

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 11am-1pm Bike Station Short Cycle 1-4pm Table Top RPG	2 Open 2-7pm 5:30-7pm Scrabble/Board games	3 5-6pm Football	4 11-3pm Walk and Lunch Group	5
6 Closed 11.45-12.45- All Strong Gym	7	8 11am-1pm Bike Station Long Cycle 1-4pm Table Top RPG 2:30-4pm Pre-diagnosis drop in	9 Open 2-7pm 5-7pm Julie v Claire Pool	10 5-6pm Football	11	12
13 Open 2-5pm 11.45-12.45- All Strong Gym 5pm-6:30pm Pub Grub	14 10.30-12.30 LDG Week 6 4.30-6.30pm LDG Week 6 5-6pm Darts at the Ballroom	15 11am-1pm Bike Station Short Cycle 1-4pm Table Top RPG	16 Open 2-7pm 5-7pm 9 Ball Pool	17 11.30-1.30pm LDG Discussion Group 5-6pm Football	18	19 Pan League Football
20 Open 2-5pm 11.45-12.45- All Strong Gym 5pm-6:30pm Pool at the Ballroom	21 10.30-12.30 LDG Week 7 1-3pm Lego Group 4.30-6.30pm LDG Week 7	22 11am-1pm Bike Station Long Cycle 1-4pm Table Top RPG 2:30-4pm Wellbeing Group	23 Open 2-7pm 5-7pm Doubles Pool	24 11.30-1.30pm Ladies Discussion Group 2-3:45pm The Chosen 12-2pm Crieff Walk 5-6pm Football	25	26
27 Open 2-5pm 11.45-12.45- All Strong Gym 5-7pm Movie Night - I - Swear	28 11-1pm Cooking Group	29 11am-1pm Bike Station Short Cycle 1-4pm Table Top RPG 2-3pm Café Club	30 Open 2-7pm 5-7pm Pool Competition			

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 Monday 2-5pm & Thursday 2-7pm

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.

Bike Station: Cycles will now be on every Wednesday with a mixture of shorter and longer routes throughout the month. If you are interested in joining the group please contact Claire Nichol.

Crieff Walk: Crieff walking group will be at the earlier time of 12noon to 2pm on Friday 24th April. The group will meet at the MacRosty Park car park. Please contact Claire N for more information.

Perth Walk & Lunch: Join Julie & Jill for a walk up through Craigie and up over St Magdalane's Hill to Craigie Hill Golf Course for lunch. The walk may be muddy and is steep in parts so please wear appropriate footwear and bring a drink. If anyone would like to just meet us at the Golf Course for lunch please let Julie know so she can book a big enough table. After lunch we will walk back over the hill returning to Number 3 to end the walk.

Pub Grub: This month we will be going to Sandeman, Kinnoull Street, Perth on Monday 13th at 5pm. Please let Jill know if you would like to come so we can book a big enough table.

Pre-Diagnosis Drop In: Are you awaiting a diagnosis and would like the opportunity to have a chat with others in a similar position? Come along during our drop in between 2:30 and 4pm on Wednesday 8th. As this is our first pre diagnosis drop in Jill will be curious to find out what topics might be of interest to discuss.

Wellbeing Group: Jill will be hosting the first session of our new group where we will have the chance to discuss and take part in activities related to all things wellbeing. This first session will be on 22nd April from 2:30-4pm where we will discuss and come up with ideas for future sessions.

Change to Drop In times

Over the past few months we've noticed a decrease in numbers of people attending drop in during the evening hours. So this month we are going to trial closing drop in at 5pm on a Monday to allow us to try out group activities instead to see if they are more popular. There will be no change to the drop in times on a Thursday.

Claire Hunter	Claire.Hunter@aiscotland.org.uk	07919321610
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Jill Murdoch	Jill.Murdoch@aiscotland.org.uk	07570951667
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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.

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.**

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.

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. 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 evening 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 Claire Hunter 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.**

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.

Walking Groups— Each month we host a Perth & Crieff walking group. This is a relaxed session, suitable for all and a wonderful opportunity to enjoy the outdoors in good company.

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 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.

Drop in at Number 3

Every Monday 2pm-5pm 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.