

FriendZ Space Calendar

March 2026

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: FriendZ Takes on Awareness Week!



This March, the FriendZ community is coming together to raise awareness and funds for Down's Syndrome Scotland during Awareness Week, and we'd love you to be involved!

How You Can Join In?



We're inviting as many of our FriendZ members as possible to support us by setting up their own JustGiving page.



You can use the link below to get started and join our FriendZ fundraising community:

<https://www.justgiving.com/campaign/friendz>



Using this link makes sure your page is part of our FriendZ community total!

Need Fundraising Ideas?

Once your page is set up, you can fundraise in any way that works for you.

To help, we've created a fun fundraising poster packed with creative ideas to help raise awareness and funds. Please use the emails above to request this.

Thank You!

Thank you so much for being part of the FriendZ Space and Meetups community and for helping us to make a real difference this Awareness Week!

If you have any questions at all, Hannah is always happy to help.

Warm Wishes,

Team FriendZ!

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

Week 1



Date	Time	Activity
Tuesday 3 rd March	5:45-6:30pm (Hannah)	 Karaoke 1 Do you love singing? Bring your best songs. <i>Send us your song requests by email</i> <i>Please only book one karaoke session per month to allow everyone to have a turn!</i>
Wednesday 4 th March	5:45-6:30pm (Molly)	 Film Club What's your favourite funny film ? Come along and share it at film club!
Thursday 5 th March	5:45-6:30pm (Hannah)	 World Book Day Bring along your favourite book and tell us all about it! You can even dress as your favourite character if you would like!

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Week 2



Date	Time	Activity
Tuesday 10th	5:30-6:15pm (Hannah)	 Craft Club – Mother's Day Cards Come and make a special craft for your Mum, Gran, Sister or another important person in your life!
Wednesday 11th	5:30-6:15pm (Molly)	 Musical Singalong Do you have a favourite song from a musical? Share it with the group, watch the film clip and singalong!
Thursday 12th	7-8pm (Hannah)	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!

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Week 3



Date	Time	Activity
Tuesday 17th March	5:30-6:15pm (Hannah)	  Awareness Week! What will you be doing to raise awareness this Down's Syndrome Awareness Week? Let's talk about this important week and what we are doing to celebrate!
Wednesday 18th March	6:00-6:45pm (Molly)	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Thursday 19th March	6:30-7:15pm (Hannah)	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!

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Week 4



Date	Time	Activity
Tuesday 24 th	(Hannah) 5:45-6:30pm	 Just Dance Come and learn some new moves with the FriendZ gang!
Wednesday 25 th	(Molly) 5:45-6:30pm	 Karaoke 2 Do you love singing? Bring your best songs. <i>Send us your song requests by email</i> <i>Please only book one karaoke session per month to allow everyone to have a turn!</i>
Thursday 26 th	5:45-6:30pm (Hannah)	 Bingo With Cher We will send you a bingo card, come along to get the lucky numbers!

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Week 5



Date	Time	Activity
Tuesday 31 st	5:30-6:15pm (Hannah)	 Easter Baking Club It's almost easter weekend! Let's make easter nests with some mini eggs!
Wednesday 1 st	5:45-6:30pm	 Easter Cosy Catch Up Bring a cosy drink of your choice, a hot cross bun, easter egg or another snack and have a chat!
Thursday 2 nd	(Hannah) 5:45-6:30pm	 Collections What do you collect? Bring along your interesting things to show us!

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