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






**Shaun    07825 586 444**  
**(Edinburgh, Falkirk & Central, Fife, Glasgow)**



**Karen:    07825 873 726**  
**(Inverness, Aberdeen & Perth/Dundee)**

## MAY 2025

Where	Date and Time	Activity
<b>FALKIRK</b>	Wednesday 7 <sup>th</sup> May  6.30-8pm	<b>Ten Pin Bowling</b>    <b>Cost - £5-£7</b>

<b>GLASGOW</b>	<p>Saturday 10<sup>th</sup> May</p> <p>11.00am</p>	<p><b>Cycling at Freewheel North</b></p>  <p><b>Cost: £5-£10</b></p>
<b>FIFE</b>	<p>Sunday 11<sup>th</sup> May</p> <p>2.00pm – 4.00pm</p>	<p><b>Photography Workshop in Tentsmuir National Nature Reserve with professional photographer Kathryn</b></p>  <p><b>Cost: £0</b></p>
<b>ABERDEEN</b>	<p>Friday 16<sup>th</sup> May</p> <p>6.30-8pm</p>	<p><b>The Congo Adventure Golf – Indoors at Cadona's</b></p>  <p><b>Cost - £8 plus money for a drink/snack</b></p>

<b>EDINBURGH</b>	<p>Saturday 17<sup>th</sup> May</p> <p>10.00am-12.00pm</p>	<p><b>Art Workshop and Guided Exhibition Tour at the National Portrait Gallery</b></p>  <p><b>Cost - £0 &amp; money for a drink</b></p>
<b>FALKIRK</b>	<p>Sunday 18<sup>th</sup> May</p> <p>Afternoon</p>	<p><b>Friendz Utd Football Session at Falkirk FC</b></p>  <p><b>Cost - £0</b></p>
<b>INVERNESS</b>	<p>Tuesday 20<sup>th</sup> May</p> <p>6.30-8pm</p>	<p><b>CHATTY WALK – An evening walk around the Ness Islands, into town for an ice-cream at Miele's and back to Ness Islands.</b></p>  <p><b>Cost – money for an ice cream</b></p>

<b>PERTH/DUNDEE</b>	<p>Date and Time <b>TBC</b></p> <p>If you are interested in coming along please email <a href="mailto:Friendz@dsscotland.org.uk">Friendz@dsscotland.org.uk</a></p>	<p><b>Football Golf at North Inch Golf Course</b></p>  <p><b>Cost - £5-£10</b></p>
<b>INVERNESS</b>	<p><b>Saturday 10<sup>th</sup> <u>OR</u> 24<sup>th</sup> May</b></p> <p>Will be in the morning for 1-1.5 hrs</p> <p>If you are interested in coming along please email <a href="mailto:Friendz@dsscotland.org.uk">Friendz@dsscotland.org.uk</a></p>	<p><b>Fun Trike Ride with Spokes for Folks</b></p>  <p><b>Cost:</b> suggested £2 donation and money for an ice cream</p>

**If it is your first time at a Meet Up, we will email you a form to fill in. Please email the form back to us before the Meet Up.**

**We will email you 1 week before the Meet Up to let you know where to meet.**