



# GEMS

Autism & ADHD Support Service  
East Berkshire

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  @Gems4Health




GEMS is for children, young people and adults who have been diagnosed, or are on the pathway to diagnosis for autism and/or ADHD.

The service also supports parents and carers and is open to anyone living in East Berkshire (Slough, Royal Borough of Windsor & Maidenhead or Bracknell Forest)





## WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey you are at – pre- 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
-  Social activities

 **Solutions4Health**

  
Bracknell  
Forest  
Council

  
**Frimley**  
Clinical Commissioning Group