



GEMS

Autism & ADHD Support Service
East Berkshire



Bear cubs

Ages 5 to 10

First and third Friday of the month – 4pm to 5pm

6th October – Big on Bouncing – Slough *cost involved

20th October – Halloween Quiz – Online

3rd November – Rugby Fun – RBWM – Windsor

17th November – Create your own Mr Men or Little Miss
Character/Story – Online

1st December – Make your own Christmas Decorations – Bracknell

15th December – Christmas Film Quiz – Online

*Please note activities may be subject to change

Registration:

Gems.4Health@nhs.net
0800 999 1342

Criteria:

Children with or likely to have ADHD
and/or autism and living in East Berkshire



For more information: Call 0800 999 1342 or visit www.Gems4Health.co.uk