



Please book your place using Eventbrite
by clicking on the [Book Now](#) in the timetable.

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





friendz@dsscotland.org.uk



Gaylin:	07385 473673	(Edinburgh)
Andy:	07385 473615	(Glasgow)
Karen:	07825 873726	(Inverness, Aberdeen, Dundee & Fife)
Debbie:	07825 033803	(Perth)
June:	07825 873726	Karen's phone (Falkirk)

- Sadly, Shaun is leaving DSS on 18th May. We would like to thank him for all his hard work with the FriendZ Meet Up's programme. Please contact Karen until we have new staff in place. Until then some friendly faces from DSS will be hosting Meet Up's in your local area.
- We would also like to ask you to **SAVE THE DATE** - Saturday 13th September – we will be having a party in STIRLING for all our friends from FriendZ Space & FriendZ Meet Up's. More information to follow, but it's going to be fun!

JUNE 2025

Where	Date and Time	Activity
INVERNESS	<p>If you are interested in this activity, please email karen@dsscotland.org.uk</p>	<p>Bus trip to Nairn and beach bingo!</p>  <p>Cost – max £10</p>
GLASGOW	<p>Tuesday 10th June</p> <p>6.30-9.30pm</p>	<p>Music gig</p> <p>Move On Up provides an opportunity for young disabled musicians to come together to develop their musical skills and work together in a band. This evening will showcase the amazing music these bands have been working on for the past few months. Come along and enjoy a fun-filled evening of songs you know and love...plus a few surprises along the way!</p>  <p>Cost: Suggested donation £5 + money for a drink</p>

FALKIRK	<p>Wednesday 11th June</p> <p>6-7.30pm</p>	<p>Archery & Ice Cream</p> <div>   </div> <p>Cost: £12.50</p>
<p>FIFE</p> <p>(DUNFERMLINE)</p>	<p>Friday 13th June</p> <p>6-7.30pm</p>	<p>Adventure Golf</p> <div>  </div> <p>Cost: £9.50 + money for a drink</p>
DUNDEE	<p>Saturday 14th June</p> <p>11.30am-2pm</p>	<p>Chatty walk & lunch at Riverside</p> <div>  </div> <p>Cost: £15-20 per person</p>
EDINBURGH	<p>Thursday 19th June</p> <p>6.30-8pm</p>	<p>Adventure Golf</p> <div>  </div> <p>Cost: max £10 + money for a drink</p>

ABERDEEN	Saturday 21 st June 12-3pm	Science Centre visit  Cost: max £10 + money for a drink/snack
PERTH	Monday 23rd June 12-2pm	Footgolf  Cost: max £7 + money for a drink
INVERNESS	Tuesday 24 th June 6.30-8pm	Chatty Walk at the Canal  Cost: Money for a drink
GLASGOW	Sunday 29 th June 10.30am-12.30pm	Chatty Walk in Queens Park & a coffee stop  Cost: money for a coffee

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 to let you know where to meet.