



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 Dundee, Inverness & Aberdeen

Andy: 07385 473615 Glasgow, Edinburgh & Central

Lindsey: 07585 700467 Glasgow, Edinburgh & Central

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.

Karen Fraser and Andy Auld are both moving on from Down's Syndrome Scotland to new opportunities. Andy's last Meet Up will be Monday 4th April in Edinburgh. Karen's last Meet Up will be 31st April in Inverness.

Lindsey Leitch will be taking on our Meet Ups in Glasgow, Edinburgh & Central.

Lynne Gauton will now be running Meet Ups in Dundee, Aberdeen & Inverness.

We will have news about Perth & Fife soon.



DSS Summer Prom – Book Tickets Now!

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 include a disco, buffet and more!

**For more information, contact Hannah, who will be happy to help –
hannah.dobson@dsscotland.org.uk.**

Where	Date and Time	Activity
<p>ABERDEEN</p>	<p>Saturday 9th May</p> <p>12:30 – 2:30pm</p>	<p>Lunch at Brig O'Don</p>  <p>Cost - £13 to £18 for a main. Extra for drinks/other courses.</p>
<p>FALKIRK</p>	<p>Saturday 2nd May</p> <p>12:30 – 1:30pm</p> <p>Regular attendees please still book a ticket.</p>	<p>Falkirk Foundation Football</p>  <p>Monthly football session with Falkirk Foundation!</p> <p>Cost – FREE.</p>
<p>EDINBURGH</p>	<p>Monday 4th May (Bank Holiday)</p> <p>2pm-4pm</p>	<p>National Museum Scotland - 'GIANTS' exhibition and workshop</p> 

		<p>Explore giant displays and make your own giant creature in a group.</p> <p>Cost - Maximum £10 per person. Concessions available for Universal Credit recipients.</p>
INVERNESS	<p>Saturday 16th May</p> <p>2:00 – 3:30pm</p>	<p>Spokes for Folks Ride</p>  <p>Accessible & sociable trike rides</p> <p>Cost - FREE & money for a drink/snack.</p>
DUNDEE	<p>Thu 21st May</p> <p>6:30 – 8:00pm</p>	<p>Bowling at Hollywood Bowl</p>  <p>Cost - £6 & money for a drink/snack.</p>
GLASGOW	<p>Sunday 24th May</p> <p>1pm – 3pm</p>	<p>Glasgow Nature Day</p> 

		<p>See the Highland Cows, enjoy beautiful scenery and a picnic in Pollock Park.</p> <p>Cost – FREE & bring your own picnic items or money for drink/snack.</p>
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