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FriendZ Meet Ups

August 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 Information & 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 excited to share that our new Meet Ups Development Worker, **Morna Dawson**, will be starting this month.

Morna will be covering **Edinburgh and Perth Meet Ups**. She will be shadowing Hannah in August, before starting her role fully. You will have the opportunity to meet her at the August Edinburgh Meet Up.

Welcome Morna!

Where	Date and Time	Activity
FALKIRK (Football)	SATURDAY 1st August 12:30 – 1:30pm Regular attendees please still book a ticket.	<u>Falkirk Foundation Football</u>  Join our monthly football session with Falkirk Foundation! Cost – FREE <i>(thanks to the generous support of the Falkirk Foundation)</i>
GLASGOW (Session 1)	WEDNESDAY 12th August 6:30 – 8:30pm	<u>Ten Pin Bowling</u>  Level X Glasgow, St. Enoch Centre <i>We will meet at the front entrance</i> Cost – £13 tickets plus extra money for snacks/ drinks

CARNOUSTIE	SATURDAY 15th August 11:00am – 1:00pm (With an alternative date of Saturday 22nd if we have bad weather)	<u>Cycling Without Age Scotland</u> <u>Trishaw Rides</u>  Join us for a brilliant day out riding the trishaws with CWAS Cost – TBC <i>Lynne will let you know via email</i>
FALKIRK	SUNDAY 16th August 1:00 - 3:00pm	<u>Callendar Park Walk and Café</u>  Join us for a gentle walk around calendar park. We will gather at the Teashop. Cost – FREE Bring money for snack or drink at the café.

INVERNESS	TUESDAY 18th August <i>TIME - TBC</i>	<u>Ten Pin Bowling</u>  Hollywood Bowl, Inverness Cost – TBC <i>Lynne will let you know via email.</i>
DUNDEE	THURSDAY 20th August <i>TIME - TBC</i>	<u>Monthly</u> <u>Ten-Pin Bowling</u>  Hollywood Bowl, Dundee Cost – £6 for 2 games plus extra money for snacks/ drinks

ABERDEEN	TUESDAY 25th August 2:00 – 4:00pm	<u>Sea Glass Workshop</u>  Make your own artwork using sea glass and shells! Greyhope Bay Centre, Torry. Cost – £12
EDINBURGH	WEDNESDAY 26th August 6:00 – 7:30pm	<u>Pizza Express</u>  Share a tasty meal and meet our new Meet Ups Worker Morna! Pizza Express, Morningside Cost – Approx. £15-£25 for pizza and drink. Menu prices can be found online.

**GLASGOW
(Session 2)**

**SATURDAY
29th August**

1:00 - 3:00pm

Riverside Museum Visit



**Explore the Riverside Museum in
Glasgow!**

**Meet at the Riverside Museum main
entrance**

Cost – FREE

**Bring money for snack or drink at
the café.**