



# GEMS

Autism & ADHD Support Service  
East Berkshire

# CONNECTIONZ

## AGES 16 & OVER



**ONLINE AND FACE TO FACE  
ACTIVITIES!**

**LAST TUESDAY OF THE MONTH @ 630PM**

### Registration:

GEMS.4health@nhs.net  
0800 999 1342

### Criteria:

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

## 2 Activities

- 26th July - Walk and Talk - Windsor
- 30th August - Sunset Picnic- Slough
- 27th September - Board Games - Bracknell
- 25th October - Meal and meet Up - Taplow
- 29th November - Bowling - Bracknell
- 20th December - Christmas meet up - Windsor

Please note activities may be subject to change

**More Information:** 0800 999 1342 [WWW.GEMS4HEALTH.COM](http://WWW.GEMS4HEALTH.COM)