



GEMS

Autism & ADHD Support Service
East Berkshire



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www.Gems4Health.com



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GEMS supports parents and carers of Autistic and ADHD children and young people across East Berkshire.

We provide information, guidance and practical support to help families better understand their child's strengths, needs and experiences. Through workshops, courses, learning resources and signposting, we help families build confidence and create supportive environments where children can thrive.

What do we provide?

Wherever you are in your understanding of autism and ADHD, whether you are exploring neurodivergence, awaiting assessment or supporting a child following diagnosis. GEMS offers a single point of contact for information, advice and support.

For parents and carers, we provide:

- Workshops and courses
- Learning animations and articles
- Information, advice and guidance
- Signposting to local and national services
- Opportunities to connect with other families



**WE SUPPORT FAMILIES LIVING IN, OR REGISTERED WITH A GP PRACTICE IN:
EAST BERKSHIRE, SLOUGH, WINDSOR, MAIDENHEAD AND BRACKNELL.**

