

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Open 2-7pm 11-1pm Women's Crafts Group 5.30-7pm Scrabble	2 2-4pm The Chosen 5-6pm Football	3 Open 1-4pm 11.30-12.30 Badminton & Basketball North Inch 2-4pm 9 Ball Pool	4
5 Open 2-7pm 11.45-12.45- All Strong Gym 2-4pm Art 5-6.30pm Doubles Pool	6 Perth LDG Week 1 10.45-12.45pm Ruths Art Workshop- Crieff	7 11-1pm Bike Station 1-4pm Table Top RPG	8 Open 2-7pm 5-6.30pm Pub Grub	9 11.30-1.30pm LDG Discussion Group 1-3pm Life Skills 5-6pm Football	10	11 9.30-4.30pm Pan League
12 Open 2-7pm 11.45-12.45- All Strong Gym 5.30-7pm Coffee & Current Affairs	13 Perth LDG Week 2 Forth Valley LDG Week 1	14 1-4pm Table Top RPG	15 Open 2-7pm 5-6.30pm Darts @ The Ballroom	16 2-4pm The Chosen 5-6pm Football	17	18 10.30-12.30pm Walking Group
19 Open 2-7pm 11.45-12.45- All Strong Gym 2-4pm Art 5-6.30pm Ballroom	20 Perth LDG Week 3 Forth Valley LDG Week 2	21 11-1pm Bike Station 2-3pm Cafe Club 1-4pm Table Top RPG	22 Open 2-7pm 5-7pm 9 Ball Pool	23 11.30-1.30pm Ladies Discussion Group 1-3pm Crieff Walking Group 5-6pm Football	24	25
26 Open 2-7pm 11.45-12.45- All Strong Gym 5-6.30pm Quiz Night	27 Perth LDG Week 4 1-2.30pm Cooking Skills Forth Valley LDG Week 3	28 1-4pm Table Top RPG 2-4pm Claire V Julie Pool Competition	29 Open 2-7pm 1-3pm Alyth Coffee & Catch Up 5-7pm Pool Competition	30 1-3pm Singing Group 2-4pm The Chosen 5-6pm Football	31	1

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.

Open 2-7pm Mondays & Thursdays & 1-4pm Saturday 3rd May and Saturday 7th June.
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

SERVICE UPDATE- Unfortunately, due to changes in funding, we are unable to continue running groups or drop-ins in Dundee and Angus. If you are already registered with us and live in these areas, you are welcome to come through to Perth to attend any of our drop-ins or groups.

Ruths Art Workshop- Crieff—Ruth is back in the workshop and welcomes us to join her for more arty fun! This month Ruth will be creating artwork in boxed frames using foraged natural materials such as eaves/feathers/shells. For more information and to book into this activity, please contact Claire N.

Walking Groups— Crieff- Claire N will be taking us on a walk around MacCrosty Park, meeting at the carpark. Perth- Julie will be taking us on the Springlands walk this month, meeting at Number 3 and following the walk! For more information, contact Claire N or Julie.

Alyth Coffee & Catch Up—Meet Jill at Alyth Den car park at 1pm for a drink and snack then, for those interested, enjoy a gentle stroll through the woodland path. For more information or to book in, contact Jill.

Quiz Night- Quiz nights have been a success so far, lets keep that going! Come along to number 3 for another night of fun, questions and laughter!! If you would like to create the quiz this month, let a staff member know!

Pub Grub—Join Julie for our ever popular Pub Grub night. This month we will be heading to 'Pacos' for some excellent food, wonderful atmosphere and even better company! If you would like to attend, please contact Julie to book a place!

Life Skills Group- Join Lauren at Number 3 for this new group, designed to explore the differences we face day to day and how we can support ourselves. This months Life Skills Group will be looking at Household Tasks/Maintenance. For more information, please contact Lauren.

Art Group- Due to low attendance, the Art Group may need to be retired. We will continue to run the group throughout May and review the viability of the group for going into June.

Darts @ The Ballroom—Join Debbie at The Ballroom for a few rounds of darts! Either walk up with Debbie from Number 3 or meet us at The Ballroom!

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—Join Debbie once a month in our cooking skills sessions. Each month will bring a new recipe and tasty treats! No experience needed, just an interest in good food and fun!

Life Skills Group- This relaxed, peer support group, will give people the opportunity to share and gain new ideas and strategies to apply in various areas of their lives. While topics will be guided by Lauren, feel free to ask questions and gain support, no matter the planned subject! Contact Lauren for more information.

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 twice a month for a friendly, 9 Ball pool competition. This is held during our weekend drop in hours as well as a Thursday and boasts an excellent atmosphere of fun and friendly competitiveness.

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.

Ladies Discussion Group—Join Debbie and a welcoming and supportive group of ladies in Number 3 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.

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.

LDG Discussion Group— Attended one of our LDG's and want to explore certain topics further? Join Debbie to explore the topics further and hopefully have some questions answered! For more information please contact Debbie!

Activities out-with Number 3

On this page 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.

Culture Club—Join us to explore the wonderful history and culture on our doorstep. Culture Club will be an opportunity to explore different, interesting places in and around Perth including the museum, library and art gallery. Keep an eye out for this quarterly group on the calendar to see where we will be exploring next! For more information please contact Claire Hunter.

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.**

Activities out-with Number 3 Continued

Ruth's Art Workshop (Crieff/Perth)— 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! These sessions take place in Number 3 as well as in Ruths studio in Crieff. For more information please Contact Claire Hunter.

Alyth Coffee & Catch Up— Meet Jill at Alyth Den car park at 1pm for a drink and snack then, for those interested, enjoy a gentle stroll through the woodland path. For more information or to book in, contact Jill.

Darts @ The Ballroom— Fancy yourself a dab hand at darts or fancy trying to hit the bullseye for the first time? Join Debbie at The Ballroom for a few rounds of darts! For more information contact Debbie.

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.

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.

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 from all over Scotland. For more information please contact Claire Nichol.

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!

number3 One Stop Shop

