



# GEMS

Autism & ADHD Support Service  
East Berkshire

## Virtual Coffee Morning Eating and food Autism and ADHD

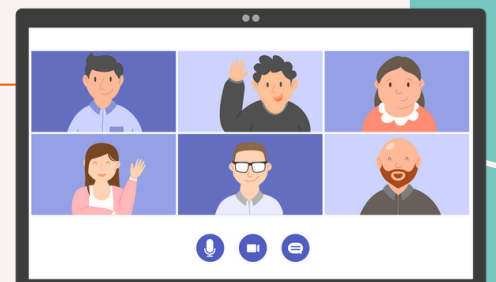
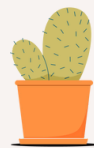
**Friday 17<sup>th</sup> Oct - 10:00 - 11:15am**

**25 spaces  
available!**

Join our online informal discussion to  
cover the following areas:

- What works for your family at meal times?
- What are problematic areas around eating?
- How do you support your child with eating?

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



**Sign Up Today!**

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



[Gems.4Health@nhs.net](mailto:Gems.4Health@nhs.net)



0800 999 1342