

About Uppertunity:

We are a registered charity, working with individuals (16-65+) with learning disabilities, mental health barriers and 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 life skills.

In this newsletter:

- Updates from last month and photos
- Updated weekly timetable & spaces, and featured group
- Social Butterflies monthly timetable
- Upcoming events: Disco and UpperFest
- Our new Swap Shop
- How to get involved



● UPDATES FROM MAY 2024

We held our first Art Festival in May! 5 days of showing off art from our amazing community, a short performance, and workshops. We had over 250 people visit and attend the different activities, and had nothing but compliments for all the art! Thank you to ScrapAntics for all their support in making this exhibition and festival happen. We love working with our wider community, and spreading the magic. We also ran a planter making workshop with Maxwell Centre, and had a volunteer garden day with Aviva too. Thank you to everyone involved

Lots of fun was had exploring places with our Social Butterflies group. We went bowling, had a trip to the Ferry, and explored Slessor Gardens with an ice cream. This group is open to all.

Our bakers and cooks were also busy bees in the kitchen with many catering orders. We had fun experimenting with some new recipes. Thank you to everyone who supports us!

June brings more exciting events such as our disco, another Destination Dundee event, and a soup pitch. Keep reading to find out more. In July, we have our first mini music festival!





WEEKLY WARRIORS, AND AVAILABLE SPACES:

Tuesday	Wednesday	Thursday	Friday
<p>Totally Stitched 10am-12pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 1</p>	<p>Scribbles 10am-12pm, £4 A social and therapeutic arts group where different senses are stimulated and explored Spaces: 2</p>	<p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0</p>	<p>Doodles 10am-12pm, £4 A social and creative based art group, where we learn to design and create different art pieces Spaces: 0</p>
<p>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</p>	<p>Freestyle 10am-12pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 2</p>	<p>Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment (Indoor & Outdoor) Spaces: 3</p>	<p>Grow Curious 10am to 12pm Volunteering A fun nature based workshop where we tend to our gardens, learn about nature & help the environment (Indoor & Outdoor) Spaces: 0</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
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● FEATURED GROUP - MINI-REBOUTIQUE (UPCYCLING)

At Uppertunity, we run a weekly skills group called Mini-ReBoutique, where we upcycle various items.

The aim of the group is to:

- Upcycle and repurpose waste products into new items. The aim is to create pieces that will form part of our ReBoutique range, for sale on our shelves at Uppertunity and at pop-up events. Sales go towards running the group and buying equipment.
- Offer a space for individuals to learn new skills, and experiment in making things.
- Share ideas with each other, and plan events.

What sort of things do we make:

We focus on a different craft and loose theme each month. These may repeat, depending on the materials we have. Crafts and themes include:

- Textile crafts including fabric bags, coasters, cutlery rolls, key chains, tote bags, headbands, scrunchies, brooches, table runners and more
- Jewellery using wire, mixed beads, and fabric
- Clothes including reworked clothes by patch working and visible mending
- Small furniture pieces like nesting tables, and mixed accessories such as reworked frames and home décor
- Candles using left over wax



How to get involved:

Our current group runs on a Friday, 1pm and 3pm. There is no charge as attendees are volunteers. If you would like to join, please get in touch using contact details in this newsletter. We ask that volunteers attend consistently to help with group development. We also offer volunteering roles at the pop-ups we attend.

SOCIAL BUTTERFLIES - A COMMUNITY SOCIAL GROUP

A community based social activity, where we go out and about the community as a group, taking part in different social activities such as bowling, visiting museums, going to the pub, enjoying music and more. It offers supported, real-world experiences, out and about in Dundee, and a safe space to make new friends.

