



# GEMS

Autism & ADHD Support Service  
East Berkshire



01753 373 244 / 0800 999 1342



<https://www.gems4health.com>



[gems.4health@nhs.net](mailto:gems.4health@nhs.net)

# Workshops

## What's coming Up in May...

GEMS offers information and support to parents and carers of children with autism and ADHD within East Berkshire. We offer workshops and courses for parents, carers, and children. We also run regular activities for children aged 5 upwards. **To book onto any of the below workshops please contact GEMS on: 0800 999 1342 or [gems.4health@nhs.net](mailto:gems.4health@nhs.net)**



### **Adolescence- Thurs 20th May - 6.30- 8pm.**

Understanding and responding to the changes and challenges of parenting and caring for teenagers on the autism spectrum



### **NAS: Early Bird Plus - Weds 19th May - 10am- 11.30 am.**

#### **A 6-week online course. (1.5 hr. a week on a Wednesday)**

The National Autistic Society licensed Early Bird Plus is a virtual course for parents and carers of children with autism aged 4-9. The programme aims to promote joined up approaches between home and school for children with autism, by encouraging parent and carers to attend the sessions with others who are working regularly with their child.



### **Pre & Post Assessment Workshop Sleep and Autism/ADHD - Fri 14th May - 10am-12pm.**

An introductory two – hour course for parents and carers who have children and young people with autism & or ADHD who struggle with sleep.



### **Pre & Post Assessment workshops – ADHD - Mon 10th, 17th & 24th May - 7 - 8.30 pm**

**Session 1:** Provides an insight into what ADHD is. Learn about the challenges and concerns often raised. Explore strengths and opportunities related to ADHD.

**Session 2:** Learn to understand childrens' anxiety and how this relates to ADHD.

**Session 3:** Gain an understanding of attention deficit behaviours and how to manage these.



**Solutions4Health**





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## What's coming Up in June.....

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### **Sensory processing - Mon 7th June - 7 - 8.30 pm.**

This single session intends to support parents and carers to support their child with sensory processing difficulties.



### **NAS: Teen Life- Tues 8th June - 10am- 11.30 am.**

#### **A 9-week online course. (1.5 hr. a week on a Tuesday)**

The National Autistic Society licensed Teen Life programme is a virtual course for parents and carers of children with autism aged 10 -16. The programme aims to help parents, carers, and support staff to understand more about teenagers with autism, discussing strategies and sharing ideas about how to communicate with and support young people with autism.



### **Girls and autism - Thurs 10th June - 6.30-8pm**

A look at the behaviours and challenges that may be experienced by girls with autism



### **What about me? Supporting siblings- Thurs 24th June- 6.30-8pm**

Looking at how to help young people understand and thrive in an autism friendly family.



### **Pre & Post Assessment workshops – ADHD - Mon 7th, 14th & 21st June - 7 - 8.30 pm**

**Session 1:** Provides an insight into what ADHD is. Learn about the challenges and concerns often raised. Explore strengths and opportunities related to ADHD.

**Session 2:** Learn to understand childrens' anxiety and how this relates to ADHD.

**Session 3:** Gain an understanding of attention deficit behaviours and how to manage these.



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