



# 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](http://www.Gems4Health.co.uk)