

Number 3 One Stop Shop Quarterly Newsletter



Issue #1
March 2025

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Walking Challenge

Join us later this month when we will be taking part in Autism Initiatives yearly fundraising event 'Walk for Autism'. The challenge provides vital funding to the One Stop Shops across Scotland.



walk for
autism
UK and Ireland

This years challenge is to walk 10,000 steps each day for 8 days. We have a group fundraising page and will be organising walks each day between 26th March and 2nd April to help get our steps up! If you would like to take part in the challenge or donate please get in touch with staff or visit the web link below.

<https://fundraise.autisminitiatives.org/fundraisers/Number3OSS/walk-for-autism>

Day 1- Wednesday 26th March– 11am-2pm

Jill's walk will start from the public toilets at the Wellmeadow in Blairgowrie, heading on the uphill climb to 'The Knockie' and then along the riverside.

Day 3- Friday 28th March– 1-3pm

Meet Claire N in Crieff at the MaCrosty Park carpark to walk the Lady Mary's riverside circular path.

Day 5- Sunday 30th March– 11am-2pm

Meet Jill and Julie at Number 3 for a stroll out to Quarrymill woodland walk, a short stop at the Macmillan café before heading back in to Perth.

Day 7- Tuesday 1st April– 10am-1pm

Claire H will be leaving from Number 3 to walk up Edinburgh Road and out to Bridge of Earn.

Day 2- Thursday 27th March– 3-4.30pm

Leaving from Number 3 Claire N will be walking across the railway bridge and along the Norrie Miller trail.

Day 4-Saturday 29th March– 10am-1pm

Julie and Claire N will be leaving from Number 3 and hiking up Kinnoull Hill. This path can be muddy and will be steep in parts!

Day 6- Monday 31st March– 11.45am-12.45

Join Lauren at our All Strong Gym session to complete today's step total on the treadmill.

Day 8- Wednesday 2nd April– 10-11am

Meet Claire H at Number 3 to head off around the North Inch for a lighter walk on the flat.



walk for
autism
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You are welcome to join us for one, some or all of our walks– some walks are more strenuous than others so please ask staff for more details if you are not familiar with the route. Please remember to wear comfortable footwear, dress for the weather and pack drinks and snacks with you for the longer walks!

—The Bike Station —

Our group cycles in collaboration with The Bike Station continue to run fortnightly on Wednesdays from 11am-1pm. Leaving from Bells we go on local routes mainly using the cycle path networks. The Bike Station have a gifting bike scheme and also offer maintenance workshops. If you would like to take part in these activities but do not have a bike please speak to Claire N for more information.



THE BIKE STATION



football



We continue to train on Friday evenings

at the outdoor pitches at North Inch Campus from 5-6pm.

There will be no session on Friday 7th of March but sessions will run interrupted after that in to the summer months, weather permitting!

Thanks again to our wonderful coaching team Roel, Alan and Ian for facilitating our sessions and a huge GOOD LUCK to our team in this years PAN League!



www.perthoss.org.uk

We are Online!

Please keep checking our Facebook page and website for up to date news and information.

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Badminton & Basketball North Inch Campus



Meet us at the Campus at 11.30am
on the following Saturdays for one hour of
badminton & basketball. Games are free.

1st March 11.30-12.30
5th April 11.30-12.30
3rd May 11.30-12.30



'The Chosen' Viewing & Discussion

This group will be moving to the new timeslot of Friday afternoons. We will continue to run fortnightly from 2-4pm to watch the next instalments of the drama series and discuss afterwards. Come along on Friday 21st March and then Friday 4th and 18th April. All are welcome to come and join in, even if you haven't been before or are new to the series, please speak to Jill if you would like more information before coming along.

Parenting Group

In April we will be starting another new group- Parenting Group. This is for people registered with Number 3 who are in a parenting/caregiver role. More information will be made available in next months calendar. If you think you might be interest in joining this group please contact Lauren.



Grease The Musical

Wednesday 24th September

We will be travelling to Pitlochry by public bus to visit Pitlochry Festival Theatre.

We have pre-booked tickets to see the afternoon

performance of the musical Grease. Tickets cost £15 per person. If you would like more information or if you would like to secure your place on this trip please get in touch with Julie.



Culture Club

We welcome a new group to Number 3 and will be meeting quarterly to explore the cultural wonders of Perth. This month we will visit Perth Museum...

Friday
21st March
10am-12

Join us to visit the newly

opened Perth Museum and see the Stone of Destiny.



Entry to the museum is free, our group entry time for the Stone of Destiny exhibition is booked for 10.20am. If you would be interested in coming along please book your space with Claire H or Lauren.

Crieff Art Workshop

Join us for our new monthly art workshop in Crieff at Strathearn Arts. Our lovely art volunteer Ruth will be running the workshops and we will work on a different project each time. If you would like to come along, we will meet on the following Tuesdays from 10.45am to 12.45.



1st April

6th May

10th June



Suggestions Welcome!

We are always looking for new suggestions and ideas for groups and trips. If there is something you would be interested in leading or would like to see made available at Number 3 please speak to a member of staff!