



## About the Conference

Not a day goes by without reading about concerns regarding the dietary habits and overall fitness of our children – from school dinners to obesity. But their physical health is not all that's at risk. How does the food we are feeding them affect their brains – and what can be done about it? The focus of this conference is the potential links between food and various disorders affecting behaviour, learning and mood. It will provide an excellent opportunity for education and health professionals to hear from expert opinion and share best practice in addressing key issues that affect our children.

## Venue, date and time

**Venue:** The Bridgewater Hall, Manchester M2 3WS. Tel: 0161 950 0000

**Date:** Friday 29 September 2006

**Time:** Registration 9.00-9.30am  
The conference will start promptly at 9.30am and close at approx 4.30pm

## Who should attend

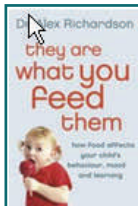
This event is designed to be of interest to a wide range of Education and Health Professionals including Teachers, Support Workers in Education, Paediatricians, Dieticians, Nutritionists, General Practitioners, Nurses, Health Visitors, Health Promotion Specialists, Catering Managers, Public Health Specialists, Academics, Researchers, Prison Officers, Voluntary and Community groups, Parents and others involved in the health and care of children and young people.

## Booking details

**Please see back page for fee types and details of how to register. The fee includes lunch, refreshments and conference materials. Please note that accommodation is not included.**

**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.



### They are what you feed them by Dr Alex Richardson

Dr Alex Richardson, the UK's leading authority on how nutrition affects behaviour and learning, exposes for the first time the truth behind the foods we are feeding our children, and offers simple and practical solutions all parents can use.

**Available at the conference for £12.99**

## Programme

### 9.00-9.30am Registration and Coffee

- 9.30am **Welcome & Introduction**, Lois MacDonell, Associate Research Psychologist
- 9.35am **The importance of nutrition for behaviour, learning and mood**  
Dr Alex Richardson, Senior Research Fellow, Dept of Physiology, Anatomy and Genetics, University of Oxford ; Director of FAB Research
- 10.05am **The health implications of dietary changes over the last 50 years**  
Dr Paul Clayton, Fellow of the Royal Society of Medicine; Research Director of Medical Nutrition Matters

### 10.45-11.15am Refreshment Break

- 11.15am **ADHD, the autistic spectrum and related conditions**  
Dr Alex Richardson, Senior Research Fellow, Dept of Physiology, Anatomy and Genetics, University of Oxford ; Director of FAB Research
- 11.55am **Nutritional approaches to ADHD & the autistic spectrum**  
David Rex, Child Health Dietician for NHS Highland & Healthy Eating in Schools Co-ordinator
- 12.30pm **Questions and discussion:** All speakers

### 12.45-2.00pm Lunch

- 2.00pm **Diet and antisocial behaviour**  
Bernard Gesch, Senior Research Scientist, University Lab of Physiology, Oxford and Director and Founder of the research charity Natural Justice. (To be confirmed)
- 2.40pm **Impact of Fresh, Healthy Foods on Learning and Behaviour - a video showing a real life case study**

### 3.00-3.30pm Refreshment Break

- 3.30pm **Encouraging healthy eating - practical tips and guidance for schools and other organisations**  
David Rex, Child Health Dietician for NHS Highland & Healthy Eating in Schools Co-ordinator
- 4.00pm **Questions and discussion:** All speakers

### 4.15-4.30pm Summary by Dr Alex Richardson

- 4.30pm Informal networking

At the time of going to press this programme was deemed correct. We reserve the right to cancel or alter any part of the programme due to unforeseen circumstances.

**Food and Behaviour Research is a Scottish based charity, number SC034604, co-founded by Dr Alex Richardson. Please visit our website at [www.fabresearch.org](http://www.fabresearch.org).**