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FriendZ Meet Ups

SEPTEMBER 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 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**. You will have the opportunity to meet her at the September Edinburgh Meet Ups.

Welcome Morna!

Where	Date and Time	Activity
FALKIRK (Football)	SATURDAY 5th September 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>
EDINBURGH (session 1)	SATURDAY 12th September 11am - 1pm	<u>Inclusive Surfing</u>  Join us for a special taster session of with Inclusive Surfing Scotland at the Lost Shore Surf Resort. Support will be provided by in the water. This is a fully inclusive session. Beginners welcome! Cost – FREE <i>(thanks to the generous support of the Inclusive Surfing Scotland)</i>

INVERNESS	SATURDAY 19th September 10:30am–12:30pm	<u>Spokes for Folks</u>  Enjoy a trishaw ride around Inverness! Meet at the Eden Court front car park Cost – £5 donation for the trishaw ride plus money for ice cream/snack after (optional)
DUNDEE	THURSDAY 24th September 6:30-8:00pm	<u>Monthly Ten-Pin Bowling</u>  Hollywood Bowl, Dundee Cost – £6 for 2 games plus extra money for snacks/ drinks (optional)

ABERDEEN	SATURDAY 26th September 11:00am – 1:30pm	<u>Treasure Trail</u> <u>Around Duthie Park</u>  Enjoy a walk around Duthie Park While solving clues! Cost – Please bring money for Coffee/Cake as we will visit the cafe on our visit
GLASGOW	SATURDAY 26th September 2:00 – 4:00pm	<u>Ten Pin Bowling</u>  Hollywood Bowl at Springfield Quay Cost – £8.34 to play plus extra money for snacks/ drinks (optional)

**EDINBURGH
(session 2)**

**TUESDAY
29th September**

6:30-8:00pm

Ten Pin Bowling



Tenpin Fountain Park

Cost – TBC