



GEMS

Autism & ADHD Support Service
East Berkshire



01753 373 244 / 0800 999 1342



<https://www.gems4health.com>



gems.4health@nhs.net

What's coming Up in September & October 2022

GEMS offers information & support to parents & carers of children with, or likely to have autism &/or ADHD within East Berkshire. On offer are, workshops and courses for parents & carers, and social activities for children aged 5 years and above.

To book onto any of the below workshops please contact GEMS on: 0800 999 1342 or gems.4health@nhs.net



Autism & Food - Virtual - Wednesday 7th September - 630pm to 8pm
- Virtual - Monday 31st October - 10-1130am



Pre & Post Assessment ADHD - Virtual- Tuesdays 13th, 20th & 27th October
7pm to 9pm **all 3 sessions to be attended**



EarlyBird Plus - Bracknell - Wednesday 14th September 10am to 12.30pm for
10 weeks (includes two home visits) **all sessions to be attended**



Pre & Post Assessment –Autism Under 5's - Virtual- Wednesdays 5th, 12th &
19th October 7pm to 830pm **all 3 sessions to be attended**



Pre & Post Assessment Sleep - Virtual - Monday 10th October 7pm to 9pm



Teen Life- Bracknell - Thursday 15th September - 10am to 12.30pm for 6
weeks. **all sessions to be attended**



Girls & Autism - Maidenhead - Thursday 20th October - 10am to 12pm

