

# Feeding Young Minds Nutrition in Childhood – Meeting the Challenge

A One-day Conference on Friday, 26 September 2008  
at The Newton Hotel, Nairn, IV12 4RX. Highlands of Scotland

Registration 9am-9.25am / Conference 9.30am-4.30pm / Lunch and refreshments included

**How can we explain children's worsening behaviour and the escalation of special needs pupils?**

**Do fast-foods and high-speed lifestyles conflict with our genetic make-up?**

**What are the consequences for the next generation and who's influencing them?**

**Mental health problems are rising as fast as rates of obesity and diabetes. What's the solution?**

*What are the links between diet, brains and behaviour and the implications for policy and practice? Keep up-to-date - hear the latest evidence from leading experts*

- **Dr Alex Richardson** (Director FAB Research; Visiting Research Scientist at Universities of Oxford and Bristol; Author of 'They Are What You Feed Them') **'Food and Behaviour: An Overview'** and **'Omega-3: what's the real evidence?'**
- **Dr Paul Clayton** (Chair of Forum on Food & Health; Author of 'Health Defence') **'Dietary changes and their implications – past, present and future'**
- **John Illingworth** (Former Head Teacher, Nottingham and President of the NUT) **'Promoting mental well-being in schools - a view from the front line'**
- **Sue Palmer** (Former Head Teacher; Author of 'Toxic Childhood' and 'Detoxing Childhood') **'Dealing with the marketing maelstrom and other toxic influences'**
- **David Rex** (Child Health Dietitian NHS Highland & Healthy Eating in Schools Co-ordinator) **'Encouraging healthy eating in schools and other organisations: practical tips and guidance'** and **'Dietary strategies for special needs: children with ADHD, autism and related conditions'**
- Scheduled time for questions and discussion with all speakers

#### Who should attend:

Education & Health Professionals | Local Authority Staff | Policy Makers | Caterers | Youth Workers | Voluntary Organisations | Parents | Carers | Media | Students

#### **SAVE 15% - EARLY BIRD OFFER EXTENDED**

Organisations and Professionals – WAS £180 - NOW £153

Voluntary Organisations and Concessions – WAS £112 – NOW £95

FAB Associate Members (Existing members only) - £80

More info on [www.fabresearch.org](http://www.fabresearch.org) | Further reductions on Group Bookings of 3+

Some sponsored places available – t: 01463 258837



#### 3 easy ways to register:

Online: [Feeding Young Minds](#) (if paying by debit/credit card)

By phone: 01463 258837 (if requesting an invoice)

By email: [admin@fabresearch.org](mailto:admin@fabresearch.org) (please include postal address and tel no)



**Booking Form**  
(one form per delegate please)

**Feeding Young Minds**  
**Nutrition in Childhood – Meeting the Challenge**

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<b>Delegate Name:</b>	
<b>Position/Job Title:</b>	
<b>Name of Organisation:</b>	
<b>Address 1:</b>	
<b>Address 2:</b>	
<b>Address 3:</b>	
<b>Town/City:</b>	
<b>County:</b>	
<b>Postcode:</b>	
<b>Contact Telephone Number:</b>	
<b>Contact Email Address:</b>	
<b>Dietary/Access Requirements:</b>	

<b>TYPE</b>	<b>Rate Applicable</b>	<b>Please tick</b>
<b>Organisations and Professionals:</b>	<b>WAS £180 NOW £153</b>	
<b>Voluntary Organisations and Concessions:</b>	<b>WAS £112 NOW £95</b>	
<b>FAB Associate Members:</b>	Existing Members Only £80	

Please complete and post with your remittance to FAB Research, Fairways House, Fairways Business Park, Inverness IV2 6AA. Cheques should be made payable to Food and Behaviour Research. If you require an invoice to be sent to your organisation/school please complete this form and email to [admin@fabresearch.org](mailto:admin@fabresearch.org) with details of where invoice should be sent or telephone 01463 258837.

**Cancellation Policy.** Cancellations confirmed in writing 7 days prior to the event will be refunded minus an administration charge of 15%. We regret that no refund can be made after that date, for whatever reason, although substitutions will be accepted if notified in writing before the event. Bookings made less than 7 days prior to the event are non-refundable.