

WHO IS UPPERTUNITY?

Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives. We work with people aged 16 and over who have an additional support need of any kind, including learning disabilities and autism.

Our mission is to create safe, supportive, and creative spaces that encourage growth, equality, and togetherness. We want people to explore their potential, build confidence, and develop life skills that promote independence and connection.



ANNOUNCEMENTS AND UPDATES

APRIL HIGHLIGHTS

We started April with a visit to the DCA to explore the We Contain Multitudes exhibition and made some art inspired by what we saw. Our Dreaming Big visioning day was a whole load of fun and gave us some great input for where Uppertunity could head in the future. We also visited the Botanic Gardens to experience the spring plants and trees. We had several catering orders in our kitchen keeping us busy as well!

TOMBOLA PRIZES REQUEST

We have lots of fun events coming up over the next few months, and are looking for raffle and tombola prizes. If you think you have anything you could donate (maybe unwanted Christmas gifts you still need to shift!), please do consider us. Thank you!

SPACES AVAILABLE IN GROUPS

We have some spaces currently available in our groups! 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. Groups are paid for in monthly blocks, unless weekly payment is arranged with us. See page 3 for group descriptions. We look forward to hearing from you!

Tuesday	Wednesday	Thursday	Friday
Unique Beats: Backstage 10am-12pm, £5 3 Spaces	Scribbles 10am-12pm, £5 1 space	Shine Time 1pm-3pm, £5 2 Space	Unique Rhythm 10am-10:50am, £3 2 Spaces
Unique Beats 10am-12pm, £5 1 Space	Totally Stitched 1pm-3pm, £5 1 Space	WiseUpp 1pm-3pm, £5 1 Space	Upp & Oot 1pm-3pm, £5 4 Spaces
	Doodles 1pm-3pm, £5 2 Spaces		

SIGN UP TO OUR ONLINE NEWSLETTER!

Remember to sign up for our online newsletter!

Scan the QR code or follow the link to join our mailing list – it only takes a moment: uppertunity.org.uk/monthly-newsletter



HANDMADE ART RAFFLE

£2 PER
TICKET

100 TICKETS AVAILABLE

64
cm



56 cm



FRAMED AND READY TO HANG

FUNDS ARE GOING TOWARDS UPPERFEST!

WEEKLY TIMETABLE AT UPPERTUNITY

Spaces must be booked ahead of time. Get in touch to find out about available spaces.

Tuesday	Wednesday	Thursday	Friday
<p>Lunch Club 12pm to 12.45pm - all welcome. Bring your own lunch or buy from our lunch menu.</p>			
<p>Unique Beats: Backstage 10am-12pm, £5</p> <p>A chill performance art group where we make props, write stories and poetry, and more.</p>	<p>Scribbles 10am-12pm, £5</p> <p>A social and therapeutic arts group where different senses are stimulated and explored</p>	<p>Freestyle 10am-12pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p>Moving on Upp 10am-12pm £5</p> <p>A fun active group offering activities including dance, yoga and ball sports</p>
<p>Unique Beats 10am-12pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, filmmaking, and more</p>	<p>Freestyle 10am-12pm, £5</p> <p>A social and creative group where we take part in different creative projects every week</p>	<p>Upp Skills 10am-12pm, £5</p> <p>A fun, hands-on workshop changing every 4 weeks. Explore a new skill each block. See website</p>	<p>Doodles 10am-12pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>
<p>Freestyle 1pm-3pm, £5</p> <p>A social group where we explore new creative projects, and experiment with art</p>	<p>Unique Beats 1pm-3pm, £5</p> <p>A performance art group where we explore dramatics, write scripts, experiment with filmmaking, and more</p>	<p>Scribbles 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p>Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3</p> <p>A fun music singing group, led by Ed from Face the Music</p>
<p>Scribbles 1pm-3pm, £5</p> <p>A social and therapeutic arts and crafts group where different senses are stimulated and explored</p>	<p>Totally Stitched 1pm-3pm, £5</p> <p>This group uses fabrics and textiles in different ways to create art, including sewing</p>	<p>Wise Upp 1pm-3pm, £5</p> <p>An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships etc</p>	<p>Grow Curious (Garden Volunteering) 10am-12pm</p> <p>A fun nature based workshop where we tend to our gardens</p>
<p>Green: Morning sessions</p>	<p>Doodles 1pm-3pm, £5</p> <p>A social and creative based art group, where we learn to design and create different art</p>	<p>Shine Time 1pm-3pm, £5</p> <p>A fun and expressive group exploring music, movement, singing, drama games, and confidence building through creativity</p>	<p>Scribbles 1pm-3pm, £5</p> <p>A social arts and crafts group where different senses are stimulated and explored</p>
<p>Orange: Afternoon sessions</p>			<p>Upp & Oot 1pm-3pm, £5</p> <p>Nature and active group to explore outdoors, grow plants indoors, and learn about the environment</p>

