

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Open 2-5pm 11.45-12.45 All Strong Gym 5-6.30pm Pool @ The Ballroom	2 10.30-12.30pm LDG 3 4.30-6.30 pm LDG 2	3 1-4pm Tabletop RPG 11-1pm Bike Station Long Cycle	4 Open 2-6pm 4.30-6pm Scrabble/Board Games	5 5-6pm Football	6	7
8 Open 2-5pm 11.45-12.45 All Strong Gym 2-4pm Lego Group 5-6.30pm Bingo @ Number 3	9 10.30-12.30pm LDG 4 1-3pm Cooking Group 4.30-6.30 pm LDG 3	10 1-4pm Tabletop RPG 11-12pm Bike Station Short Cycle	11 Open 2-7pm 5-7pm Doubles Pool	12 12-2pm Auchterarder walk 11.30-1.30pm LD Discussion Group 5-6pm Football	13	14
15 Closed 11.45-12.45 All Strong Gym	16 10.30-12.30pm LDG 5	17 2-3pm Café Club 1-4pm Tabletop RPG 11-1pm Bike Station Long Cycle	18 Open 2-7pm 5-7pm 9 Ball Pool	19 2-3.45 The Chosen 5-6pm Football	20	21
22 Open 2-5pm 11.45-12.45 All Strong Gym 5.30-7pm Pub Grub	23 10.30-12.30pm LDG 6 1-3pm Lego Group 4.30-6.30 pm LDG 4	24 1-4pm Tabletop RPG 11-12pm Bike Station Short Cycle	25 Open 2-7pm 5-7pm Pool Competition	26 11.30-1.30pm Ladies Discussion Group 12-2pm Crieff walk 5-6pm Football	27	28 10-1 Walking Group
29 Open 2-5pm 11.45-12.45 All Strong Gym 5-7pm Movie Night	30 10.30-12.30pm LDG 7 4.30-6.30 pm LDG 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 2-5pm Mondays & 2-7pm 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

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.

Auchterarder Walk: On Friday 12th June join Claire N for a walking group in Auchterarder from 12noon-2pm. The group will meet at the car park at Auchterarder Public Park. Please contact Claire N for more information.

Crieff Walk: Crieff walking group will be at the earlier time of 12noon to 2pm on Friday 26th June. The group will meet at the MacRosty Park car park. Please contact Claire N for more information.

Perth Walk: Join Julie at Number 3 at 10am on Sunday 28th for a walk to Willowgate, stopping at Willowgate Café for some refreshments.

Pub Grub: This month we will be going Enzo's Restaurants on Monday 22nd June at 5.30pm Meet Debbie and Lauren at Enzo's Resturant. Please let Debbie know if you would like to come so we can book a big enough table.

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 N 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.

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.

Movie Night—Join us for a movie night in Number 3 from 5pm— This months movie is The Fantastic Four (Please note that Number 3 will be closed for all other activities and drop in will end at 5pm) Bring your own snacks along for the movie, tea, coffee and diluting juice will be available. 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 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 Debbie 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 N.

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, 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

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.