



GEMS

Autism & ADHD Support Service
East Berkshire

Bear cubs



 **Ages 5 to 10**

First and third Friday of
the month - 4pm to 5pm

Friday 5th July - Picnic in The Park - Windsor

**Friday 6th September - All about me -
creative Drawing - Online**

**Friday 20th September - Bingo Fun -
Bracknell**

**Please note activities may be subject to change*

Registration:

Gems.4Health@nhs.net
0800 999 1342

Criteria:

Children with or likely to have ADHD
and/or autism and living in East
Berkshire



For more information:

Call 0800 999 1342 or visit www.Gems4Health.co.uk