UPPSKILLS - NEW COURSES COMING UP

UppSkills is a series of hands-on workshops where the topic changes every month. In each block, we explore a new skill such as photography, music, digital creativity and more. It's a great way to try new things, learn new skills and build confidence!

Thursdays, 10AM-12PM | £20 for a 4-week block or £25 for a 5-week block



JEWELLERY MAKING - MAY

Starts 7th May | 4 weeks | £20

A relaxed craft group where we'll experiment with different materials and techniques. Design your own unique pieces, learn to use jewellery-making tools, choose colour combinations and create your very own pieces to take home.

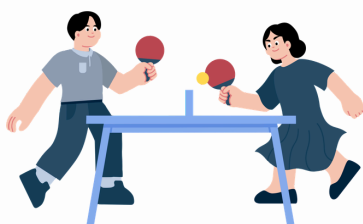
MIXED SPORTS - JUNE

Starts Thurs 4th June | 4 weeks | £4.60 per session | 10-11.30am

We will join the Active Adults mixed sports group at Douglas Sports Centre and try out different activities, including boccia and racket games. All activities are adapted to suit you! This session is supported by both Uppertunity and Active Dundee staff.

Meet at 10am at:

Douglas Sports Centre, Baldovie Terrace, Dundee, DD4 8TG. For anyone coming to Dudhope Castle after the session, we will catch the bus back together. Let us know if you need support or have any questions.



SOCIAL BUTTERFLIES: WEEKLY SOCIAL EVENTS

Join us for fun gatherings, themed parties, creative workshops, and seasonal celebrations, all designed to bring people together in a safe, welcoming space full of laughter, fun, and community.

DATE	DETAILS	WHERE & COSTS
May 8 th Friday Lunch at 12.30pm, games at 1.30pm	Games & Lunch at Cake or Dice Join us at Beans & Berries for a bite to eat and then head to Cake or Dice for some games. Gain confidence in a group while learning new games and meeting new friends.	Meet at Beans & Berries, 70 Commercial Street
May 22 nd Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
4 th June Thursday 12:30pm-3pm	Dreaming Big Exhibition Launch Come see our exhibition, enjoy some food, make some puppets and other crafts. NOTE: Scribbles & Shine Time will be held at CANVAS for this session.	CANVAS Dundee, 16 Ure Street All welcome!
5 th June - 28 th June	Dreaming Big Exhibition on display at Canvas Take your friends and family along to view our exhibition during usual CANVAS opening hours.	CANVAS Dundee, 16 Ure Street
13 th June Sat 3pm-5pm	Dundee Get Together Uppertunity are joining the parade, we're dressing up! Would you like to join in?	City Square
18 th June Thurs 12pm to 3pm	Garden Fair Join us for an afternoon of fun, food and games in Dudhope Castle gardens! NOTE: Thurs afternoon groups will join the Fair at no additional cost.	Dudhope Castle, Entry £5, Carers free
19 th June Friday 10am-12pm	Bowling Stone League Game Join in two games of bowling!	Tenpin, Kingsway £5.70
27 th June Times TBC	Dundee Pride Uppertunity will be running an art activity and selling our very own merch! Serendipities will be selling food - rainbow munchie bowls.	TBC
18 th July 12pm - 4pm	Upperfest 2026! Our mini-festival is back for its third year! Get ready to soak up those summer vibes with friends.	Dudhope Castle, Tickets £10, Carers free

UPPERTUNITY GARDEN FAIR!

