

Feeding Young Minds

Food, Mood and Behaviour: Putting Research into Practice
in Education, Mental Health and Criminal Justice

A One-day Conference on Friday, 2 May 2008
at The Palace Hotel, Palace Road, Buxton SK17 6AG

The social time bomb – do 'junk food' diets contribute to anti-social behaviour?
Children's behaviour, learning and mental health problems are rising as fast as
rates of obesity and diabetes – can dietary changes help?

Can better nutrition help to reduce symptoms in anxiety, depression or
schizophrenia? Evidence from the front line

Hear from leading experts the latest evidence on links between diet, brains and
behaviour – and the implications for policy and practice

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

- **Dr Alex Richardson** (Director FAB Research; Visiting Research Scientist at Universities of Oxford and Bristol; Author of 'They Are What You Feed Them') *Dietary factors in child behaviour, learning and mood - an overview* and *Omega-3 for child behaviour and learning: What's the real evidence?*
- **Bernard Gesch** (Senior Research Scientist at Oxford University and Director of the research charity Natural Justice) *Causes of Crime? The Role of Nutrition in Antisocial Behaviour*
- **Prof Malcolm Peet** (Consultant Psychiatrist; full-time NHS consultant) *Food and Mood: Dietary Factors in Depression* and *An Early Intervention Programme for Mental Health Problems*
- **Kevin Williamson** (Nutritionist, Rotherham, Doncaster & South Humber NHS Trust's Early Intervention Team) *Nutritional Support for Young People with Mental Health Problems*
- **Emily Earle** (Trainee Health Psychologist, Rotherham Early Intervention Team for Young People) *Strategies to help young people change their eating habits and overcome obstacles*
- Scheduled time for questions and discussion with all speakers

Who should attend:

Education Professionals | Health Professionals | Criminal Justice System | Local Authority Staff
Policy Makers | Caterers | Voluntary Organisations | Parents | Carers | Media

Book and pay by 18 April 2008 to receive a full 15% reduction

Organisations and Professionals - £180

(Early bird - £153 if booked and paid by 18.04.08)

Voluntary Organisations and Concessions - £112

(Early bird - £95 if booked and paid by 18.04.08)

FAB Associate Members (Existing members only) - £80

Further information go to www.fabresearch.org | Group Booking Rates of 5 or more Tel 01463 258837

3 easy ways to register:

Online: www.fabresearch.org – 'Events' page (if paying by debit/credit card)

By phone: 01463 258837

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

Organised by:



Food and Behaviour Research is a Scottish based charity SC034604
A registered provider of CPD with Learning and Teaching Scotland
Fairways House, Fairways Business Park, Inverness IV2 6AA
Tel: 01463 258837

Booking Form
(one form per delegate please)

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Food, Mood and Behaviour – Putting Research into Practice in Education and Mental Health

Friday, 2 May 2008
at The Palace Hotel, Buxton, Derbyshire SK17 6AG

Delegate Name:	
Position/Job Title:	
Name of Organisation:	
Address:	
Town/City:	
County:	
Postcode:	
Contact Telephone Number:	
Contact Email Address:	
Dietary/Access Requirements:	

TYPE	Rate Applicable	Please tick
Organisations and Professionals:	Full Rate £180	
	Early bird - £153 (if booked and paid by 18.04.08)	
Voluntary Organisations and Concessions:	Full Rate £112	
	Early bird - £95 (for booked and paid by 18.04.08)	
FAB Associate Members:	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 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.

Data Protection. The personal information provided by you will be held on a database by Food and Behaviour Research and used to manage your registration for and attendance at the conference. Unless you advise to the contrary in writing and in advance to the FAB Research, your name and affiliation may be made available in a list of delegates to both attendees and sponsors of the conference. The personal data in the database will be retained by FAB Research, unless requested in writing, and may be used in future to inform you about other appropriate services and events that may be organised by or in conjunction with FAB Research.