

GEMS is for children, young people and adults who are diagnosed with or who may have, Autism and/or attention deficit hyperactivity disorder (ADHD). This service also supports parents and carers and is open to anyone living in Slough, RBWM or Bracknell Forest.



**BEAR
CUBS**
AGES 5 TO 10



ONLINE AND FACE TO FACE ACTIVITIES! FIRST & THIRD FRIDAY OF EACH MONTH @4PM

Registration:

GEMS.4health@nhs.net
0800 999 1342

Activities

- 15/07/22 Maidenhead - Yoga Fun - Braywick Park
- 05/08/22 Online - Lego Building
- 19/08/22 Bracknell - Sports day! - South Hill Park
- 02/09/22 Online - What do I want to be when I grow up?
- 18/09/22 Online - Treasure map & Pirate design & Name
- 07/10/22 Windsor - Rugby Fun - Home Park
- 21/10/22 Online - Design your superhero & Powers
- 04/11/22 TBC - Low noise fireworks display - Camp Mohawk
- 18/11/22 Online - Poem/Rap writing
- 02/12/22 Online - Christmas card designs
- 16/12/22 Slough - Christmas party -TBC

Please note activities may be subject to change



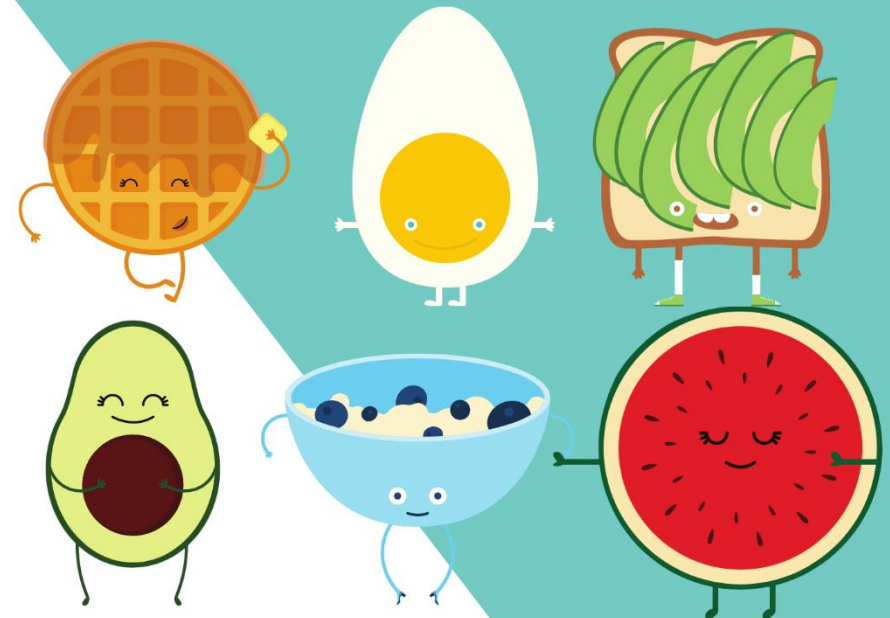
More Information: 0800 999 1342 WWW.GEMS4HEALTH.COM

Criteria:

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



01753 373 244 / 0800 999 1342
<https://www.gems4health.com>
gems.4health@nhs.net



Autism & Food Workshop

Online Delivery

Tuesday 2nd August 10am to 12pm

Wednesday 7th September 6.30pm to 8pm

Monday 31st October 10am to 11.30am

Tuesday 22nd November 6.30pm to 8pm

Tuesday 13th December 10am to 11.30am

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