



GEMS

Autism & ADHD Support Service
East Berkshire



BEAR CUBS

AGES 5 TO 10



**ONLINE AND FACE TO FACE ACTIVITIES! FIRST
& THIRD FRIDAY OF EACH MONTH @4PM**

Activities

15/07/22 Maidenhead - Yoga Fun - Braywick Park
05/08/22 Online - Lego Building
19/08/22 Bracknell - Sports day! - South Hill Park
02/09/22 Online - What do I want to be when I grow up?
16/09/22 Online - Treasure map & Pirate design & Name
07/10/22 Windsor - Rugby Fun - Home Park
21/10/22 Online - Design your superhero & Powers
04/11/22 TBC - Low noise fireworks display - Camp Mohawk
18/11/22 Online - Poem/Rap writing
02/12/22 Online - Christmas card designs
16/12/22 Slough - Christmas party -TBC

Registration:

GEMS.4health@nhs.net
0800 999 1342

Criteria:

Children with or likely to have
ADHD &/or Autism & living in
East Berkshire

Please note activities may be subject to change



More Information: 0800 999 1342 WWW.GEMS4HEALTH.COM