

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Open 2-7pm 11.45-12.45-All Strong 5-7pm Doubles Pool	3 10.30-12.30 LDG week 1 4.30-6.30pm LDG Week 1	4 11am-12pm Bike Station Short Cycle 1-4pm Table Top RPG	5 Open 2-7pm 5.30-7pm Scrabble	6 5-6pm Football	7	8 PAN League
9 Open 2-7pm 11.45-12.45- All Strong Gym	10 10.30-12.30 LDG week 2 4.30-6.30 pm LDG Week 2 5-6pm Darts at the Ballroom	11 11am-1pm Bike Station Long Cycle 1-4pm Table Top RPG	12 Open 2-7pm 4-6.30pm Pub Grub Broth3rs Italian Restaurant	13 11.30 -12.30 Late Diagnosis Discussion group 5-6pm Football	14	15
16 Open 2-7pm 11.45-12.45- All Strong Gym	17 10.30-12.30 LDG week 3 4.30-6.30 pm LDG Week3	18 11am-12pm Bike Station Short Cycle 1-4pm Table Top RPG	19 Open 2-7pm 5-7pm 9 Ball Pool	20 5-6pm Football	21	22
23 Open 2-5pm 11.45-12.45- All Strong Gym 5-6.30pm Ballroom	24 10.30-12.30 LDG week 4 1-3pm Lego Group 4.30-6.30pm LDG Week 4	25 11am-1pm Bike Station Long Cycle 1-4pm Table Top RPG 2-3pm Café Club	26 Open 2-7pm 5-7pm Pool Competition	27 11.30-1.30 Ladies Discussion Group 1-3pm Crieff Walk 2-3:45pm The Chosen 5-6pm Football	28	29
30 Open 2-7pm 11.45-12.45- All Strong Gym 2-4 Cooking Group	31 10.30-12.30 LDG week 5 4.30-6.30pm LDG Week 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.

number3 One Stop Shop

Supporting adults with autism in Perth & Kinross

www.perthoss.org.uk



Open 2-7pm Mondays & Thursdays

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

Drop In: Please Note that on Monday the 23rd of March Drop In will be from 1pm-5pm.

Walking Groups: Meet Claire N at the MacRosty Park car park at on the 27th for our local Crieff walk.

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.

Pub Grub: This month we will be going to Broth3rs Italian restaurant on George Street at 5pm on Thursday 12th March. The restaurant have asked us to preorder our meals so please get in touch with Jill to book your space and she will send you the menu to pick what you would like.

Pool at the Ballroom: We are going to the Ballroom on Monday 23rd March 5pm—6.30pm we have booked American Pool, British Pool and a Snooker Table.

Darts at the Ballroom: On Tuesday the 10th of March meet Claire Hunter at the Ballroom at 5pm -6pm to play some Darts.

Lego: Come along and join us for an afternoon of construction at our brand new Lego Group. If you have any Lego you don't need anymore we are looking for donations.

One Stop Shop Questionnaire

We would be grateful if you would complete this questionnaire. Feedback will be used to continue to develop the service and used as evidence of the support Number 3 provides (A link has been added into the email to use if that is easier than scanning the QR code)

If you have any difficulty accessing the form please speak to a member of staff.

One Stop Shop Questionnaire



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.

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. 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.**

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. If you would like to be added to our waiting list for a group please get in touch with Claire Hunter.

Drop in at Number 3

Monday's and Thursday's 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.