

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Open 2-7pm 11.45-12.45—All Strong Gym 5.30-7pm Doubles Pool	2	3 11-2pm Table Top RPG 2-3pm Café Club	4 Open 2-7pm 3-5pm Jamming Session 5.30-7pm Scrabble	5 5-6pm Football	6 Open 12-4pm Extended Drop-in 2-4pm 9 Ball Pool	7
8 Open 2-7pm 11.45-12.45- All Strong Gym 5-6.30pm Darts @ The Ballroom	9 10.30-12.30 Perth LDG Session 1	10 11.30-1.30pm Bike Station Group Cycle 11-2pm Table Top RPG	11 Open 2-7pm 5-6.30pm Pub Grub @ The Scone Arms	12 11.30-1.30pm Late Diagnosis Discussion Group 2-3.45pm The Chosen 5-6pm Football	13	14 9.30am-4.30pm Pan League-Grangemouth
15 Open 2-7pm 11.45-12.45- All Strong Gym 5-6.30pm The Ballroom	16 10.30-12.30 Perth LDG Session 2	17 Stirling Castle Trip 11-2pm Table Top RPG	18 Open 2-7pm 3-5pm Jamming Session 5-7pm 9 Ball Pool	19 1-3pm Crieff Walking Group 5-6pm Football	20	21
22 Open 2-7pm 11.45-12.45- All Strong Gym	23 10.30-12.30 Perth LDG Session 3	24 11-1pm Bike Station Group Cycle Pitlochry Trip- Festival Theatre 'Grease'	25 Open 2-7pm 11-1 pm Jigsaw Club 5-7pm Pool Competition	26 11.30-1.30 Ladies Discussion Group 2-3.45pm The Chosen 5-6pm Football	27	28 10-1pm Perth Walking Group- Kinnoull Hill
29 Open 2-7pm 11.45-12.45- All Strong Gym 5-6:30pm Quiz Night	30 10.30-12.30 Perth LDG Session 4 1-3pm Cooking Skills	1	2	3	4	5

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 6th September
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.
If there are specific issues you wish to discuss, we recommend contacting us to book an appointment.

Number 3 Updates

Weekend Drop In: Our Saturday 'Drop-In' this month will be 12pm-4pm on Saturday 6th- this is an extended drop in! You're welcome to bring some lunch and relax with Claire Hunter.

Pub Grub: This month Jill has booked us a table at The Scone Arms. Come along 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.

Perth Walking Group: Grab your walking shoes and join Claire N for a hike up Kinnoull Hill. Please bring a drink and snack with you for our wee break when we reach the top. We will be leaving from Number 3 at 10am.

Crieff Walking Group: Claire will be leading the group on a short local walk, leaving from the car park at MacCroesty Park. Remember to dress for the weather, you never know what it will do! For more information, please contact Claire N.

New Group Reminder: Join us for a music jamming session on Thursday afternoons, we have guitars here at Number 3 but you are welcome to bring along your own instrument. Please note this group is self led no staff will be present in the group. For more information please contact Claire N.

Summer Activities: Please see the newsletter for more details about our summer activities.

Bike Station Cycle: Please note the ride on the 10th of September will start at the slightly later time of 11.30am. There will be no Number 3 staff on the rides this month, Jenny and Janet from the Bike Station will be leading both sessions.

Julie V Claire Pool Competition: Due to summer trips and staffing, we will hold the Julie V Claire Pool Competition on Wednesday 1st October.

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

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.

Jamming Session—Join us for a musical jamming session, we have a selection of guitars at Number 3 or you are welcome to bring along your own instrument. This is a dynamic and self led group, no staff will be present to structure the session.

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 'Womens Craft' group. This two hour session provides a quiet and calm environment for you to relax and meet like minded women. For more information please contact Julie.

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!

Doubles 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.

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.

Activities out-with Number 3

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.

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 Janet and Claire N 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/Debbie 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.

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.

Darts at 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 been diagnosed in adulthood and would like to explore Autism more. We have small groups running in Perth, Forth Valley and online. Our Perth group is currently full, if you would like to be added to our waiting list for a group in any area please get in touch with Claire Hunter or Lauren Robertson.

Drop in at Number 3

Every Monday and Thursday from 2pm-7pm, we welcome you to our 'drop-in' sessions.

During these times our building is available for people registered with our service to use and we welcome you to pop in to play pool, use our computers or just hang out and meet people.

Where possible, a staff member will be available to answer queries and have a quick catch up, however, if there is something specific you'd like to discuss we recommend contacting us for a 1:1 appointment, where we can give you our undivided attention.