

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Open 1-4pm 11.30-12.30 Badminton/Basketball North Inch 2-4pm 9 Ball Pool	2
3 Open 2-7pm 11.45-12.45- All Strong Gym 5-6.30pm Doubles Pool Competition	4 LDG Session 4-Perth	5 1-4pm Table Top RPG	6 Open 2-7pm 11-1pm Women's Crafts Group 2-4pm Art 5.30-7pm Scrabble Club	7 LDG Session 2- Dundee 1.30-3pm Dundee Lunch Club 1-3pm Forfar Open Gardens 5-6pm Football	8	9
10 Open 2-7pm 11.45-12.45- All Strong Gym 5.30-7pm Coffee & Current Affairs	11 11-1pm Montrose Social Group LDG Session 5-Perth 2-4pm The Chosen	12 11-1pm Bike Station Group Cycle 2-3pm Café Club 1-4pm Table Top RPG 6-8pm Rainbow Heartlands	13 Open 2-7pm 2-4pm Art 5-6.30pm- Pub Grub 'Blue Lagoon'	14 LDG Session 3- Dundee 2-3.30pm Dundee Drop In 5-6pm Football	15	16 10-12.30 Perth Walking Group
17 Open 2-7pm 11.45-12.45- All Strong Gym 5-6.30pm Ballroom	18 LDG Session 6-Perth 1-2.30 Cooking Skills	19 1-4pm Table Top RPG	20 Open 2-7pm 2-4pm Art 5-7pm 9 Ball Pool	21 11-1pm Arbroath Social Group LDG Session 4- Dundee 2-3.30pm Dundee Ladies Discussion Group 1-3pm Crieff Walking Group 5-6pm Football	22	23
24 Open 2-7pm 11.45-12.45- All Strong Gym 1-4 Ruth's Art W'Shop 5-6.30pm Quiz Night	25 11-1pm Forfar Social Group LDG Session 7-Perth 2-4pm The Chosen	26 11-1pm Bike Station Group Cycle 1-4pm Table Top RPG 2-4pm Claire N v Julie Pool Competition	27 Open 2-7pm 2-4pm Art 5-7pm Pool Competition	28 LDG Session 5- Dundee 1-3pm Singing Group 5-6pm Football	1 Open 1-4pm 11.30-12.30 Badminton/Basketball North Inch 2-4pm 9 Ball Pool	2

Green - Times when the Number 3 building is open for drop -in.

Orange - Activity groups that take place inside Number 3 building.

Black - Activities that take place outside of Number 3 building.

Pink- These activities are held in Dundee or Angus

Open 2-7pm Mondays & Thursdays & 1-4pm Saturday 1st February and Saturday 1st March
During these times our building is open, people registered with our service are welcome to pop in to play pool,
use our computers or just hang out and meet people.

Number 3 Updates

Ruth's Art Workshop- This month Ruth will be hosting a portrait drawing/painting workshop using different forms of media. For more information contact Claire H. **This activity must be booked.**

Walking Groups—Claire N & Jill will be taking the walking groups this month. Perth walking group, lead by Jill, will meet at Number 3 for a walk around Gannoachy and the Duck Pond. You are then welcome to come back to Number 3 for a drink and a chat!

Crieff walking group, lead by Claire N, are to meet at MacCrosty Park. For more information contact Claire N.

Pub Grub- Come and join our very popular 'Pub Grub' group! This month we will be enjoying a meal at the Blue Lagoon. For more information and to book a space please contact Julie.

Arbroth/Montrose/Forfar Social Group—For more information and to book into these groups please contact Jill.

All Strong Gym- Join Lauren and gym instructor, Mike, for a relaxed gym session every Monday morning- we also have access to the art room during this time. For more information please contact Lauren.

Team Quiz Night- Who doesn't love a Quiz! Come along to Number 3 and join in with our brand new Team Quiz Night! For this month staff will create the quiz questions, however going forward it would be great for you to get involved and create the questions!

Please see the QR code on this page, this will take you to the One Stop Shop feedback form- we would really appreciate if you could complete this form and let us how we are getting on and any improvements you would like to see.



