

About Uppertunity:

We are a registered charity, working with individuals (16+) with learning disabilities, mental health barriers and who are neurodivergent. We provide a range of inclusive activities to nurture personal development, confidence, social interaction, and employability. 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 timetables and spaces
- Social Butterflies monthly timetable, and events for the year
- Information on our art festival in May
- Information on our research project, Destination Dundee
- Volunteering opportunities and how to get involved



● UPDATES FROM APRIL 2024

We can really feel spring in the air! Our trees are blossoming, our bulbs are putting up green shoots, and we've all been enjoying the outdoors a bit more this month.

Our Social Butterflies were fluttering all over Dundee, visiting McManus Galleries to create remakes of the art, doing the toadstool trail at Dundee Botanic Gardens and venturing off to the pub! Where will our adventures take us next?

Our artists, sewers and actors were all busy getting creative in groups, with one art group completing a 4-week number skills certificate. Members explored mathematical patterns in art when creating Mandalas, and they also did sewing by numbers. Well done everyone!

Our gardeners have been working really hard, finishing the planters at the back of the castle, and turning one into a salad box! We also had a Karaoke night, which was so busy, we couldn't get through the song list! There were so many great performances, we're already looking forward to the next one!

May brings more Social Butterfly activities, as well as a Retro Gameshows night, hosted by our members. And the activity we're most excited about...our 5 day exhibition at ScrapAntics in the Wellgate! We are closed on the Thursday 9th of May and Thursday 6th of June for staff first aid and fire safety training.





● UNIQUE BEATS - TUESDAY MORNINGS

This performance arts group experiments with a range of story telling methods, including music, stop motion animation, shadow puppetry, creative games and improv drama. We are currently working on a short animated series titled:

VOYAGE OF THE SCARLET DRAGON

“ On a dark Glasgow dock, a burnt-out doctor sits staring out at the starry sea. He makes a wish for a cure-all medicine so he can quietly retire to puttering about the sea.

There's no-one else around, and the only ship at the dock is a worn-out looking sailing ship with a fearsome looking red dragon figure head.

A voice, creaking like wind worn wood, "I know a place that can grant that wish."



How to get involved:

We currently have 4 spaces available in this group. If you are interested in joining, and being part of the story, please get in touch. This group runs from 10am to 12pm on a Tuesday morning, at Dudhope Castle

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> |
|---------------------|---|--|
| 2nd May, Thurs | <u>Bowling and lunch:</u> We'll meet at Tenpin Bowling for 10:30am, play 2 games of bowling, and then grab lunch at 12pm. We'll then stay and play games for an hour or so if anyone wishes, and head back to Uppertunity. | Bowling: £5.50 for 2 games with concession card Lunch: £5-£10 Bus: cost if individuals are returning to Uppertunity, and no bus pass |
| 16th May, Thurs | <u>Visit to The Ferry and lunch:</u> We'll meet in the city centre to grab the 73 or 75 bus to the Ferry at about 11am. We'll grab lunch at Jolly's, then go for a walk around Broughty Centre and head back to Dundee at 2:30pm. | Lunch: £5-£12 Bus: £5 roughly for return if no concession card |
| 22nd May, Wed | <u>Ice cream and Slessor garden visit:</u> Go to Jannettas Gelateria at 10:30am for an ice cream, and enjoy a walk around Slessor Gardens, and around the V&A. | Ice-cream: £2-£6 |
| 30th May, Thurs | <u>Verdant Works and picnic:</u> Meet at Verdant Works at 10:00am to explore the museum, garden photographer exhibit, and interactive galleries, and do some art. Then walk back to Uppertunity, and have either a picnic. | Verdant Works: £6 Lunch: £3 |
| 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 for some touring and looking for edible plants, then enjoy homemade soup, salad and garlic bread at the centre. | Lunch and activities: £4 |
| 19th 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 and walk in park:</u> Enjoy a buffet made by our volunteers, with a Chinese food theme, 12pm. Then go on a walk around Dudhope Park. Each month we'll enjoy a themed buffet, exploring different cultures. | Lunch: £4 |

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: 0</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: 4</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> |
| <p>Freestyle 1pm-3pm, £4 A social and creative group where we take part in different creative projects every week Spaces: 0</p> | <p>Unique Beats 1pm to 3pm, £4 A performance art focused group where individuals create dramatics, write plans, experiment in film making and more Spaces: 0</p> | <p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 0</p> | <p>Scribbles 1pm-3pm, £4 A social and therapeutic arts and crafts group where different senses are stimulated and explored Spaces: 0</p> |
| | <p>Totally Stitched 1pm-3pm, £4 This group uses fabrics and textiles in different ways to create art, and includes sewing Spaces: 0</p> | | |



UPPSKILLS, AND AVAILABLE SPACES:

| Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|
| <p>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</p> | <p>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</p> | <p>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</p> | <p>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</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> |
| <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> | <p>UppBakes 1pm-3pm Volunteering (UppSkills) A skill development opportunity to learn baking and cooking skills, and make things needed for our mini café and catering Spaces: 0</p> |
| | <p>Clothes UppCycling 1pm to 3pm Volunteering (UppSkills) Come and play with our stash of clothes & fabrics. Use your creativity to turn them into upcycled pieces for sale when we attend markets. Save textile waste, share skills & ideas, get experimental, and socialise. Spaces: 1</p> | | <p>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</p> |

EVENTS FOR 2024

A games night with different interactive games all run by our members! Games include Play Your Cards right, Wheel of Fortune, Bullseye & more! £5, and includes light buffet snacks and drinks.

| <u>Month</u> | <u>Social event</u> | <u>Foodie Pop Up</u> | <u>Garden Days</u> | <u>Other</u> |
|--------------|--|---|----------------------------|--|
| May | Retro Game Show Wed 29th, 6-9pm Dudhope Castle | | Thursday 30th | Wed 1st, 10-1pm, V&A Destination Dundee. Art Exhibition Wed 22nd- 26th. |
| June | Disco (Details to be confirmed) | 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 20th Dudhope Castle | | 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: DESTINATION DUNDEE

DESTINATION DUNDEE - FREE

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 a place for everyone.

