



# GEMS

Autism & ADHD Support Service  
East Berkshire



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<https://www.gems4health.com>



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# Activities

## What's on in May?

To book please contact GEMS on: 0800 999 1342 or email [gems.4health@nhs.net](mailto:gems.4health@nhs.net)



### **Social Activity Session for 11 – 15-year-olds. 4 – 5pm**

**Monday 26 April** – Understanding Autism

**Monday 10 May** – Understanding communication and relationships

**Monday 17 May** – Understanding anxiety



### **Rising Stars! A Weekly Social Group for 5 - 10-year-olds. 4.30 – 6pm**

**Thursday 6th May** – Sandwich making

**Thursday 13th May** – National Children's Day activity

**Thursday 20th May** – Football tricks

**Thursday 27th May** – Plant potting



### **Friday Night Club: Fortnightly Activities for 5 - 10-year-olds. 4 – 5pm**

**Friday 7th May** – Teeth Cleaning – Fun activities to help keep our teeth clean

**Friday 21st May** – Lego session



### **Social Activity Session for 25-year-olds and over. 7 – 8.30pm**

**Friday 7th May** – A monthly social group that meets on the first Friday of each month. We play online games and quizzes as well as taking time to discuss life's everyday struggles.



### **Saturday Night Gaming Club. A Weekly Gaming Group for 11–19-year-olds. 7 - 8.30pm**

Saturday night is Among Us night, where young people gather online with staff members from Aik Saath (Together As One) to play this thrilling game.



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