



# GEMS

Autism & ADHD Support Service  
East Berkshire

01753 373 244 / 0800 999 1342

Monday to Friday 9am to 5pm

<https://www.gems4health.com>

[gems.4health@nhs.net](mailto:gems.4health@nhs.net)

**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.