



Uppertunity is a Dundee-based charity dedicated to empowering individuals to lead fuller, more meaningful lives.

We work with people aged 16 and over with additional support needs, learning disabilities, autism, and mental health barriers.

Our mission

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

Why we're needed

People with learning disabilities are one of the most marginalised groups, yet opportunities for growth and development remain limited. This can affect families, increase pressure on services, and create further separation in society.

Uppertunity exists to bridge this gap.

What we do

Through a range of activities, we support: personal development; confidence and resilience; social connection; and transferable life skills.

Contact us

 **Location:** Ground Floor Left, The Circle at Dudhope Castle, Barrack Road, DD3 6HF

 **Phone:** 07931 560936

 **Email:** info@uppertunity.co.uk

 **Website:** uppertunity.org.uk

 **Follow us:** Facebook / Instagram / LinkedIn

Get involved

Join us in creating a more inclusive community! Visit our website or in person to learn how you can participate in or support our programmes.



OUR MISSION

WHAT WE AIM TO DO

Foster Empowerment and Belonging

Support individuals with additional support needs and those who feel marginalised to feel empowered, valued, and connected to their community.



Promote Growth and Resilience

Encourage individuals to develop thriving mindsets, transferable life skills, confidence, and resilience through curiosity, playfulness, and exploration.

Challenge Perceptions

Shift negative perceptions of self and others, fostering open-mindedness and breaking down barriers of misunderstanding.

Build Sustainable Communities

Create social, economic, and environmental sustainability by engaging communities in partnership, education, and practical action.



Encourage Connection and Collaboration

Develop meaningful partnerships and connections to overcome isolation, learn from one another, and cultivate togetherness.

OUR VALUES

HOW WE WORK

Creativity

Creativity engages the mind, enables broader thinking, and connects us to hidden parts of ourselves. We explore creativity through art, cooking, gardening, and playful activities that inspire new ideas and problem-solving.

Empowerment

We work with individuals, not for them. By fostering mutual respect and encouraging ownership, we help individuals build confidence and lead fulfilling lives.

Mindset

We advocate for progress, not perfection. It's about the journey. Through exploration, learning, and curiosity, we help individuals develop resilience and shift their focus to possibilities, not limitations.

Togetherness

True change happens collectively. We inspire community action, partnership, and collaboration to build stronger, more inclusive connections.

Sustainability

We aim to create a sustainable future through social, economic, and environmental practices, including creative waste reduction, awareness raising, and partnership working.

OVERVIEW OF OUR SERVICES

At Uppertunity, there's something for everyone! Whether you want to try something new, build your confidence, meet new people or just have fun, you'll find a space to grow here.

Weekly Warriors

Take part in more than 20 fun and friendly workshops every week! Our creative programme includes art, drama, music, sewing, gardening, movement, cooking, life skills and much more. These groups help you build confidence, learn new skills, express yourself and be part of a supportive community.

Social Butterflies

Take part in social activities, including group outings, themed events, our inclusive Bowling Stones League and our daily lunch club (Tues-Fri, 12-1pm at Uppertunity). We also work with community partners and guest facilitators to bring new experiences and activities to our members. See our newsletter for a list of events.

UppLift

Build confidence, develop skills and gain experience through learning and volunteering. UppLift includes volunteer opportunities, student placements, and staff development, alongside programmes that help people build healthy relationships and communication skills. We also provide support for carers.

Power of Diversity

Celebrate what makes each person unique and help us challenge stereotypes through creativity. Our community shape and create exhibitions and collaborative creative projects that share messages about diversity, community and inclusion. We also create merchandise that helps spread these messages.

Green Explorers

Explore nature, try new outdoor experiences and discover ways to care for our planet. Activities include gardening, nature walks, creative outdoor projects, environmental learning and exploring our History and Nature Trail at Dudhope Castle. Green Explorers helps people connect with nature and improve health.

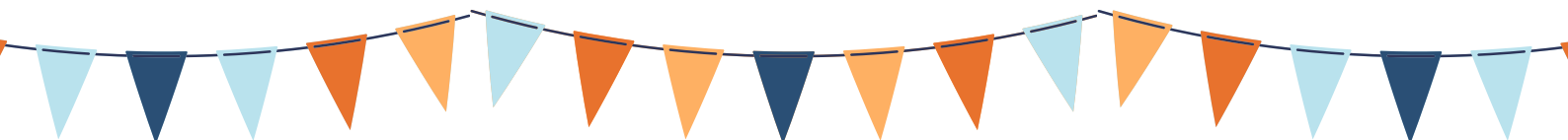


WEEKLY WARRIORS TIMETABLE

Enjoy fun activities each week, try something new and spend time with friends!
Spaces must be booked in advance. Get in touch to find out what's available.

