



Down's Syndrome Scotland

helping people realise their potential



LOTTERY FUNDED

Newsflash

Friends Connect is our new project for young people (16+) and adults with Down's syndrome.



It's for people who don't get out and about much. It's also about making friends and taking part in activities in your local area.

We are setting up Friendship Groups in Edinburgh, Glasgow, Aberdeen, North Aberdeenshire, Inverness, East and West Fife.

We are now looking for members!



Friends Connect

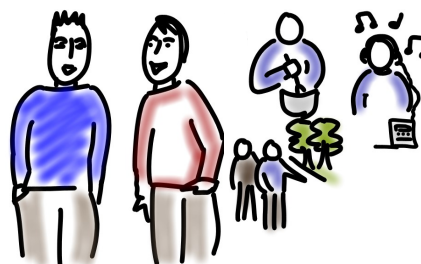
 0131 313 8614



**Volunteer Mentor
will help you ..**



Meet Friends



Share interests

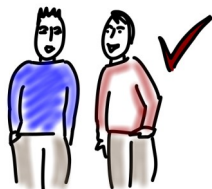


Get out and about

Friendship Groups

Starting from Nov 2014

At the first couple of group meetings there will be fun posters and games to help us find out about each other and what you like to do in your spare time.



You will then be paired up with another member in the group. Someone who likes the same kind of things as you do and is about the same age.

You will also meet your volunteer mentor. He or she will help you and your new friend from the group meet up regularly.



You will be busy going out with your new friend and volunteer. You will be finding out what is on in your local area and maybe trying a few new things.

You will still come along to group meetings (every 6 weeks) where you will be building your confidence and speaking up. We will also be talking about good friendships and learning about Facebook and being safe.



Interested?



**Fill in a referral form.
Ask someone to
help you.**

A worker will visit and find out more about you.

Not everyone will get a place.
If you don't we can try to find out about other things that might interest or help you.

Any Questions?

Contact Brenda Hepburn on

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