Each event will have a unique theme; inspirational speakers; creative activities; hot drinks and nibbles; and chance to mingle.

WEDNESDAY 1ST MAY 2024



**AWARENESS OF INCLUSION:
WHAT HELPS AND HINDERS**

10am to 1pm | V&A Dundee

THURSDAY 5TH SEPTEMBER 2024



**WORKING AND LEARNING:
OPPORTUNITIES FOR ALL**

10am to 1pm | V&A Dundee

WEDNESDAY 26TH JUNE 2024



**LIVING AND SOCIALISING:
ACCESSABILITY FOR ALL**

10am to 1pm | V&A Dundee

WEDNESDAY 13TH NOVEMBER 2024



**TRAVELLING AND VISITING:
EXPERIENCES FOR ALL**

10am to 1pm | V&A Dundee



Uppertunity is doing research on disability, accessibility and inclusion, and are running a yearlong action-based research project, focused on looking at what helps and hinders accessibility and inclusion for all. Above is a large map, created by Uppertunity, where you can share what is going well in Dundee, & what could be better.

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

EVENTS: CONFETTI FESTIVAL

CONFETTI

WED 22 MAY -
SUN 26 MAY 2024

AN INCLUSIVE FESTIVAL OF CREATIVITY

ALL FREE!
AT SCRAPANTICS IN THE
WELLGATE

- COME AND EXPLORE VARIOUS FORMS OF ART, MADE BY ADULTS WITH ADDITIONAL NEEDS (VIEW DURING OPENING TIMES)
 - WATCH PERFORMANCES
 - TAKE PART IN WORKSHOPS
- SHOP IN OUR POP UP UPCYCLED CLOTHING SHOP
- TAKE PART IN OUR VISIONING BOARDS, SHARING YOUR THOUGHTS
 - TEA, COFFEE, JUICE & SNACKS PROVIDED!

WEDNESDAY 22ND MAY, 11AM-4PM

Opening day and meet the artists.
Enjoy nibbles & welcome drinks, and the first viewing of the art. Drop in.
Visit pop up clothing shop.
2:30pm-3:30pm: Press Change exhibition and chat from Changemakers

THURSDAY 23RD MAY, 11AM-4PM

Art activities for all, and time to play.
Activities include painting, drawing, paper art, and jewellery making.
Drop in.
Visit pop up clothing shop & view art.

FRIDAY 24TH MAY, 11AM-4PM

11:30am-12:30pm: drama performance from Uppertunity's members
Film made by Uppertunity, showing all day
1:30pm-3:30pm: Drama workshop, including improv activities
Visit pop up clothing shop & view art.

SATURDAY 25TH MAY, 11AM-4PM

12:30pm-1:30pm: poetry workshop, learn how to write a poem and perform
1:30pm-3:30pm: Open mic and poetry performances by anyone who wants to join and share
Visit pop up clothing shop & view art.

SUNDAY 26TH, 11AM-4PM

11:30am-1pm: Uppertunity music and movement workshop
11:30am-1:30pm: "Adventures of the Little People" exhibition. A mini exhibition of children aged 5 to 10, showing art related to their imaginary journey through the universe.

Visit pop up clothing shop & view art.



CONFETTI

WED 22 MAY -
SUN 26 MAY 2024

AN INCLUSIVE FESTIVAL OF CREATIVITY

ALL FREE!
AT SCRAPANTICS IN THE
WELLGATE

WOULD YOU LIKE TO SUBMIT YOUR ARTWORK TO THE FESTIVAL?

This exhibition is specifically for adults with additional needs. Anyone aged 16 and over, with a disability can enter.

Below is a list of artwork that can be displayed:

- Drawing (pencil, pens, crayon)
- Painting (oil, acrylic, watercolour)
- Sculpture
- Mixed media

The above will be displayed throughout the festival. Individuals can also perform written poetry or short stories on Saturday 1:30pm to 3:30pm. Uppertunity staff are happy to read these out for you as well.

HOW TO ENTER

Contact danielledp@uppertunity.co.uk with the person's name, a photo or description of the art piece, and rough size. Artwork needs to be dropped off to Uppertunity, Dudhope Castle by Friday 17th May with a note of the artist's name and a description of the piece. Artwork can be collected from Uppertunity after Tuesday 28th May.



● OUR NEW COMMUNITY WALL

We've created a community wall, filled with individual postcards and polaroid photos! We're very excited to show off our community!

Uppertunity is everyone's space. The aim of the wall is to create a sense of belonging and ownership of Uppertunity, and a chance for everyone to know how to best support each other.



● VOLUNTEERING OPPORTUNITIES



Are you a home-baker?
Love cooking and want to use your powers for good?

Become a cook or baker volunteer

Are you a creative person?
Would you like to help others to express their ideas?

Become a volunteer group facilitator



Are you a sewer?
Would you like to explore our stash and sew for change?

Become an upcycle or sewer volunteer



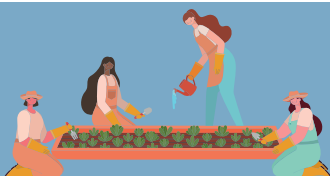
Do you enjoy planning events?
Would you like to create unique experiences for people?

Become an event planner volunteer



Do you have green fingers?
Would you like to help shape our outdoor spaces?

Become a garden volunteer



● 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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