



# GEMS

Autism & ADHD Support Service  
East Berkshire

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@Gems4Health

**GEMS is for children, young people and adults who are diagnosed with, or who may have, autism and/or attention deficit hyperactivity disorder (ADHD). The service also supports parents and carers and is open to anyone living in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest.**



## WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey you are at – pre-assessment or post-diagnosis – GEMS offers a single point of contact where you can access information, advice and support. We also provide a range of interactive workshops (face to face and online) and social opportunities:

- ✦ For parents and carers: a programme of workshops
- ✦ For children and young people aged 5–25: a programme of workshops and social groups
- ✦ For adults aged 25+: a programme of workshops and social groups

In Bracknell Forest we offer an enhanced service for adults aged 18+ with autism. This service offer includes:

- ✦ Transition workshops for parents and carers
- ✦ Wellbeing workshops
- ✦ Social activities

 Solutions4Health

  
Bracknell  
Forest  
Council

  
East Berkshire  
Clinical Commissioning Group