Contact Information

To find out more information or book into an activity, please contact the staff member listed on the activity or forward your query to the

Number 3 email address: number3@aiscotland.org.uk

Claire Hunter	Claire.hunter@aiscotland.org.uk	07919321610
Claire Nichol	Claire.Nichol@aiscotland.org.uk	07570949184
Jill Murdoch	Jill.murdoch@aiscotland.org.uk	07570951667
Julie Ramsay	Julie.ramsay@aiscotland.org.uk	07570952898
Debbie Taylor	Debbie.taylor@aiscotland.org.uk	07741264811
Lauren Robertson	Lauren.robertson@aiscotland.org.uk	07826289683

Activities at Number 3

On these pages you will find a brief description of the various activities we run **within** the Number 3 building. Some of these activities require booking, this will be stated beside the relevant activities.

The Chosen Viewing and Sharing—Join Mirabelle Viviana for a group viewing of the next instalment of the drama 'The Chosen'. The group will then share their ideas of faith and other topics that come up in the episode. For more information please contact Jill.

Coffee and current affairs— Get up to date with the latest in the news. Join our group in the activity room in Number 3 where you will be greeted with a variety of the days newspapers. Enjoy coffee and a biscuits while you read and discuss the current affairs. For more information please contact Claire Hunter.

Table Top RPG—Join us for our table top role playing games, based on the Basic Fantasy game series. Takes place in Number 3. Contact Claire Hunter for more information. **This activity must be booked.**

Women's Craft Group—Bring along your own project or utilise the supplies at Number 3 in our new 'Womens Craft' group. This two hour session provides a quiet and calm environment for you to relax and meet like minded women alongside Jill. For more information please contact Jill.

Scrabble Club— Our popular scrabble club continues to thrive and we welcome you to join us. Held in our activity room, this fun filled group enjoy the classic board game in a relaxed and jovial environment. For more information please contact Claire Nichol.

Quiz Night - Who doesn't love a Quiz! Come along to Number 3 and join in with our brand new Team Quiz Night! For this month staff will create the quiz questions, however going forward it would be great for you to get involved and create the questions!

Cooking Skills -

Activities in Number 3 Continued

Double Pool—Want to play pool and get to know other people Number 3? Doubles pool is an excellent opportunity to get to know others, pair up and enjoy a light hearted game of pool. Our ever popular pool games create a wonder environment of support and friendly competitiveness. Don't fancy placing? Feel free to come along to watch the game in action! For more information please contact Julie.

Julie V Claire N Team Pool Competition—Did someone say staff competition?! Come join Julie and Claire as they battle it out with their teams to finally see who is the Staff Pool Champion! Fun, friendship and humour are all things you will find when enjoying an afternoon of pool with these two! For more information please contact Claire or Julie.

Pool Competition—Pool has a special place in our hearts at Number 3 and we welcome everyone to attend our monthly pool competition. Feel free to compete in this 'singles' competition or watch the amazing strategies and skills on display. For more information please contact Julie.

9 Ball Pool— Join us one Saturday a month for a 9 Ball pool competition. This is held during our weekend drop in hours and boasts an excellent atmosphere of fun and friendly competitiveness. And 9 Ball Pool now also available one Thursday evening each month!

There is no need to book into a pool competition, just ensure you arrive on or before the start time to be included in the game!

Art—Join us at Number 3 on our middle floor activity room for a relaxed, no pressure art group. Bring along your own project or use the supplies available at Number 3. If you would like more information on this group please contact Lauren.

Rainbow Heartlands—Come along to meet Matt from Rainbow Heartlands for our monthly LGBTQIA+ gaming night. This relaxed and welcoming group is a wonderful place to meet like minded people as well as learn more about what Rainbow Heartlands has to offer.

Singing Group—Enjoy singing? Well so does Lauren! No matter your ability, age or gender, please join Lauren for her monthly singing group. Music requests are welcome and encouraged as well as there being the opportunity to show of any songs you have been practicing. There is no pressure to perform or share in front of others at this group. For more information please contact Lauren.

Ruth's Art Workshop— This session is lead by our wonderful volunteer, Ruth, who will guide you through the activity of the day. Let your creative side flourish in these sessions and learn new skills and techniques as you go! For more information please Contact Claire Hunter.

Drop in at Number 3

We open our doors every Monday and Thursday from 2pm-7pm for our 'drop-in' sessions. During these times our building is open for people registered with our service and we welcome you to pop in to play pool, use our computers or just hang out and meet people.

There will always be staff members available to answer any concerns and queries.

Activities in Dundee/Angus

On this page you will find a brief description of the various activities we run in **Dundee** and **Angus**. Some of these activities require booking, this will be stated beside the relevant activities.

