

 **In-person Meet Ups**

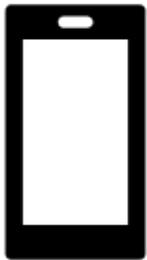


Please book your place using Eventbrite
by clicking on the [Book Now](#) in the calendar.

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.**

**Please see details on next page about Down's
Syndrome Awareness Week!**

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.

Hannah.dobson@dsscotland.org.uk

Warm Wishes

Team FriendZ!

MARCH 2026

Where	Date and Time	Activity
ABERDEEN	<p>FRIDAY 6th March</p> <p>1.30-3.30pm</p> <p>Please note: This Meet Up is only available to people who took part in the 1st session in July 2025.</p> <p>Please email karen@dsscotland.org.uk by 2nd March to confirm you will be coming along</p>	<p>2nd part of the Digital Health Research</p>  <p>We are holding the 2nd part of the Digital Health Research. We will have tea/coffee, cakes and a quiz with a great 1st prize!</p> <p>We will again be joined by Dr Charlotte. Come along and collect your £20 Amazon voucher as a thank you for taking part in both sessions!</p> <p>Cost: Free – all costs will be met jointly by Dr Charlotte & FriendZ Meet Ups</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>Dr Charlotte Hardacre Research Fellow Manchester Metropolitan University and The University of Dundee</p>

<p>FALKIRK</p>	<p>SATURDAY 7th March</p> <p>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>FALKIRK FOUNDATION OUR COMMUNITY, OUR FUTURE</p> <p>Cost: FREE - thanks to generous funding from the Falkirk Foundation.</p>
<p>FALKIRK</p>	<p>THURSDAY 12th March</p> <p>6.30pm-8.30pm</p>	<p>Falkirk Bowling</p>  <p>Cost: £7.50 for 2 games, per person.</p> <p>Bring extra for food/drinks if you like.</p>
<p>FIFE</p>	<p>FRIDAY 13th March</p> <p>7:00 – 8:30pm</p>	<p>Dunfermline Bowling</p> 

		<p>Cost: £7 per person for 2 games.</p> <p>Bring extra money for drink/snack</p>
<p>CUMBERNAULD</p> <p>D</p> <p>(Watch Us Grow is a 25-minute drive from Glasgow, with plenty of parking)</p>	<p>SATURDAY 14th March</p> <p>10am – 2pm</p>	<p>Spring Gardening & Nature Arts Day</p>  <p>Cost: FREE – join this free event for a special day of gardening and arts workshops at our DSS Chelsea garden in Watch Us Grow.</p>
<p>EDINBURGH</p>	<p>WEDNESDAY 18th March</p> <p>6pm - 8pm</p>	<p>Edinburgh Art Club</p> 

		<p>Cost: Free, all materials included.</p> <p>Bring your own refreshments/snacks.</p>
<p>GLASGOW</p>	<p>THURSDAY 26th March</p> <p>7pm-9pm</p>	<p>Karaoke</p>  <p>COST - £7.50 per person for karaoke – bring extra money for drinks.</p>
<p>DUNDEE</p>	<p>Thursday 26th March</p> <p>6:30-8:00pm</p>	<p>Dundee Bowling</p>  <p>Cost: £6 per person for 2 games, plus extra for snack/drink</p>

<p>PERTH</p>	<p>Saturday 28th March</p> <p>10:30 – 1:30</p>	<p>Perth Treasure Trail & Lunch</p>  <p>Cost: around £12 for lunch Venue for lunch tbc</p>
<p>EDINBURGH</p>	<p>SUNDAY 29th March</p> <p>1pm - 3pm</p>	<p>Mini Golf</p>  <p>Cost: £9 per person. Bring extra if you would like food/drinks.</p>
<p>INVERNESS</p>	<p>Date: to be confirmed but it will be a Tuesday evening 6-8pm</p> <p>Please email karen@dsscotland.org.uk by 16th March to let us know if you would like to come</p>	<p>Community Dinner Date</p>  <p>One of our FriendZ Meet Ups members has kindly invited us to their house and will cook dinner for us.</p> <p>Cost: Free</p>