



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