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





Gaylin: 07385 473673 (Edinburgh)  
Andy: 07385 473615 (Glasgow)  
Karen: 07825 873726 (all other areas)

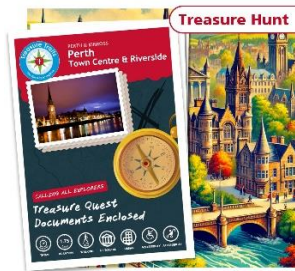
**We will email you 1 week before the Meet Up with all the details**

## JULY 2025

Where	Date and Time	Activity
EDINBURGH	Thursday 10 <sup>th</sup> July  6-8pm	Pizza Night in the City    Cost - £20/25 approx

<p><b>INVERNESS</b></p>	<p><b>Friday 18<sup>th</sup> July</b></p> <p><b>11am-1.30pm</b> (Open day hours are 11-3pm but we will visit 11-1.30pm)</p> <p><b>Karen may be able to provide transport – let us know if this is helpful</b></p>	<p><b>Cantraybridge Open Day – lots of fun!</b></p>  <p><b>Cost – free entry + money to spend on the stalls/lunch</b></p>
<p><b>DUNDEE</b></p>	<p><b>Saturday 19<sup>th</sup> July</b></p> <p><b>Time tbc</b></p> <p>Please email <a href="mailto:FriendZ@dsscotland.org">FriendZ@dsscotland.org</a> if you would like to come along</p>	<p><b>Open Top bus tour – let's explore by bus and hope the sun is shining!</b></p>  <p><b>Cost - £10 per person</b></p>
<p><b>FIFE (Dunfermline)</b></p>	<p><b>Date &amp; time tbc</b></p> <p>Please email <a href="mailto:FriendZ@dsscotland.org">FriendZ@dsscotland.org</a> if you would like to come along</p>	<p><b>Adventure Golf</b></p>  <p><b>Cost: £9.50 + money for a drink</b></p>

<b>GLASGOW</b>	<b>Thursday 24<sup>th</sup> July</b>  <b>12-3pm</b>	<p><b>Art, Research, Lunch &amp; an Amazon voucher!</b></p> <div data-bbox="948 212 1385 387">  </div> <p><b>We are holding an art workshop and a scrummy lunch.</b></p> <p><b>We will also be joined by Dr Charlotte who is doing research about using technology for your health needs. So, if you are happy to answer some questions during the session and come back and do it all again in November then you will receive a £20 Amazon voucher too!</b></p> <p><b>Cost: Free!</b></p> <p><i>The project funded by the National Institute for Health and Care Research (NIHR). We are looking at how adults with learning disabilities use (or do not use) technology to support their health and wellbeing. The survey is supported by a researcher, takes 20 – 40 minutes, and participants receive a £20 voucher after completing the survey at two time points, about five months apart.</i></p> <p><b>Dr Charlotte Hardacre</b>   Research Fellow    Manchester Metropolitan University and The University of Dundee</p>
<b>ABERDEEN</b>	<b>Friday 25<sup>th</sup> July</b>  <b>11am-1pm</b>	<p><b>Brunch, Prize Bingo, Research &amp; an Amazon voucher!</b></p> <div data-bbox="938 1742 1394 1926">  </div>

		<p><b>We are holding a brunch in Aberdeen because we enjoyed the last one so much! We will also play some digital health bingo with prizes!</b></p> <p><b>We will be joined by Dr Charlotte who is doing research about using technology for your health needs. So, if you are happy to answer some questions during the session and come back and do it all again in November then you will receive a £20 Amazon voucher too!</b></p> <p><b>Cost: Free!</b></p> <p><i>The project funded by the National Institute for Health and Care Research (NIHR). We are looking at how adults with learning disabilities use (or do not use) technology to support their health and wellbeing. The survey is supported by a researcher, takes 20 – 40 minutes, and participants receive a £20 voucher after completing the survey at two time points, about five months apart.</i></p> <p><b>Dr Charlotte Hardacre</b>   Research Fellow   Manchester Metropolitan University and The University of Dundee</p>
<b>PERTH</b>	<p><b>Saturday 26<sup>th</sup> July</b></p> <p><b>11.45am- 1.45pm</b></p>	<p><b>The Perth Treasure Trail – A treasure hunt themed walking trail around Perth. Let’s discover more about where you live!</b></p> 

		<b>Cost - £2 per person + money for a drink</b>
<b>GLASGOW</b>	<b>Sunday 27<sup>th</sup> July</b>  <b>5.45-10pm (approx. finish time)</b>  <b>(2 staff will host this event; if you would like to take a support person, they would need to buy their own ticket)</b>	<b>Outdoor Cinema to watch Mamma Mia!</b>    <b>Cost - £6.50 per ticket</b>
<b>INVERNESS</b>	<b>Tuesday 29<sup>th</sup> July</b>  <b>6.30-8pm</b>	<b>Chatty Walk at Torvean Park</b>    <b>Cost – free but take a drink with you</b>
<b>CENTRAL (Linlithgow)</b>	<b>Date &amp; time tbc</b>  <b>Please email <a href="mailto:FriendZ@dsscotland.org">FriendZ@dsscotland.org</a> if you would like to come along</b>	<b>The Missing Jewels of Linlithgow Palace Treasure Trail – can you crack the code on our Spy Mission themed walking trail?</b>

		 <p><b>Cost - £2 per person + money for a drink</b></p>
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- **If this 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.**