

TeenZ Space Calendar

November 2026

Monthly 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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Down's Syndrome Scotland is a charitable Company
Limited by Guarantee, Scottish Charity No. SC011012
Registered in Scotland No. 356717

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.

Book Perth Christmas Film Here!

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

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Week 1

Date	Time	Activity
Monday 2nd	4:30 – 5:15pm *Gaylin*	**K-Pop Karaoke** Choose your favourite K-Pop tune and get ready to sing the evening away!
Tuesday 3rd	4:30 – 5:15pm *Gaylin*	**Film Club** Which animated movie do you love? Come along and share with us!
Wednesday 4th	4:30 – 5:15pm *Gaylin*	**Charades** Put your acting skills to the test with the classic game charades!
	5:45 – 6:30pm *Matt*	**Good News Club** Share your good news stories and highlights from the week.
Thursday 5th	4:30 – 5:15pm *Matt*	**Guess the Tune** Go up against master musician Matt to guess the tunes in this music quiz!
Friday 6th	5:00 – 5:30pm *Hannah*	**Fireworks Colouring** Celebrate Guy Faulks Night with some fireworks themed colouring. *Pages emailed in advance!*

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Week 2

Date	Time	Activity
Monday 9th	4:30 – 5:15pm *Gaylin*	**Cosy Chats** What did you get up to over the weekend and what are you looking forward to? Share your news with your TeenZ friends!
Tuesday 10th	4:30 – 5:15pm *Gaylin*	**Karaoke** Do you love to sing? Come along and share your favourite tunes!
Thursday 12th	5:45 – 6:30pm *Matt*	**Come Dine With Me** Bring your dinner to TeenZ Space and have a chat with your friends!
Friday 13th	5:00 – 5:45pm *Hannah*	**Boyband Disco** Which boy bands do you love listening to? Come along to boogie to all the classics as we head into the weekend!

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Week 3

Date	Time	Activity
Monday 16th	5:45 – 6:30pm *Gaylin*	**Abstract Drawing** Join Gaylin to learn how to do some fun abstract drawing!
Tuesday 17th	4:30 – 5:15pm *Gaylin*	**Singalong** Bring your mic and sing your heart out
Wednesday 18th	4:30 – 5:15pm *Gaylin*	**Harry Potter Quiz** Put your Harry Potter knowledge to the test in this magical quiz!
Thursday 19th	4:30 – 5:15pm *Matt*	**Game Night** Join Matt for some classic fun and games!
Friday 20th	5:00 – 5:45pm *Matt*	**Musicals Karaoke** Do you love to sing? Come along and share your favourite songs from the Musicals!

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Week 4

Date	Time	Activity
Monday 23rd	4:30 – 5:15pm *Gaylin*	**Just Dance** Get those dancing shoes on! Dance to classic tunes with Just Dance Choreography.
Tuesday 24th	4:30 – 5:15pm *Gaylin*	**Photo Scavenger Hunt** Go on the hunt for some pictures to take. Share them with your friends at TeenZ Space!
Wednesday 25th	4:30 – 5:15pm *Matt*	**Winter Colouring** December is almost here, let's get ready with some winter themed colouring!
Thursday 26th	4:30 – 5:15pm *Matt*	**Disney Karaoke** Do you love to sing? Come along and share your favourite Disney songs!
	5:45 – 6:30pm Matt	**Cuddly Collections** Do you have a collection of cuddly animals or toys? Pick your favourites to show us!
Friday 27th	5:00 – 5:45pm *Hannah*	**Craft Club** Join Hannah for our November Craft Club and spend the evening getting creative!

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