Thursday 18th June
12 - 3pm



Join us for an afternoon of fun, food and games in Dudhope Castle gardens!

Outdoor games & art activities

Nature challenges & garden trail.

Home baking contest! Bring your entries along on the day to be judged & shared.

Tombola!

There will be food for sale.

Entry £5 | Carers free

This is a fundraising event in support of Uppertunity, registered charity SC052608.

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



UPPERFEST 2026!

18th July
12pm - 4pm



Our mini-festival is back for its third year!

Get ready to soak up those summer vibes with friends.



Bring a blanket and enjoy...

- live music
- craft activities
- face painting
- outdoor games & workshops.



There will be food for sale and a raffle.

Tickets £10 | Carers free



This is a fundraising event in support of Uppertunity, registered charity SC052608.

Contact us for more info: info@uppertunity.co.uk

BOWLING STONES LEAGUE!



An inclusive bowling league for adults (16+) with additional support needs.

Next League Dates (2025/26)

Fridays | 10am sign-in 10:30am start | 12pm finish

£5.70 for two games

Tenpin, Kingsway Retail park, Dundee

14 th Nov	12 th Dec
16 th Jan	13 th Feb
13 th Mar	10 th Apr
<u>22nd May</u>	19 th Jun
17 th Jul	14 th Aug
11 th Sep	9 th Oct



Contact info@uppertunity.co.uk for more info or to join. You can join the league any time.

HOW UPPERTUNITY RUNS

Uppertunity is a big and growing community. We have members, volunteers, staff, board members, partners, and families all connected in different ways. With so many people involved, it can sometimes feel hard to know who does what, or where to go for support.

OUR COMMUNITY

At the heart of everything we do are our members. They bring the creativity, ideas, and energy that shape Uppertunity. Around that, we have a wider circle of people who help make everything possible: volunteers, staff, board members, supporting facilitators, family members, and partners. Everyone plays a role in creating the space together.



OUR BOARD OF TRUSTEES

Our board helps guide the direction of Uppertunity. They bring experience and different perspectives, helping us make good decisions and stay focused on our purpose.



OUR VOLUNTEERS

Our volunteers are a huge part of what we do. This includes people who:

- Want to build confidence or gain experience
- Are looking to give back
- Are students on placement
- Or are member volunteers, taking on active roles within sessions

OUR PARTNERS

We work with a range of partners to deliver activities, share ideas, and create more opportunities for our community.

MEET THE STAFF

Our staff team supports the day-to-day running of Uppertunity, from delivering sessions and supporting members, to developing projects and building partnerships.

Each person brings their own strengths, personality, and passion into the space, helping to create this energetic environment.



DANIËLLE
Founder &
Managing Director



CAROLINE
Community
Engagement Lead



FERGUS
Catering and
Enterprise Lead



CATRIN
Operations
Lead



SHANN
Project Worker



CAT
Project Worker



LAURA
Project Worker



DULCIE
Project Worker

Alongside what you see day-to-day, the team also works behind the scenes on:

- Planning activities and events
- Developing new projects
- Building partnerships
- Securing funding to keep things running
- Making our joint vision a reality



We're always happy to chat, answer questions, or support where we can, so feel free to reach out to any of the team.

WE'RE SELLING T-SHIRTS!

We've created our very own range of t-shirts, inspired by the messages we live every day at Uppertunity.



WEAR THE MESSAGE, START CONVERSATIONS!

£15 Each

All proceeds go back to Uppertunity, to support our programmes and community. Available in person at Uppertunity or online!



Coming soon!

New designs for Dundee Pride! Watch this space!

Got ideas or can support?

If you know ways we could print our own designs, please get in touch. We are always looking to provide new skills for our members.

