



# East Berkshire Neurodiversity Network

July bulletin



**Thank you to those of you that were able to attend the last network meeting. During the meeting we were joined by our colleagues from Frimley NHS and the GEMS service.**

**We were introduced to the NHS structure both nationally and locally, including services available within East Berkshire.**

Pauline Peters shared the strategy document for Frimley ICS. You can view this document by clicking the link below:

<https://www.frimleyhealthandcare.org.uk/media/4886/frimley-ics-strategy-refresh-march-2023-2.pdf>

For those of you that were unable to attend the meeting, a recording of the presentation can be found by clicking the link below:

[https://us02web.zoom.us/rec/share/l4w\\_ZEZAEGbTNzIUExJbiqyFYLAjUk0SKuwJxkzTem5tAlqYfxyrvqUyIXEOc1nj.5CmR8HrpCNZc9wHt](https://us02web.zoom.us/rec/share/l4w_ZEZAEGbTNzIUExJbiqyFYLAjUk0SKuwJxkzTem5tAlqYfxyrvqUyIXEOc1nj.5CmR8HrpCNZc9wHt)

Passcode: wtF5N%WQ

(The expiry date has been extended. The link will be available until the 28th July)

## What's on from the GEMS service



**GEMS**  
Autism & ADHD Support Service  
East Berkshire

**BEAR CUBS**  
AGES 5 TO 10

FIRST AND THIRD FRIDAY OF THE MONTH - 4PM TO 5PM

**Registration:**  
GEMS.4health@nhs.net  
0800 999 1342

**Criteria:**  
Children with or likely to have  
ADHD &/or Autism & living in  
East Berkshire

**Activities**

- 21/07/23 Maidenhead - Nature Hunt
- 04/08/23 Slough - Picnic in the Park
- 18/08/23 Online - Sea creatures, arts and crafts
- 01/09/23 Bracknell - Footgolf (Small cost applies)
- 15/09/23 Online - Animal Quiz

\*Please note activities may be subject to change

More Information: 0800 999 1342 WWW.GEMS4HEALTH.COM



**GEMS**  
Autism & ADHD Support Service  
East Berkshire

01753 373 244 / 0800 999 1342  
Monday to Friday 9am to 5pm  
<https://www.gems4health.com>  
[gems.4health@nhs.net](mailto:gems.4health@nhs.net)

GEMS offers free information & support to parents & carers of children with, or likely to have autism &/or ADHD residing within East Berkshire. (Slough, Royal Borough of Windsor & Maidenhead or Bracknell Forest.)



### WHAT DO WE PROVIDE?

Whatever stage of your autism/ADHD journey, GEMS offers a single point of contact where you can access information, advice and support alongside free courses, workshops and animations.

- For parents and carers: Free workshops, courses & a series of animated learnings.
- For children aged 5 & over, young adults and the over 25's: a schedule of social group sessions.
- Signposting to local & national services.





01753 373 244 / 0800 999 1342  
<https://www.gems4health.com>  
[gems.4health@nhs.net](mailto:gems.4health@nhs.net)

*Learn  
More...*



#### Access to our 'Learn More' animations

Covering a range of topics, our 'learn more' animations can be viewed at your own leisure and frequency once you have requested your link.

Please contact the GEMS Team on **01753 373244** or at **[gems.4health@nhs.net](mailto:gems.4health@nhs.net)** to obtain your link for any of the following topics

- What Is Autism?
- Autism & Communication
- Autism & Sensory Difficulties
- Autism & Anxiety
- Autism & Navigating Services
- Autism & Practical Budgeting Skills
- What is ADHD?
- Managing ADHD
- ADHD: From Diagnosis to Management



## Useful Resources

- **Autism Education Trust** - Education video celebrating autistic strengths and differences.

<https://www.autismeducationtrust.org.uk/celebrating-autistic-strengths-and-differences>

NEW animated education video highlights strengths and differences that autistic people may experience in three areas of development:

1. Social understanding and communication
2. Flexibility, information processing and understanding
3. Sensory processing and integration

The aim of the video is to empower and support the whole education workforce to recognise and understand these differences.

During the last meeting, network members were sharing resources that they had found useful. Below is a list of suggestions made:

- **Ambitious about Autism Youth Network** -

<https://www.ambitiousaboutautism.org.uk/what-we-do/connecting-young-people/online-youth-network>

- **Online meet ups for young adults with Autism -**

<https://www.autismberkshire.org.uk/online-meet-ups-for-autistic-young-adults/>

- **Online gaming for young people**

<https://www.spectrumgaming.net/>

- **Online training "Autism understood"**

<https://www.eventbrite.co.uk/e/autism-understood-website-launch-tickets-660968944907>

- **Teenagers guide to ADHD -**

[https://www.transformationpartnersinhealthandcare.nhs.uk/wp-content/uploads/2023/01/ADHD\\_TeenagerBooklet\\_London.pdf](https://www.transformationpartnersinhealthandcare.nhs.uk/wp-content/uploads/2023/01/ADHD_TeenagerBooklet_London.pdf)

- **Oliver McGowan training for health and social care staff** - The Oliver McGowan Mandatory Training on Learning Disability and Autism is the government's preferred and recommended training for health and social care staff.

<https://www.e-lfh.org.uk/programmes/the-oliver-mcgowan-mandatory-training-on-learning-disability-and-autism/>

Please forward this email to colleagues and friends. For anyone that would like to sign up to the network, they can do so by either scanning the QR code or following the link:

<https://forms.office.com/e/7awn9rMvtZ>

East Berkshire Neurodiversity  
Network Sign Up Form



If you would like to share any resources or take a more active role in the bi-monthly meetings, please email us directly at [eb-ndnetwork@adhdfoundation.org.uk](mailto:eb-ndnetwork@adhdfoundation.org.uk)

Take care,  
The Neurodiversity Network Team