

FriendZ Space Calendar

July 2026

Zoom Sessions

- ★ Please book your place on our website
- ★ 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!

We are delighted 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.



Hannah will continue to facilitate FriendZ Space sessions each week. She wouldn't want to miss them!

We are also thrilled to announce that Matt Hughes will be joining us as our new TeenZ Space/ FriendZ Space worker! He will be in sessions throughout July, with plenty of opportunities for you to meet and welcome him.

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

Week 1





Date	Time	Activity
Wednesday 8th July	5:45-6:30pm	 Cosy Cuppa Coorie in with a warm drink for a cosy chat with your FriendZ Space friends!
Thursday 9th July	7-8pm	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!

Please note: We are running at a reduced capacity while we hire and train new members of staff for the team. We will be increasing our services again once this has happened. Thank you for your understanding and patience.

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Week 2




Date	Time	Activity
Tuesday 14th July	6-6:45pm	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Thursday 16th July	5:45-6:30pm	 Karaoke Do you love singing? Bring your best songs! <i>Send us your song requests by email</i>

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Week 3





Date	Time	Activity
Tuesday 21 st July	5:45-6:30pm	 <p>Film Club What's your favourite Summer Film? Maybe something that is set in Summer or makes you think of the season!</p>
Thursday 23 rd July	6:30-7:15pm	 <p>Fit FriendZ Join us with our favourite performer Emily, for some stretching, dance moves and music!</p>

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Week 4



Date	Time	Activity
Tuesday 28th July	5:45-6:30pm	 Bingo With Cher We will send you a bingo card, come along to get the lucky numbers!
Thursday 30th July	5:45-6:30pm	 Summer Songs Bring your best sunny music and enjoy some time with friends!

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