



# ADHD & AUTISM PARENT AND CARER SUPPORT GROUP SESSION

Do you require support around a recent diagnosis, understanding your child's needs or navigating all aspects surrounding ADHD and Autism? If so, please join the Sikh Neurodiversity Networks FREE parent and carer support group session at **Gurdwara Sri Guru Singh Sabha Slough** on **Friday the 24th of February 2023** from **13:30 to 14:30**.

This session is being coordinated by both the Sikh Neurodiversity Network and GEMS (Autism & ADHD Support Services) (East Berkshire).

## Who's GEMS for?

GEMS offers information and support to parents and carers of children with, or likely to be autistic and/or have ADHD within East Berkshire. On offer are workshops and courses for parents and carers and social activities for children aged 5 years and above.

GEMS is being delivered by Solutions 4 Health and is commissioned by NHS Frimley.

Solutions 4 Health is a CQC registered organisation who are proud to be working with the NHS, hospitals, clinical commissioning groups, health boards and local authorities across the UK.

## GEMS Mission

Solutions 4 Health is passionate about transforming services for children, young people and adults who have been diagnosed with, or who may be autistic and/or have ADHD. We want to help people navigate their way through a range of information and make sense of this reflecting their personal needs and preferences.

Our goal is to help people who use our GEMS service to be able to improve communication with, and the well-being of, people who are autistic and/or have ADHD, their families, parents, and carers.

**If you would like to meet and discuss further with a member of the GEMS team or you simply want to find out a little bit more then please join us at GSGSS Slough on the following date:**

**Date:** 24 February 2023 (Friday)

**Time:** 13:30 - 14:30

**Address:** Gurdwara Sri Guru Singh Sabha Slough, Bhai Mani Singh Learning Centre (New Classroom), Sheehy Way, Berkshire, Slough, SL2 5SS

