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FriendZ Meet Ups

July 2026

Activity Calendar

Please book your place on the website
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

Our Development Workers:

Hannah	07385 472359	Senior Development Worker
Lynne	07392 464000	Dundee, Inverness & Aberdeen
Lindsey	07585 700467	Glasgow, Ayrshire & 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.

Staff Updates:

We are pleased to announce that our current TeenZ / FriendZ Space Worker, Hannah Dobson, will be stepping into the role of **Senior Development Worker**.

In this role, Hannah will coordinate the TeenZ Space, FriendZ Space, and FriendZ Meet Ups programmes, helping to support and develop these services.

Where	Date and Time	Activity
<p>FALKIRK</p>	<p>SATURDAY 4th July</p> <p>12:30 – 1:30pm</p> <p>Regular attendees please still book a ticket.</p>	<p><u>Falkirk Foundation Football</u></p>  <p>Joun our monthly football session with Falkirk Foundation!</p> <p>Cost – FREE</p>
<p>DUNDEE (session 1)</p>	<p>SATURDAY 4th July</p> <p><i>Time TBC</i> <i>(Will be in the afternoon)</i></p>	<p><u>Cinema Trip</u></p> <p>Let's go and see what the Minions have been up to in 'Minions & Monsters'</p>  <p>We will be watching the movie at Cineworld Dundee.</p> <p>Cost - £9.00</p> <p>You can also bring money for snacks or bring your own with you.</p>

**GLASGOW
(session 1)**

**SATURDAY
11TH July**

11:45am – 2:30pm

Please note: We will meet earlier so that we can find seats and get comfy before the movie starts!

Open-Air Cinema Trip

Let's watch 'Jumanji' at the open-air cinema!



This event will be at the **Queens Park Arena** in Shawlands.

Cost – TBC

ABERDEEN

**SATURDAY
11TH July**

11:30 – 1:30pm

Chatty Walk & Beach Bingo

Meet at Aberdeen beach for a walk and a catch up!



Cost – FREE and bring your own picnic snack

Dress for the weather!

**DUNDEE
(session 2)**

**THURSDAY
16th JULY**

6:30 – 8:00pm

Monthly Ten-Pin Bowling



Hollywood Bowl, Dundee

Cost – £6 for 2 games plus extra money for snacks/ drinks

**GLASGOW
(session 2)**

**FRIDAY
17th JULY**

6 – 8pm

Outdoor Games & Picnic

Enjoy some outdoor games and a picnic with us at Glasgow Green!



Cost – FREE and bring your own picnic snack

Feel free to bring any games you would like to share with the group!

FALKIRK

**WEDNESDAY
22nd JULY**

6:00 – 9:00pm

Ten-Pin Bowling



Tenpin, Falkirk

Cost – £9.90 plus extra money for snacks/ drinks

EDINBURGH

**SUNDAY
26th JULY**

11am – 1:00pm

Please Note: the restaurant is down a small flight of stairs.

Pancake Brunch

Join us for a tasty pancake brunch at Stack & Still in Edinburgh!



Cost – Approx. £15 - £20

INVERNESS

**SUNDAY
26th JULY**

1:30 – 4:00pm

Treasure Trail

**Let's go on a treasure trail around
the Castle & Riverside areas!**



**Cost – FREE and bring money for a
drink/snack as we will have a break
on the way round**