

FriendZ Space Timetable

October 2025

Zoom Sessions

Please book your place using Eventbrite
Fully booked? Email us to be added to the **waiting list**.
Please **cancel** if you are unable to attend.




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Announcement: Please welcome Molly, our current DSS staff who joins Hannah from this month onwards to help with running FriendZ Space! Take note of slight adjustments to the schedule as we transition 😊

Week 1

Date	Time	Activity
Friday 3rd October	5:45-6:30pm	 Karaoke Send us your song request, and we all singalong!

T: 0300 030 2121 **E:** info@dsscotland.org.uk **W:** www.dsscotland.org.uk

Week 2




Date	Time	Activity
Tuesday 7th October	6-6:45pm	 Ask Charlie! Bring along your tricky general knowledge questions to catch our friend Charlie out.
Wednesday 8th October	6-6:45pm	 Dance-a-thon Come along and dance the night away to your favourite party songs.
Thursday 9th October	5:45-6:30pm	 Bingo with Cher We will send you a bingo card, come along to get the lucky numbers.

Week 3

Date	Time	Activity
Tuesday 14th October	6-6:45pm	 Film Club: Halloween Movies Come along and share your favourite Halloween or Autumn movie with us
Wednesday 15th October	6:30-7:15pm	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!
Friday 17th October	5:45-6:30pm	 Halloween Baking: Join us to make some sweet and scary marshmallow ghost cookies.

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Week 4

Date	Time	Activity
Tuesday 21st October	6-6:45pm	 Autumn Photography: You'll be sent some instructions to go and take some photos. Then come back and share with FriendZ.
Wednesday 22nd October	5-5:30pm	 Mindful Colouring Come along, listen to some calming music and colour in together. We will send you a colouring-in page.
Thursday 23rd October	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta

Week 5

Tuesday 28th October	6-6:45pm	 Craft Club: Leaf Printing Join us for some autumnal crafting. We'll send some supplies.
Wednesday 29th October	5-5:30pm	 Cosy Cuppa: Something Cinnamon! Let's celebrate the arrival of Autumn! Bring anything with cinnamon in it... like chai latte, hot chocolate or a cinnamon bun and let's have a chat!

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Friday 31 October	5:45-6:30pm	 Halloween Party Join us for a spooky Halloween quiz. There will be a prize for the most best fancy dress.
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