<u>Date</u>	<u>Activity</u>	<u>Costs</u>
5th June, Wed	<u>Camperdown Zoo and packed lunch:</u> Meet at Camperdown Zoo, or get a lift from Uppertunity, for 10:30am. Wonder around and have a picnic at the park.	Entrance: £5 with concession card, or £6 Lunch: packed lunch
12th June, Wed	<u>Maxwell garden visit and lunch:</u> Visit Maxwell gardens 10:30am for some touring & looking for edible plants, then enjoy homemade soup, salad and garlic bread at the centre.	Lunch and activities: £4
20th June, Thurs	<u>Deer Centre and packed lunch:</u> Get a bus from Dundee direct to the Deer centre in Fife at 10am. We'll then wonder around Deer centre, and enjoy a packed lunch together there.	Deer centre: pay what you want Bus: free if bus pass used, or £9 return Lunch: packed lunch Deer food (optional): £3.50
27th June, Thurs	<u>World Buffet at Uppertunity & play board games:</u> Enjoy a buffet made by our volunteers, with a Chinese food theme, at 12pm. Then play some board games together at Uppertunity.	Lunch: £4
3rd July, Wed	<u>Bowling at Tenpin and lunch:</u> Meet at Tenpin for 10:30am, play 2 games. Then enjoy lunch at Tenpin.	Bowling: £5.50 for 2 games Lunch: £5-£10
10th July, Wed	<u>World Buffet at Uppertunity & play board games:</u> Enjoy a buffet made by our volunteers, with a South African food theme, at 12pm. Then play some board games together at Uppertunity.	Lunch: £4
18th July, Thurs	<u>Dundee Open Top Bus Tour:</u> Meet at V&A at 10:30am to join bus. Enjoy the sights and get off at The Law for lunch for an hour (bring a packed lunch), then head back to V&A on the bus.	Bus: £9 with concession card. Carers pay, but Uppertunity can help if needed. Lunch: packed lunch
25th July, Thurs	<u>World Buffet at Uppertunity & play board games:</u> Enjoy a buffet made by our volunteers, with a Greek food theme, at 12pm. Then play some board games together at Uppertunity.	Lunch: £4

EVENTS FOR 2024

<u>MONTH</u>	<u>SOCIAL EVENT</u>	<u>FOODIE POP UP</u>	<u>GARDEN DAYS</u>	<u>OTHER</u>
June	Disco 6-9pm, Fri 14th Coldside Parish Church	Saturday 22nd, 11am-4pm The Steeple	Thurs 13th & Thurs 27th	Fri 21st, 10-1pm, V&A Community Soup, Wed 26th, 10-1pm, V&A Destination Dundee,
July	UpperFest - mini festival 12-4pm, Sat 27th Dudhope Castle	Saturday 6th, Dundee Food Festival, City Centre	Thurs 11th & Thurs 25th	
Aug	Outdoor and Nature Art 12-3pm, Sat 17th Dudhope Castle		Thurs 15th & Thurs 29th	
Sep	Bake Off 6-9pm, Wed 18th Dudhope Castle	Saturday 21st, 11am-4pm The Steeple	Thursday 26th	Thurs 5th, 10-1pm, V&A Destination Dundee
Oct	Halloween Disco 6-9pm, Wed 30th Dudhope Castle		Thursday 31st	
Nov	Ceilidh (Details to be confirmed)		Thursday 28th	Wed 13th, 10-1pm, V&A Destination Dundee
Dec	Christmas Party 6-9pm, Wed 11th Dudhope Castle		Thursday 19th	



● EVENTS: UPPERTUNITY'S DISCO, FRIDAY 14TH JUNE



UPPERTUNITY'S DISCO!

Friday 14th June, 6-9pm

**Coldside Parish Church, Corner of Isla Street and
Main Street, Dundee**

Come join in a fun night of dancing! There will be a mix of music, dance moves, non alcoholic drinks and snacks.

Theme...glittery and colourful!

Tickets are £5, pay at door.

This event is open to all adults with additional needs and those who support them.

Contact danielledp@uppertunity.co.uk for more info.



EVENTS: SOUP PITCH, FRIDAY 21ST JUNE, V&A



An event where local projects supporting individuals with disabilities can pitch an idea to stand a chance to win £300. YOU get to vote who wins!

To pitch an idea:

Your project has 5 minutes to pitch an idea that would benefit your community, or pitch an idea that your clients have!

There will be 5 pitches on the day and the top 3 with the most votes receive £300 each. The top pitch also receives any additional donations received on the day!

To be in the audience and vote:

Anyone is free to attend this event and vote! Doors open at 10am, and pitches start at 10:30am.

Everyone attending will get; soup, sandwich, cake and hot drink. There is no charge, but donations are welcome.

