



GEMS

Autism & ADHD Support Service
East Berkshire

01753 373 244 / 0800 999 1342

weekdays 9am to 5pm

<https://www.gems4health.com>

gems.4health@nhs.net

GEMS is for children, young people and adults who are diagnosed with, or who may have, autism and/or attention deficit hyperactivity disorder (ADHD). The service also supports parents and carers and is open to anyone living in Slough, Royal Borough of Windsor and Maidenhead or Bracknell Forest.



WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey, whether likelihood, pre-assessment or post diagnosis...

GEMS offers a single point of contact where you can access information, advice and support.

- For parents and carers: Workshops, courses & animated learnings.
- For children and young people aged 5 & over: a programme of social groups
- A range of signposting to local & national services