



Down's Syndrome Scotland is a Charitable Company Limited by Guarantee, registered in Scotland No. 356717, Charity No. SC011012 ©

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.

Thanks to everyone who took the time to fill in our Survey Monkey – great response and some great feedback. We will let you know the outcome of your suggestions in the May calendar.

❓ DSS Summer Prom – SAVE THE DATE!!! 🍷

When: 13th June 2026

Where: King Robert Hotel, Stirling




What: We are holding the first ever DSS Summer Prom!

Get your glad rags ready, it's time to party. This event will be for 13+ and will include a disco, buffet and more!

More information on booking tickets and details of the event will be sent out shortly.

APRIL 2026

Where	Date and Time	Activity
FALKIRK	SATURDAY 4TH April 12.30 - 1.30pm Remember to book a ticket even if you are a regular!	<u>FriendZ Utd Football Training</u>  FALKIRK FOUNDATION OUR COMMUNITY. OUR FUTURE Cost - FREE - thanks to generous funding from the Falkirk Foundation.
GLASGOW	Wednesday 8th April 3pm – 5pm	<u>Project Ability 'Violet' Exhibition</u>  PROJECT ABILITY We will visit the amazing Project Ability to see their new exhibition then go for a hot drink & a cake at a cafe. Cost – Free , please bring money for snack & refreshment.

<p>ABERDEEN</p>	<p>SATURDAY 11th April</p> <p><i>Time TBC - Early afternoon screening.</i></p>	<p><u>Cinema Visit</u></p> <p>Let's go and see what Super Mario and friends are up to now!</p>  <p>Cost – Approx. £6, money for a treat or bring your own.</p>
<p>PERTH</p>	<p>Saturday 18th April</p> <p>10:30 - 11:30</p>	<p><u>STEM SQUAD</u></p> <p>We will make our own rockets with the help of Ben from Stem Squad.</p>  <p>Cost - Free!</p>
<p>EDINBURGH</p>	<p>Saturday 25th April</p> <p>1pm – 3pm</p>	<p><u>Edinburgh Royal Botanic Gardens</u></p> 

		<p>Explore Edinburgh's Botanic Gardens, enjoy their new exhibitions and have a picnic with friends.</p> <p>Cost – FREE – Bring a packed lunch for picnic.</p>
DUNDEE	<p>Thursday 23rd April</p> <p>6:30-8pm</p>	<p><u>Dundee Bowling</u></p>  <p>Cost - £6 per person for 2 games, plus extra for snack/drink.</p>
INVERNESS	<p>THURSDAY 30th April</p> <p>6.30-8.30pm</p>	<p><u>Smyths Toys Superstore tour</u></p>  <p>We will be shown around by the Manager and have some toy demonstrations, and everyone gets a goody bag. Finishing in Starbucks afterwards for a drink.</p> <p>Cost – Free, bring money for a drink</p>

