



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

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



friendz@dsscotland.org.uk



Lynne:	07392 464000	Perth, Dundee & Fife
Andy:	07385 473615	Glasgow, Edinburgh & Central
Karen:	07825 873726	Inverness & Aberdeen

Meet Ups News

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 all the details you will need.

Welcome into 2026! We hope you all had a nice time over the holidays.

Lots more to look forward to with Meet Ups in the year ahead – we hope you will join us!

We always want to know that we are delivering the Meet Ups programme in a way that suits the people taking part – so please look out for an email at the end of January with a short evaluation. It would mean so much to us if you would take the time to fill it in.

Thank you 😊

FEBRUARY 2026

Where	Date and Time	Activity
INVERNESS	Tuesday 3rd February 6.30-8pm	Dinner Date  <p>One of our FriendZ Meet Ups members has kindly invited us to their house and will cook dinner for us. More details available nearer the time.</p> <p>Cost: Free</p>
EDINBURGH (Leith)	Wednesday 4th February 6pm – 8pm	FriendZ Pizza Night  <p>Cost: Main course is £9.50-13.50 If you would like to buy drinks, sides or desserts please bring more £££.</p>
ABERDEEN	Friday	Bowling Fun

	<p>6th February 7-8.30pm</p>	 <p>Cost: £8.50 + money for a drink</p>
FALKIRK	<p>Saturday 7th February 12.30 - 1.30pm</p> <p>Remember to book a ticket even if you are a regular!</p>	<p>FriendZ Utd Football Training</p>   <p>Cost: FREE - thanks to generous funding from the Falkirk Foundation.</p>
EDINBURGH	<p>Wednesday 18th February 6pm - 8pm</p>	<p>Edinburgh Art Club</p>  <p>Cost: Free, all materials included. Bring your own refreshments/snacks.</p>

PERTH	Saturday 21st February 2-4pm	<p>Perth Museum Tour</p> <p>Stone of Destiny Visit with cuppa in the café afterwards</p>  <p>Cost: £5 per person suggested donation for tour.</p> <p>Cuppa afterwards will be paid by DSS</p>
LOCH LOMOND	Sunday 22nd February 1pm - 3pm	<p>SeaLife Centre Loch Lomond</p>  <p>Cost - £7.95 per person plus money for refreshments.</p>
FALKIRK	Wednesday 25th February 6pm - 8pm	<p>FriendZ Pub Dinner</p> 

		<p>Cost - £12 approximately for a main, plus extra for other courses/drinks.</p>
DUNDEE	<p>Thursday 26th February 6:30 – 8pm</p>	<p>Bowling Fun</p>  <p>Cost: £6 for 2 games + money for a drink.</p>
GLASGOW	<p>Saturday 28th February 1pm – 3pm</p>	<p>Retro Reels @ Riverside Museum</p>  <p>‘Featuring a fascinating collection of replica props and stories from films and TV shows such as Star Wars, Back to the Future, Dr. Who, Gremlins and E.T.’</p> <p>Cost – FREE & Cuppa afterwards paid for by DSS.</p>