

## FriendZ Space Timetable

### March 2025

### Zoom Sessions

Please book your place using Eventbrite by clicking **BOOK NOW** in the timetable

Fully booked? If you would like on the waiting list, please email



**[gaylin.higginson@dsscotland.org.uk](mailto:gaylin.higginson@dsscotland.org.uk)**  
**[friendz@dsscotland.org.uk](mailto:friendz@dsscotland.org.uk)**




**Gaylin 0738547373**  
**0300 030 2121 (9-5pm)**




#### Week 1 – w/b 3<sup>rd</sup> March

Date	Time	Activity
<b>Tuesday</b> <b>4<sup>th</sup> March</b>	6 -6:45pm	 <b>Baking: Pancake Tuesday</b> Let's celebrate Pancake Day! We'll send you a simple recipe and you can add whatever toppings you enjoy. (Support may be required.)
<b>Wednesday</b> <b>5<sup>th</sup> March</b>	5:30 – 6:15pm	 <b>Danceathon</b> Come along and dance the night away to some of our favourite songs.


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<b>Thursday 6<sup>th</sup> March</b>	5:45 – 6:30pm	 <b>Bingo with Cher</b> We will send you a bingo card, come along to get the lucky numbers.
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### Week 2 – w/b 10<sup>th</sup> March

Date	Time	Activity
<b>Tuesday 11<sup>th</sup> March</b>	5:30-6:15pm	 <b>FriendZ Space Blether</b> Help us make FriendZ Space even better! Come along and tell us what you'd like to see at FriendZ Space in the future!
<b>Wednesday 12<sup>th</sup> March</b>	6-6:45pm	 <b>Karaoke</b> You pick the songs and we all singalong!
<b>Thursday 13<sup>th</sup> March</b>	6-6:45pm	 <b>Ask Charlie</b> Bring along your tricky questions to catch our friend Charlie out.




### Week 3 – w/b 17<sup>th</sup> March

Date	Time	Activity
<b>Wednesday 19<sup>th</sup> March</b>	6:30 – 7:15pm	 <b>Fit FriendZ</b> Come and join our friend Emily for some fitness, dance and music!

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<b>Thursday 20<sup>th</sup> March</b>	5 – 5:45pm	 <b>Film Club: DS Awareness Week</b> Come along and share your favourite TV shows or Movies which include characters who have Down's Syndrome.
<b>Thursday 20<sup>th</sup> March</b>	6:15 – 6:45pm	 <b>Downs Syndrome Awareness Cafe</b> Let's chat about your experiences of being a person with Down's Syndrome! All the joy, fun, the difficult days and your dreams for the future.

#### Week 4 – w/b 24<sup>th</sup> March

Date	Time	Activity
<b>Tuesday 25<sup>th</sup> March</b>	6-6:45pm	 <b>Craft Club: Jewellery Making</b> Make a necklace using pasta, beads and string. We will send you some materials. Come along and get your hands busy crafting. (Support may be required.)
<b>Thursday 27<sup>th</sup> March</b>	6 - 6:45pm	 <b>Story Club: Harry Potter</b> Join us to read or listen to 'Harry Potter and the Philosopher's Stone' by J.K. Rowling. The book or audio version will be sent to you. Then tell us what you think. (Book in as soon as possible so that you have time to read.)
<b>Thursday 27<sup>th</sup> March</b>	7-8 pm	 <b>Live Disco</b> Join us for a fun evening of music and dancing with DJ Giacinta!

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