



# GEMS

Autism & ADHD Support Service  
East Berkshire

## How to support your Child through Winter (Autism and/or ADHD)

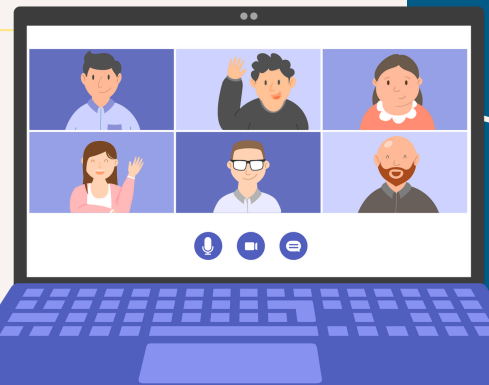
**Friday 25th October - 10am  
to 11.15am**

**25 spaces  
available!**

Join our online informal discussion to cover the following areas:

- Holidays and being out of routine.
- Family events
- Crowds
- A change in their wardrobe - moving from summer to winter clothes.

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



**Sign Up Today!**

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



[Gems.4Health@nhs.net](mailto:Gems.4Health@nhs.net)



0800 999 1342