



# GEMS

Autism & ADHD Support Service  
East Berkshire

# DIAMONDS AGES 25 & OVER



1ST THURSDAY OF EVERY MONTH 6PM  
TO 8PM

## Registration:

GEMS.4health@nhs.net  
0800 999 1342

## Criteria:

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

## Activities

- 06/04/23 - Online- Create a sun catcher
- 04/05/23 - Online - King's Coronation cake decorating
- 01/06/23 - Online - Around the World quiz

\*Please note activities may be subject to change

More Information: 0800 999 1342 / [www.gems4health.co.uk](http://www.gems4health.co.uk)