 10am to 12pm, followed by a lunch made by our volunteers with a German food theme at 12pm-12:45pm.	Lunch and games: £4

EVENTS FOR 2024



NATURE & WELLBEING DAY: Sat 17th August 12pm - 4pm, Dudhope Castle

Join us in day filled with outdoor goodness! There will be various nature based activities: yoga, art, seed bombing etc. Free and open to all.



DESTINATION DUNDEE: Thurs 5th September 10am - 1pm, V&A Dundee

Join us in a disability and inclusion workshop and networking event! Come share your ideas and thoughts on how to make Dundee and your community an inclusive place for everyone. Free and open to all.



UPPERTUNITY'S 9TH BIRTHDAY CELEBRATION: Fri 13th September 12:30pm - 4pm, Dudhope Castle

Uppertunity is turning 9 years old, and we want to celebrate! We'll have an exhibition, drama and music performance, inspiring stories, art activities, yummy food and more! Free and open to all.



BAKE OFF: Wed 18th September 6pm - 9pm, Dudhope Castle

The Great Uppertunity Bake Off 2024 is on! Taste other people's baking, enjoy some fancy teas and mocktails, take part in art and cake decorating activities. There will be prizes for each category. This event is free to attend, and only open to adults with additional needs.



HALLOWEEN DISCO: Wed 30th October 6pm - 9pm, Dudhope Castle

Dress in your best spooky costume and join a night of scary dancing at our Halloween Disco! There will also be games and a light buffet and non-alcoholic drinks. £5 for tickets, only open to adults with additional needs.



DESTINATION DUNDEE: Wed 13th November 10am - 1pm, V&A Dundee

Join us in a disability and inclusion workshop and networking event! Come share your ideas and thoughts on how to make Dundee and your community an inclusive place for everyone. Free and open to all.



CEILIDH: Fri 22nd November 6pm - 9pm, Coldside Parish Church

Join in a fun Ceilidh, where you'll learn ceilidh dances and have fun with friends. There will be stovies and snacks. Wear your best Scottish outfit! £5 for tickets, only open to adults with additional needs.



CHRISTMAS PARTY: Wed 11th December 6pm - 9pm, Dudhope Castle

Wear your best festive jumper and come ready to dance and celebrate all things Christmassy! There will be different games, dancing, and a light buffet and non-alcoholic drinks. £5 for tickets, only open to adults with additional needs.

Nature & Outdoor Wellbeing



NATURE
WORKSHOPS



FRESH PIZZA



YOGA



ART



WHEN?

Saturday 17th
August 2024
12pm to 4pm

WHERE?

Uppertunity,
Dudhope Castle,
Dundee

WHAT?

Join us in day filled with outdoor goodness! There will be various nature based activities, from various local organisations...

- Nature art printing by 'Uppertunity'
- Various nature activities from 'RSPB'
- Seed bombing & other gardening from 'Nature & Nurture'
- Various activities from 'Maxwell Garden'
- Yoga and mindfulness from 'Simpli Yoga'
- And more!

Entry to the event is **free**, and no need to book.
There will be freshly made pizza and drinks available to buy on the day. You are welcome to bring your own packed lunch or a picnic.

WHO IS THIS
OPEN TO?

This event is open to all.

Contact danielledp@uppertunity.co.uk or
carolineb@uppertunity.co.uk for more information.

BAKE OFF!

CONTEST!

MOCKTAILS



FUN ART
ACTIVITIES



CAKE

DECORATING
CHALLENGE



WHEN?

Wednesday
18th September,
6pm to 9pm



WHERE?

Uppertunity,
Dudhope Castle,
Dundee

WHAT?

Wooden spoons at the ready!
The Great Uppertunity Bake Off 2024 is on!

Bring along your creation and enter it into one of the competition categories below:

- Brownies
- Fruity
- Scones
- Savoury (vegetarian only)

Taste other people's baking, enjoy some fancy teas and mocktails, take part in art and cake decorating activities. This event is free to attend. Entries must be in by 6pm on the day. There will be prizes for each category, plus overall best decorated and most unique. We even have a judge!

WHO IS THIS
OPEN TO?

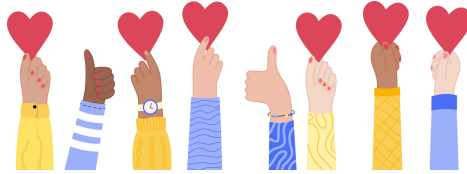
This event is only open to adults with additional support needs, and those who support.

Contact danielledp@uppertunity.co.uk or
carolineb@uppertunity.co.uk for more information.

VOLUNTEERING OPPORTUNITIES

We are looking for volunteers, aged 16+, to help run our weekly activities. These activities all help build confidence and skills, and offer safe socialising opportunities for our clients.

Share skills & ideas, get experimental, socialise and help us continue what we do!



VOLUNTEER COOK FACILITATOR

Come and help facilitate one of our baking & cooking groups, supporting our members to develop their skills & confidence while making cakes, pastries, soups, curries and more!

When: Tues-Fri between 10am-12pm and 1pm-3pm

VOLUNTEER GROUP FACILITATOR

Help run one of our creative art groups, supporting our members while taking part in a variety of creative activities, including drama, art and textiles.

When: Tues-Fri between 10am-12pm and 1pm-3pm



VOLUNTEER EVENT PLANNER

We run weekly and monthly social events and gatherings, and are looking for individuals to help, plan, organise and run them. And come up with ideas! These include going out to new places, social events, ceilidhs and more!

When: flexible and varied

VOLUNTEER GARDENER

Help shape our green spaces, located around Dudhope Castle. Ideas include growing orchards, building planters, & more!

When: Thursdays and Fridays, 10am-12pm

VOLUNTEER UPCYCLER

Come and play with our stash of fabrics and art supplies. Use your creativity to turn them into upcycled pieces to sell

When: Friday, 1pm-3pm

OVERVIEW OF OUR SERVICES

<u>Weekly Warriors</u> Weekly therapeutic and creative based workshops	<u>UppSkills</u> Weekly skill based workshops	<u>Social Butterflies</u> Weekly community based social activities and outings
<u>Events</u> Monthly socials and community gatherings, and social gardening	<u>Catering</u> Climate conscious catering offering inclusive learning	<u>Mini Café</u> Café based in Dudhope Castle for members and other tenants
<u>Volunteering</u> Meaningful volunteering opportunities for all	<u>Big Best Life</u> Personal development programme	<u>Growing Places</u> Garden space for the community

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. Then 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 polaroid 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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