November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 **Open 2-7pm** 11.45-12.45 All Strong Gym 5-7pm Doubles Pool	3 10.30-12.30 LDG 4	4 11-12pm Bike Station Short Cycle 12-3pm Tabletop RPG	5 **Open 2-7pm** 5.30-7pm Scrabble/Board Games	6 5-6pm Football	7	8
9 **Open 2-7pm** 11.45-12.45 All Strong Gym 5-6.30pm Pool @ The Ballroom	10 10.30-12.30 LDG 5 11-1pm LD Discussion Group - (Full)	11 11-1pm Bike Station Long Cycle 1-4pm Tabletop RPG	12 **Open 2-7pm** 5-7pm 9 Ball Pool	13 12-2pm Auchterarder Walking Group 5-6pm Football	14	15
16 **Open 2-7pm** 11.45-12.45 All Strong Gym 5-6pm Bingo	17 10.30-12.30 LDG 6 2-3pm Café Club	18 11-12pm Bike Station Short Cycle 12-3pm Tabletop RPG	19 **Open 2-7pm** 5-7pm Pool Competition	20 11-1 pm Journalling 1.30-3pm Guided Art: Winter Wonderland 5-6pm Football	21	22
23 **Open 2-7pm** 11.45-12.45 All Strong Gym 5-6.30pm Lego Group	24 10.30-12.30 LDG 7 1-3pm Cooking Group	25 11-1pm Bike Station Long Cycle 1-4pm Tabletop RPG	26 **Open 2-7pm** 5-7pm Julie V Claire Pool	27 12-2pm Crieff Walking Group 1.30-3pm Singing Group 2.45-4.30pm The Chosen Discussion Group 5-6pm Football	28	29
30 **Open 2-7pm** 11.45-12.45 All Strong Gym 5-6.30pm Pub Grub: The Cherrybank Inn						

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

Please note that this is subject to change. 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

- **Walking Groups- Auchterarder-**Meet Claire N at the public Park car park in Auchterarder. **Crieff-** Meet Claire N at the Crieff Medical Centre on King Street.
- **Café Club-** Meet Claire N at Number 3, we will visit a local café for a drink and snack. **Please note just for this month we will be meeting on a Tuesday** instead of the usual Wednesday group.
- **RPG-** This month our RPG group will have slight changes to the running times. **On the 4th and 18th of this month the group will run at the earlier time of 12-3pm.** The groups on the 11th and 25th will run 1-4pm as normal.
- **Pub Grub:** Join us at The Cherrybank Inn for this months Pub Grub. The wonderful, cosy atmosphere at this venue is exactly what we need as the evenings draw in. **This activity must be booked in advance**. Please contact Debbie or Lauren to secure your space.

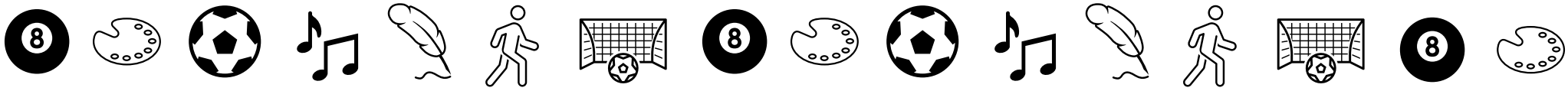
Claire Nichol	**Claire.Nichol@aiscotland.org.uk**	**07570949184**
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Julie Ramsay	**Julie.Ramsay@aiscotland.org.uk**	**07570952898**
Debbie Taylor	**Debbie.Taylor@aiscotland.org.uk**	**07741264811**
Lauren Robertson	**Lauren.Robertson@aiscotland.org.uk**	**07826289683**

Activities at Number 3

- **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 in advance.**
- **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 (In Rotation with BYO Games 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!
- **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.
- **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 at 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 the Staff Pool Champion is! 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 (This Group Is Currently Paused)**—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.
- **Lego Group**- Join Debbie for a Lego session, bring your own Lego, or we have a supply of Lego available. You can build your own creation, or we have some instruction booklets that you can choose to follow. For more information, please contact Debbie
- **BYO Games Night (In Rotation with Quiz Night)-** Have a favourite board game, card game or even charades? Bring it along to Number 3 and share the joy with others. There are plenty of games at Number 3 if you'd rather use one of these.
- **Journalling**- Join Lauren to explore the many ways we can reflect and express ourselves in a low-pressure, sustainable way.
- **Singing Group-** Whether you long for the West End or enjoy a sing in the car, this group is for all. We don't focus on what we sound like, instead look at how singing can be a fantastic tool to decompress.
- **Guided Art-** Join Lauren to explore different art techniques and styles. We don't compare, judge or critique what anyone produces- just enjoy creating something new.

❖ 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, please let a staff member know.

Drop-in at Number 3

Every Monday 2pm –7pm 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.