

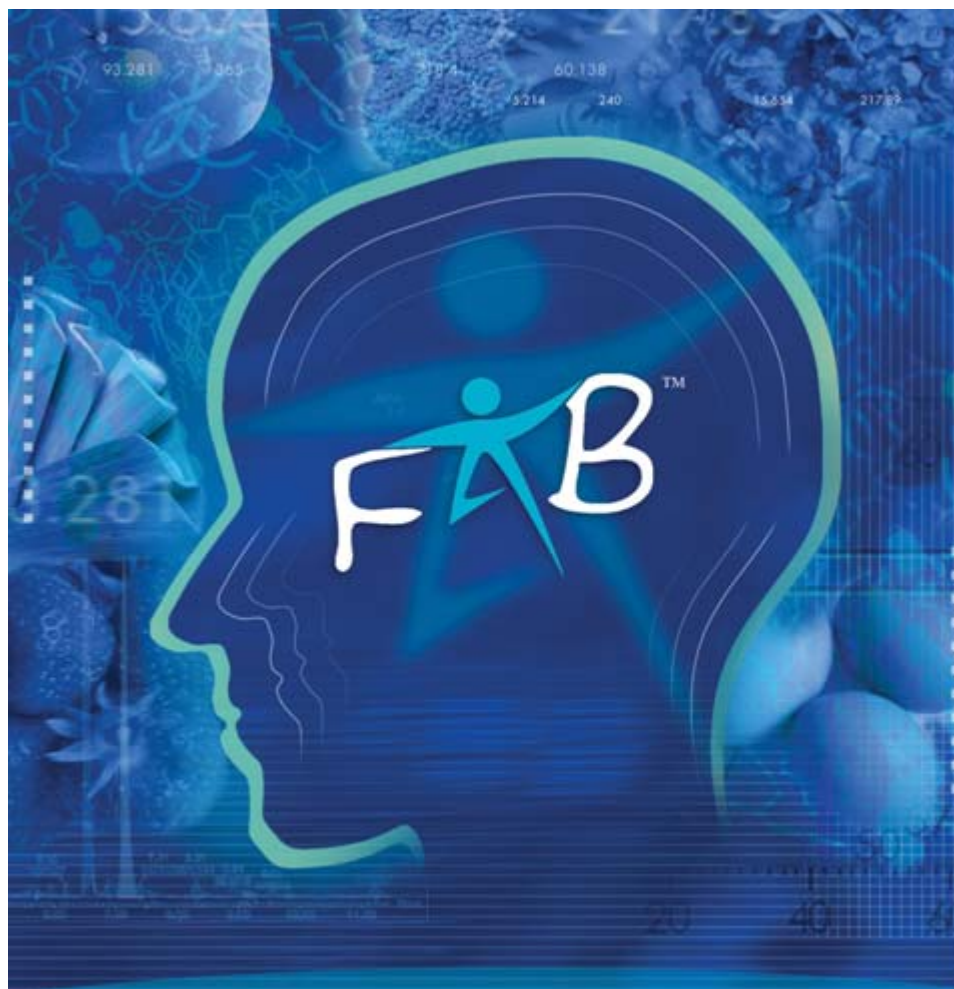


Food and Behaviour Research Conference

NUTRITION FOR BEHAVIOUR, LEARNING AND MOOD

A one-day conference on
Friday, 25th September 2009
9am to 4.30pm

at Magdalen College, University of Oxford, Oxford OX1 4AU



Organised by:



thewaterloofoundation*

Supported by:





ABOUT THE CONFERENCE

An exceptional opportunity to hear from a panel of top UK experts, researchers and practitioners about how nutrition affects behaviour, learning and mood.

- How does what we eat affect the way we feel, think and behave?
- What's happened to our diet since Victorian times? And what are the well-documented consequences for our brains and bodies?
- Depression, dyslexia, ADHD and related conditions – what's the evidence that nutrition can make a difference?
- Media reporting of medical research – public service or public menace? Debunking myths – and how to spot pseudoscience and quackery
- Can improving nutrition really reduce anti-social behaviour or boost children's learning? What do the properly controlled trials show?
- How can you encourage healthy food choices – for your children and yourself? Dealing with food culture, 'fussy eating' and food cravings

SPEAKERS

Dr Alex Richardson, (Founder/Trustee, FAB Research; Senior Research Fellow, University of Oxford; Author of 'They Are What You Feed Them')

Food and Behaviour: an overview

Dr Paul Clayton, (Chair of Forum on Food & Health; Author of 'Health Defence' and 'Pharmageddon')

'Back to the future' – lessons from the Victorian diet

Professor Michael Crawford, (Director, Institute of Brain Chemistry and Human Nutrition, London Metropolitan University)

Implications of modern-day diets for human brains (what's gone wrong, and how can we put it right)

Professor John Stein, (Professor of Neurophysiology, University of Oxford; Chair of Dyslexia Research Trust)

Attention, perception and action in dyslexia and related conditions: genes, brains and the nutritional environment

Dr Ben Goldacre, (Writer, broadcaster and medical doctor)

Nutrition – is it all 'Bad Science'?