Submit by 9am, Monday 10th June!

Contact danielledp@uppertunity.co.uk for the form.

EVENTS: DESTINATION DUNDEE, WEDNESDAY 26TH JUNE, V&A



Uppertunity is doing research on disability, accessibility and inclusion. We are running a yearlong action-based research project, Destination Dundee, and looking at what helps and hinders accessibility and inclusion for all. We are hosting 4 networking events with different themes. All free and open to all.

If anyone has any specific thoughts they want to share, please do get in touch.
We would love to hear from you!

DESTINATION 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.

Each event will have a unique theme; inspirational speakers; creative activities; hot drinks and nibbles; and chance to mingle. Comments from our first event includes 'the activities made me think differently about what others experience'.

WEDNESDAY 26TH JUNE



LIVING AND SOCIALISING:
ACCESSABILITY FOR ALL

10am to 1pm | V&A Dundee



There will be a presentation
from Uppertunity members on
their own lived experiences

THURSDAY 5TH SEPTEMBER



WORKING AND LEARNING:
OPPORTUNITIES FOR ALL

10am to 1pm | V&A Dundee



WEDNESDAY 13TH NOVEMBER

TRAVELLING AND VISITING:
EXPERIENCES FOR ALL

10am to 1pm | V&A Dundee

EVENTS: UPPERFEST, SATURDAY 20TH JULY



UPPERFEST

Join our mini festival where there will be...

- Live music from local artists
- Face painting
- Outdoor games
- Art activities
- A photo booth
- Food to buy to enjoy in your picnic
- And lots of mingling and laughing!

This event is only open to all adults with additional needs and those who support them. This includes individuals who are neurodiverse, have learning disabilities and/or mental health barriers.



When:

Saturday 20th July
12pm to 4pm

Where:

Victorian Gardens, Dudhope Castle, Dundee

Entry to the event is **free**. There will be snacks and cold drinks to buy on the day. You are welcome to bring your own packed lunch or picnic.

● SWAP SHOP AND COMMUNITY CUPBOARD

SWAP SHOP in Uppertunity space at Dudhope Castle

We are always looking at ways we can help fight waste as well as show ways to others how to fight waste. We now have a Swap Shop! A free shopping corner where you can take, borrow or donate items. ALL FREE!

We want to make it easy to reduce, reuse and repair. Our Swap Shop is open to all clients, volunteers, staff, supporting carers and fellow tenants. We ask that everyone is mindful of how much you take. Let's support each other.

What exciting things will you find?

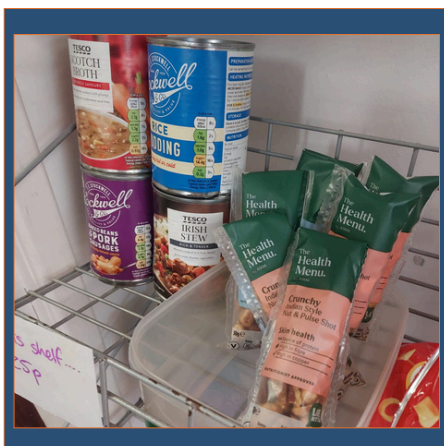


COMMUNITY FOOD CUPBOARD in Uppertunity space at Dudhope Castle

We also have a food cupboard where we sell reduced food items such as snacks, pasta, cereal, soups and cooking ingredients.

This is to help reduce waste and help support those who have reduced incomes. This is open to all, and we ask that you are mindful of how much you take.

Let's support each other.



● OUR SERVICES: UPPERTUNITY.ORG.UK/OVERVIEW

<u>Weekly Warriors</u> Weekly therapeutic and creative based workshops	<u>UppSkills</u> Weekly skill based workshops	<u>Social Butterflies</u> Community based social activities and outings
<u>Events</u> Monthly socials, foodie pop up's and social gardening	<u>Catering</u> Climate conscious catering offering inclusive skill opportunities	<u>Mini Café</u> Café based in Dudhope Castle for members and other tenants
<u>Volunteering</u> Meaningful volunteering opportunities for all	<u>Elephant Wellbeing</u> 1-to-1 creative therapy, and 1-to-1 personal development	<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.

● CONTACT DETAILS

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