Dundee Lunch Club— Lunch and a laugh! Join Debbie for lunch at the new Dundee Lunch Club. Debbie will chose a different venue each month and is open to suggestions. For information regarding this months venue and to book in to this group please contact Debbie. **This activity must be booked.**

Dundee Ladies Discussion Group—Join Debbie and a welcoming and supportive group of ladies in Dundee library for our ladies discussion group. You can use this opportunity to gain peer support or just enjoy the company of other autistic women. For more information please contact Debbie.

Dundee Drop in—Meet Debbie at the Blackness Road Library for our Dundee Drop In sessions. No need to book, just turn up between 2-3.30pm! You can ask Debbie any questions or chat with other people registered with Number 3. For more information please contact Debbie.

Arbroath/Montrose/Forfar Social Groups—Social Groups held in a variety of locations around Angus to allow autistic adults to meet up, share interests and get to know each other. Please contact Jill on if you are interested in attending and to find out the locations of each of the meet ups.

Forfar Open Gardens—Led by an autistic individual who had the idea to bring together like minded adults. There will be the opportunity to get involved in some gardening activities or simply have a cuppy and a chat or sit in a calming natural environment. For more information please contact Jill.

Activities out-with Number 3

On these pages you will find a brief description of the various activities we run **out-with** the Number 3 building. Some of these activities require booking, this will be stated beside the relevant activities.

All Strong Gym—Instructor led group gym session. Meet us at the All Strong Gym, Drummond House, Scott Street. These sessions are free of charge. Contact Lauren Robertson for more details. **This activity must be booked.**

Football— Fancy joining the Number 3 football team? Come along to the outside pitches at the North Inch Community Campus on **Fridays at 5-6pm**. Please contact Claire Hunter for more information.

Bike Station Group Cycle—Join Emma for a local cycle. Meet at Bells. You must already be registered with the Bike Station to attend. Contact Claire Nichol for more details. **This activity must be booked.**

Ballroom— American snooker or British pool? Why choose! Join Lauren at the Ballroom for an evening of fun and friendly competitions. Feel free to bring your own equipment however everything you need to play is available there! For more information please contact Lauren.

Pub Grub— Each month, Number 3 attend a different venue in Perth and enjoy a bite to eat! Join us for this amazing activity with an excellent atmosphere. For more information regarding booking and this months venue please contact Jill! **This activity must be booked.**

Perth Café Club—Join us each month as we sample and enjoy different cafes in and around Perth City Centre. The venue is agreed each month as a group. For more information on this group please contact Claire Nichol.

Perth/Crieff Walking Group- Meet Jill at Number 3 for our Perth walk and meet Claire N at the Taylor/MacRosty park carpark for the Crieff walk. Please let us know if you would like to come along so we can update you of any changes for example due to the weather or to a change of route. For more information please contact Jill regarding the Perth walk and Claire Nichol regarding the Crieff walk. **These activities must be booked.**

Weekends and Seasonal

Once a month Number 3 will open for drop in on a Saturday. This is great chance to meet others and relax at the weekend in a safe environment. As well as drop we run other activities monthly or throughout the year. Please see below:

Badminton/Basketball North Inch—Join us once a month at the North Inch Community Campus for Badminton and Basketball. No need to bring along equipment as everything we need is supplied! Work on your skills, have a small game or just enjoy the relaxed atmosphere alongside others. This is supervised by a different member of staff each month. For more information please contact the Number 3 email address on number3@aiscotland.org.uk

PAN League—Always fancied playing in a football league? Join the Number 3 football team, 'Scone Thistle', in the annual PAN League matches each year. With games starting in March and running monthly through till October, the PAN League is an amazing opportunity to meet and play against other teams for all over Scotland. For more information please contact Claire Nicholl.

Cinema Trip— Join Number 3 in seeing the latest movie on the big screen. Keep an eye out on the calendar for our weekend cinema trips. More information, including the name of the staff member running this activity, will be made available the month of the trip.

Seasonal Trips—Throughout the year we endeavour to plan an array of exciting, interesting and enjoyable trips to various locations around Scotland. The majority of these trips take place in the summer months, from June until October. Also look out for our popular holiday events which include parties, pantomimes and much more!

Late Diagnosis Group

Have you received your diagnosis later in life and would like to understand more about autism?

Our Group is for people who have recently been diagnosed and would like to find out more. We have small groups running in Dundee, Perth, Angus and online. Current groups are full, if you would like to be added to our waiting list for a group in any area please get in touch.