MORNING SESSIONS

Tuesday	Wednesday	Thursday	Friday
Pick & Mix 10am-12pm, £5 A changing mix of creative, crafty and active activities. Try something different and have fun	Scribbles 10am-12pm, £5 A social and therapeutic arts group where different senses are stimulated and explored	Freestyle 10am-12pm, £5 A social group where we explore new creative projects, and experiment with art	Moving on Upp 10am-12pm, £5 An active group offering activities including dance, yoga and ball sports
Unique Beats 10am-12pm, £5 An active art group where we play drama games, create characters, write scripts, and have fun	Freestyle 10am-12pm, £5 A social and creative group where we take part in different creative projects every week	Upp Skills 10am-12pm, £5 A hands-on workshop changing every 4 weeks. Explore a new skill each block. See our website	Doodles 10am-12pm, £5 A social and creative based art group, where we learn to design and create different art
	Shine Time 10am-12pm, £5 An expressive group exploring music, movement, singing, drama games, and confidence building.		Grow Curious (Garden Volunteering) 10am-12pm Help tend to the gardens at Dudhope Castle
			Unique Rhythm 10am-10:50am, £3 11am-11:50am, £3 A music & singing group, led by Ed, Face the Music
Mix it Upp Cooking 10am-12pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	Mix it Upp Cooking 10am-12pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	Mix it Upp Cooking 10am-12pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment	Mix it Upp Cooking 10am-12pm, £5 Try new recipes and build confidence in the kitchen in a supportive, hands-on environment
Lunch Club Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time! 12:00-12:45pm Last food orders at 12:30pm			



WEEKLY WARRIORS TIMETABLE

Enjoy fun activities each week, try something new and spend time with friends!
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AFTERNOON SESSIONS

Tuesday	Wednesday	Thursday	Friday
Lunch Club Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time! 12:00-12:45pm Last food orders at 12:30pm			
Freestyle 1pm-3pm, £5 A social group where we explore new creative projects, and experiment with art	Unique Beats: Spotlight 1pm-3pm, £5 A performance art group where we explore drama, scripts, characters, filmmaking and creative confidence	Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Scribbles 1pm-3pm, £5 A social arts and crafts group where different senses are stimulated and explored
Scribbles 1pm-3pm, £5 A social and therapeutic arts and crafts group where different senses are stimulated and explored	Totally Stitched 1pm-3pm, £5 This group uses fabrics and textiles in different ways to create art, including sewing	Wise Upp 1pm-3pm, £5 An interactive space to learn life skills including travel, money, healthy living, numeracy, relationships and more	Upp & Oot 1pm-3pm, £5 Nature and active group to explore outdoors, grow plants indoors, and learn about the environment
	Doodles 1pm-3pm, £5 A social and creative based art group, where we learn to design and create different art	Shine Time 1pm-3pm, £5 An expressive group exploring music, movement, singing, drama games, and confidence building	Comic Club 1pm-3pm, £5 Learn about character creation, stories, drawing and design
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GAMES, SOCIALISING AND CAKE!

A relaxed and friendly social group for adults 18+ with learning disabilities, autism and additional support needs.

Come along to meet people, enjoy games and activities, and have some tasty treats. Each session will also include fun, accessible learning about friendships, relationships, communication, boundaries and staying safe, both in person and online.



HOW DOES IT WORK?

We run two sessions each month, one during the day and one in the evening. Each session will be a little different, with games, group activities, conversations and guest speakers sharing practical learning in a fun and relaxed way.

WHAT WILL WE EXPLORE?



- Making and keeping friendships
- What makes a healthy relationship?
- Getting to know new people
- Communication and confidence
- Understanding personal boundaries and other people's boundaries
- Safe socialising online
- Staying safe in person



WHEN IS IT?

DAYTIME SESSIONS 10am-12pm

Thurs 8th Oct 2026
Thurs 5th Nov 2026
Thurs 3rd Dec 2026
Thurs 14th Jan 2027
Thurs 4th Feb 2027
Thurs 4th Mar 2027

EVENING SESSIONS 5:30pm-7:30pm

Thurs 22nd Oct 2026
Thurs 12th Nov 2026
Thurs 17th Dec 2026
Thurs 21st Jan 2027 (16+)
Thurs 18th Feb 2027
Thurs 11th Mar 2027

WANT TO JOIN?



- All sessions are FREE to attend.
- There are 15 spaces available at each session.
- You can come to one session, or lots.
- Each session must be booked separately.
- Email info@uppertunity.co.uk.

ARE YOU A CARER?

Evening carer & family sessions

During our Thursday evening sessions, parents, carers and support staff can join us in a separate room for an informal space to connect, share experiences, chat and support one another.

BOWLING STONES LEAGUE

An inclusive bowling league for people aged 16+ with additional support needs.

Teams from organisations across Dundee and the surrounding area come together once a month to bowl, socialise and have fun, with scores adding up throughout the season!

It's a great way to meet new people and have fun. We finish the season with a special Awards Celebration.

Join at any time. Contact info@uppertunity.co.uk for more information or to get involved.

Next League Dates (2026/27)

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

£6 for two games

Hollywood Bowl, Douglas Road, Dundee

6 th Nov 2026	4 th Dec 2026
15 th Jan 2027	12 th Feb 2027
12 th Mar 2027	9 th Apr 2027
14 th May 2027	11 th Jun 2027
16 th Jul 2027	13 th Aug 2027
10 th Sep 2027	8 th Oct 2027



The last bowling game for the 2025/26 league is on Friday 9th October at Tenpin Kingsway.

Then the new league starts at Hollywood Bowl.

HOW TO JOIN

Joining weekly groups and volunteering:

A formal referral is not needed; our process is very simple.

1. Have a look at our monthly newsletter or brochure to see what we have on offer.
2. Email info@uppertunity.co.uk or phone us, and tell us about your interests.
3. We'll then arrange a chat with our Engagement Lead, 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

CATRIN EVANS

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UPPERTUNITY LIMITED

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07931 560936

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CAROLINE BENTLEY

Community Engagement Lead

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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



JOIN OUR WHATSAPP ANNOUNCEMENTS GROUP



We have a WhatsApp announcements group, which is open to members, families, carers, volunteers and anyone connected to Uppertunity. Scan the QR code to join and keep up to date.