VISIT OUR GARDEN TRAIL!

With the sunnier weather here, it's the perfect time to get outside and enjoy the thriving green space around us!

Did you know we have a History & Nature Trail right here at Dudhope Castle? The trail is a self-guided journey through the grounds, with 15 interactive stops to explore. Along the way, you'll discover stories from the past, hidden objects, sensory moments, and handcrafted poetry, all designed to help you slow down, look closer, and connect with nature.

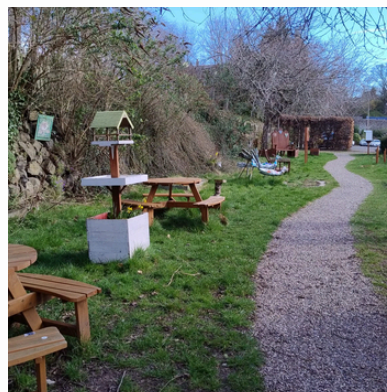


You're welcome to take your time, enjoy the garden, and even bring a picnic to relax in one of our seating areas (Please remember to take litter home or use the bins provided. Dogs should be kept out of flower beds, and owners should pick up after them. Thank you!).



We're also pleased to share that we now have a bike stand on site! A big thank you to Dundee City Council and Walking, Wheeling & Cycling Trust for supporting this, making it even easier for people to visit us in a more active and sustainable way.

Whether you're a first time visitor or returning again, the trail is always here to enjoy, on your own, with friends, or as part of your day with us.



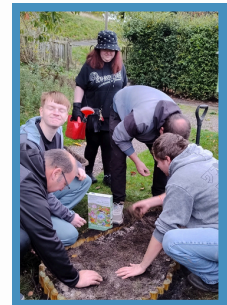
Our work supports adults with additional support needs, learning disabilities and autism. We work with creatives, facilitators, and specialists to support our programmes. We're looking to connect with people who want to share their skills.



-WHAT WE'RE LOOKING FOR-

We're interested in people who can deliver engaging, accessible sessions, as a one-off workshop, a short series, or as part of a larger event. This could include:

- Creative workshops
- Movement-based sessions
- Wellbeing and mental health
- Music and singing activities
- Nature-based sessions
- Wildlife and environmental



-WHO WE'RE LOOKING FOR-

We're looking for people who:

- Are approachable, patient, and inclusive
- Can adapt sessions to suit different needs

Experience of working with people with additional support needs is helpful, but not essential. The right attitude and approach matter most.



-HOW IT WORKS-

Opportunities can vary, from one-off sessions to ongoing involvement, depending on the programme and funding available. Fees are discussed on a case-by-case basis, depending on the type of session, duration, and available budget. If you're interested in working with us, please get in touch!



VOLUNTEER FEEDBACK!

Alongside our staff team, we have an amazing group of volunteers.

Thank you for everything you do!

Training and feedback:

We're currently developing new training to better support both volunteers and staff. If you're a volunteer, we'd really appreciate you taking a few minutes to complete this short feedback form! Your input will help shape what we create.

Feedback Form



Volunteer celebration:

We love to say thank you! All volunteers are invited to our Summer BBQ. No matter your role or how often you come, you're welcome.

Monday 10th August, 12-3pm (Indoors if the weather isn't great).

Want to join as a volunteer?

We currently have opportunities for volunteer facilitators in our weekly groups:

Wednesday AM - Art

Thursday PM - Art

Friday AM - Active Group

Friday AM - Gardening

As well as with our events and monthly socials.



Interested? Email Danielle (Manager) at danielledp@uppertunity.co.uk.

Feel free to ask any questions.

All volunteers are welcome to a free soup and/or 50% on our menu!

All roles are subject to completed disclosures before starting.

JOIN US

Joining 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 joining form, and fill out a community member postcard with a photo. You then join the Uppertunity community!

We are not a drop-in service. We look at the dynamic of each group to ensure there is a good fit for everyone. 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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CAROLINE BENTLEY

Community Engagement Lead

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UPPERTUNITY LIMITED

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