Professor Malcolm Peet, (Senior NHS Consultant Psychiatrist, Rotherham, Doncaster and South Humber NHS Foundation Trust)

Dietary factors in depression and other mental health conditions: a review of the evidence

Dr Paul Montgomery, (Director of the Centre for Evidence-Based Intervention, University of Oxford; Trustee of FAB Research) with **Dr Alex Richardson**

Omega-3 for child behaviour and learning – randomised controlled trials

Bernard Gesch, (Senior Research Scientist at University of Oxford and Director of research charity Natural Justice which investigates causes of criminal anti-social behaviour)

Causes of crime? The role of nutrition in anti-social behaviour

David Rex, (Child Health Dietitian NHS Highland, & Healthy Eating in Schools Co-ordinator)

The psychology of food choices: putting theory into practice

WHO SHOULD ATTEND

Education Professionals | Health Professionals | Local Authority Staff | Social Workers | Policy Makers | Caterers | Food Manufacturers | Food Marketing Representatives | Criminal Justice System | Voluntary Organisations | Parents | Carers | Media



HOW TO REGISTER AND PAY

EARLY BIRD OFFER FOR ALL DELEGATES – BOOK AND PAY NOW OFFER EXPIRES MIDNIGHT, MONDAY, 31ST AUGUST 2009

Book and pay online at www.fabresearch.org, by telephone on 01463 667318, or complete booking form below (one form per delegate please):

Purchase Order Number (if applicable):			
Delegate Name:			
Position/Job Title:			
Name of Organisation:			
Address:			
Town/City:			
County:		Postcode:	
Contact Telephone Number:			
Contact Email Address:			
Dietary/Access Requirements:			

<i>DELEGATE TYPE:</i>	<i>Rate Applicable</i>	<i>Please select</i>
Central Govt and Private Sector:	Full Rate: £225	
	Early Bird: £165 book and pay by 31 Aug 09	
Public, Educational, NHS, Local Authority, Voluntary Organisations and Charities (with income of over £1m):	Full Rate: £165	
	Early Bird: £125 book and pay by 31 Aug 09	
Voluntary Organisations and Concessions:	Full Rate: £145	
	Early Bird: £115 book and pay by 31 Aug 09	
FAB Associate Members:	Existing Members Only £75	

If paying by cheque, please make payable to 'FAB Research' and post with booking form to **Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL.**

If an invoice is required, (*not applicable to Super Early Bird Offer*) please complete booking form and email to admin@fabresearch.org with details of where invoice should be sent. Please include your purchase order number.

Cancellation Policy. Cancellations confirmed in writing more than 14 days prior to the event will be refunded minus an administration charge of 20%. We regret that no refund can be made after that date, for whatever reason, although substitutions may be accepted if notified in writing before the event.



Gala Dinner at The Banqueting Hall, Magdalen College, Oxford 7pm for 7.30pm on Thursday 24th September 2009

Food and Behaviour Research is hosting a Gala Dinner in the **Banqueting Hall** at **Magdalen College** on the evening of 24th September, to which all are welcome. Delegates attending the conference on the next day, Fri, 25th Sept, and their families and guests are warmly invited to attend at a reduced rate. The dinner will provide a superb opportunity to meet world-class researchers in the truly magnificent setting of the 15th century Banqueting Hall and a unique chance to hear **Dr Ben Goldacre** and **Dr Paul Clayton** speaking after the dinner.

Further details of the Gala Dinner can be found at www.fabresearch.org and the form below can also be used to book places at the specially reduced delegate rates.

Please book your places early to avoid disappointment. Dress code: Smart

Cost: <i>(Reduced for conference delegates and their guests)</i>	Please select:
1 Guest - £105 (save £20)	
2 Guests - £205 (save £45)	
3 Guests - £305 (save £70)	
4 Guests - £405 (save £95)	
Total Payable	£

Please insert your own name first as the Main Contact for your party in the table below

Guests Attending:	Special Dietary Needs:
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Full Name:	Vegetarian/Vegan/ Gluten-free/Other <i>(please specify)</i>
Guest names can be altered but please notify us of any changes at least two weeks prior to the event	

If paying by cheque, please make payable to '**FAB Research**' and post with booking form to **Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL**.

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