

FriendZ Space Calendar

April 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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FriendZ Space News!

Goodbye Molly!

We are sad to announce that our wonderful FriendZ Space Worker, Molly, will be leaving us on the 31st of March.

While we will all miss her greatly, I'm sure you will join us in wishing her every success for the future!

Hannah will continue to run sessions Tuesday – Thursday while we navigate this transition. If you would like more information or wish to discuss the changes further, please get in touch.

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.

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

Week 1



Date	Time	Activity
Tuesday 7th April	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 8th April	5:45-6:30pm (Hannah)	 Mindful Spring Colouring! Join us for a mindful moment while we get creative and do some colouring inspired by the seasons! (colouring pages emailed in advance)!
Thursday 9th April	5:45-6:30pm (Hannah)	 Musicals Danceathon Come and boogie to your favourite songs from the musicals!

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Week 2



Date	Time	Activity
Tuesday 14th April	6-6:45pm (Hannah)	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Wednesday 15th April	5:45-6:30pm (Hannah)	 Italian Dinner Join us with your favourite Italian food for this themed FriendZ Space dinnertime!
Thursday 16th April	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 3



Date	Time	Activity
Tuesday 21st April	5:45-6:30pm (Hannah)	 Craft Club Come and make a beautiful spring craft to celebrate the season being in full bloom!
Wednesday 22nd April	6:30-7:15pm (Hannah)	 Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!
Thursday 23rd April	7-8pm (Hannah)	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!

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Week 4



Hannah is on annual leave this week. Our wonderful ABC colleagues, June and Siobhan will be covering the sessions with Cher so that you can still enjoy FriendZ Space!

Date	Time	Activity
Wednesday 29th April June	6 – 6:45pm	 Film Club What's your favourite animated film ? Come along and share it at film club!
Thursday 30th April Siobhan	5:30-6:15pm	 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>

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