

FriendZ Space Calendar

November 2026

Zoom Sessions

- ★ Please book your place by clicking the 'book here' links.
- ★ Fully booked? Email us to be added to the **waiting list**.
- ★ Please **cancel** if you are unable to attend.



For General Enquiries:

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Christmas Film Spectacular!

When: 5th December 2026 (Arrival from 1pm for a 1:30pm start)

Where: Perth Playhouse, Perth

What: We are holding the first ever private DSS Christmas Cinema Outing!

We would like to invite you to join us for a special private viewing of the Christmas classic, Elf, alongside your TeenZ and FriendZ friends from across Scotland!

This event is open to members, no matter where in Scotland you are from. We hope to see as many of you there as possible as we kick off the Christmas season in style!



If you would like to join us, please click on the button below to book.

Please make sure you book in advance, so we know to expect you. Bookings will close two weeks before the event.

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

Week 1

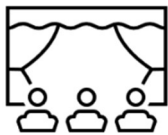
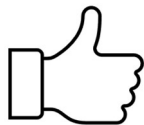


Date	Time	Activity
Monday 2 nd	5:45 – 6:15pm <i>Gaylin</i>	 Cosy Cuppa 'Coorie in' with a warm drink for a cosy chat with your friends!
Tuesday 3 rd	6 – 6:45pm <i>Gaylin</i>	 Ask Charlie Bring along your tricky questions to catch our friend Charlie out!
Wednesday 4 th	4:30 – 5:15pm <i>Matt</i>	 Karaoke Bring your best songs and get ready to take the microphone!
Thursday 5 th	4:30 – 5:15pm <i>Hannah</i>	 Film Club Which animal-themed movie do you love? Come along and share with us!
	5:45 – 6:30pm <i>Matt</i>	 Fireworks Night with Cher Do you know the history of Guy Fawkes? Join Cher for a celebration of Fireworks night!
Friday 6 th	5:00 – 5:30pm <i>Matt</i>	 Dinner Date: Winter Warmers Join us with your favourite cosy winter dinner and tell us about it.

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Week 2



Date	Time	Activity
Monday 9 th	5:30 - 6:15pm <i>Gaylin</i>	 Danceathon Get your dancing shoes on and join us for a fun-filled danceathon!
Tuesday 10 th	5:45 – 6:30pm <i>Gaylin</i>	 Big Pub Quiz Join us for another epic Pub Quiz! With topics including music, TV shows and Harry Potter.
Thursday 12 th	5 – 6pm <i>Hannah</i>	 Musical Performances Join us for more Tony Award worthy performances at FriendZ Space!
	7 – 8pm <i>Matt</i>	 Live Disco Join us for a fun evening of music and dancing with DJ Giacinta!
Friday 13 th	5:00 – 5:45pm <i>Matt</i>	 Good News Fridays Share your good news stories and highlights from the week.

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Week 3



Date	Time	Activity
Monday 16 th	4:30-5:15 <i>Gaylin</i>	 Baking: Fifteens Come along and make some 'no bake' Fifteens with us. A classic easy Northern Irish treat.
Tuesday 17 th	5:45 – 6:30pm <i>Gaylin</i>	 Music Cafe Come and share your favourite songs, we can all have a listen and then have a chat.
Wednesday 18 th	5:00 – 5:45pm <i>Matt</i>	 Just Dance Get those dancing shoes on! Dance to classic tunes with Just Dance Choreography.
Thursday 19 th	5:45 – 6:30pm <i>Matt</i>	 Karaoke Bring your best songs and get ready to take the microphone!

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Week 4



Date	Time	Activity
Monday 23 rd	5:45 - 6:30pm <i>Gaylin</i>	 Girlband Singalong Sing along to some of your favourite girlband hits!
Tuesday 24 th	5:45 – 6:30pm <i>Gaylin</i>	 Bingo with Cher We will send you a bingo card, come along to get the lucky numbers!
Wednesday 25 th	4.30-5.15pm <i>Gaylin</i>	 Craft Club Join us for some seasonal crafting together. <i>Materials will be posted out.</i>
	6:30 – 7:15pm <i>Matt</i>	 Fit FriendZ Join us with our favourite performer Emily for some movement, dance and music!
Thursday 26 th	5:45 – 6:30pm <i>Hannah</i>	 Westlife Danceathon Get your dancing shoes on and join us for a fun-filled danceathon!
Friday 27 th	5:00 – 5:30pm <i>Matt</i>	 End of November Catch Up What have you been up to in November and what is coming up in December?!

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