

# Number 3 One Stop Shop Newsletter



Issue #5  
September 2025

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## Summer Trips

We would like to start by thanking everyone who has attended any of our summer trips so far this year. We have had an amazing time and look forward doing it all again next year! But don't worry, summer isn't quite over.

Below are details of the last few summer trips being held in September.

If you have any suggestions for trips you'd like to take part in next year, let a staff member know!

## Stirling Castle

Wednesday 17th September

Fancy a day out to a wonderful, historic landmark? Not a problem! Meeting at Perth Bus Station, we will get the 10am bus to Stirling to visit Stirling Castle. Entry to the castle will be free. We will be back in Perth for around 5:30pm. Don't forget to bring a packed lunch or some money to grab food and drinks throughout the day. There are only a few spaces left on this trip so please let Julie know if you would like to come along.



## Grease

Wednesday 24th September

Pitlochry Festival Theatre



FULLY BOOKED

A day out to see 'Grease' AND enjoy highland Perthshire? Tell me about it, stud!

Our trip to Pitlochry Festival Theatre is right round the corner and here's what you need to know. We will meet at Broxden Park & Ride to catch the 11.30 bus to Pitlochry. Once there, we will have a chance to grab some food before heading to the Festival Theatre for the 2pm showing of Grease. The show will come to a close just after 4pm and at this time we will make our way back to the bus stop and for the 17:25 bus, getting us back at Broxden Park & Ride at 6pm.

**This trip is fully booked, if you can no longer attend please let staff know.**

## September Walking Groups

Friday 19th September 1-3pm - Crieff

Meet Claire N at the Car Park of MacCrosty Park for a short, local walk and take in the beautiful scenery!



Sunday 28th September

10-12:30pm - Join

Claire N for a walk up Kinnoull Hill! Don't forget to pack a drink and some snacks to replenish yourself when you reach the top!

Please book your space on these walks with Claire N

## Dates to remember:



- Saturday 6th September: Join Claire H from 12pm at Number 3 for an extended weekend drop-in.
- Monday 8th September: Darts @ The Ballroom with Debbie - bullseye!
- Monday 15th September: Join Debbie at The Ballroom for some pool!
- Tuesday 30th September: Cooking skills at Number 3.



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We are Online!

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

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## News & Updates

Update

### Pub Grub: Scone Arms

This month Jill has booked us a table at the Scone Arms. Come along at 5pm for a relaxed and delicious meal with good company. Pre-ordering will be required and options will be available as soon as possible. Pre-orders are due by Friday 5th September.

**Pre-booking is required for this activity.** For more information, please contact Jill.



### Discussion Groups

Debbie welcomes you to join her at one (or both) of her discussion groups.

We have our Late Diagnosis Discussion Group which provides a space for those who received their diagnosis in adulthood, to chat about their experiences, ask more about autism or generally catch up with others who may have similar experiences. You can attend this group if you are waiting to complete our Late Diagnosis Group, already completed it or neither!

Debbie also leads our Ladies Discussion Group- a relaxed, friendly environment for autistic women to come together and chat about whatever is on your mind!

There is no need to book into these groups but if you would like more information, please contact Debbie.



### *Good Luck Scone Thistle!*

We want to wish the Number 3 football team, Scone Thistle, good luck at they take to the pitch again in the PAN League on Sunday 14th September!

You all work hard, training every week, no matter the weather! We also want to share our appreciation of the teams committed coaches: Roel, Ian and Alan. Without your continued devotion and enthusiasm, we wouldn't have our wonderful team or the opportunities that have been offered to us.



### Need some help? No Problem!

While there will always be staff around during drop-in, we can't guarantee we can undertake all tasks. If there is a specific issue you need support with please contact us to arrange an appointment.



### Jam Sessions



Thursday 4th & Thursday 18th September  
3-5pm

Join us on Thursday afternoons for a music jamming session, we have guitars here at Number 3 but you are also very welcome to bring along your own musical instruments to the group. These sessions are self led so no staff will be present in the group. For more information please contact Claire N.

