



GEMS

Autism & ADHD Support Service
East Berkshire

01753 373 244 / 0800 999 1342

<https://www.gems4health.com>

gems.4health@nhs.net

Learn More...



Access to our 'Learn More' animations

Covering a range of topics, our 'learn more' animations can be viewed at your own leisure and frequency once you have requested your link.

Please contact the GEMS Team on **01753 373244** or at **gems.4health@nhs.net** to obtain your link for any of the following topics

- **What Is Autism?**
- **Autism & Communication**
- **Autism & Sensory Difficulties**
- **Autism & Anxiety**
- **Autism & Navigating Services**
- **Autism & Practical Budgeting Skills**
- **What is ADHD?**
- **Managing ADHD**
- **ADHD: From Diagnosis to Management**





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Monday to Friday 9am to 5pm

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GEMS offers free information & support to parents & carers of children with, or likely to have autism &/or ADHD residing within East Berkshire. (Slough, Royal Borough of Windsor & Maidenhead or Bracknell Forest.)



WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey, GEMS offers a single point of contact where you can access information, advice and support alongside free courses, workshops and animations.

- For parents and carers: Free workshops, courses & a series of animated learnings.
- For children aged 5 & over, young adults and the over 25's: a schedule of social group sessions.
- Signposting to local & national services.

