

Booking Form

Peach Conference September 2005
Reading Town Hall – 10th September

Cost

£85 for Peach parent members and Peach tutor members
£130 for professionals and non-Peach members

Ticket price includes a light lunch & refreshments

Name _____

Address _____

Postcode _____

Telephone _____

Email _____

Please tick

- Parent Tutor
 Other Professional (please state occupation)

Peach member Yes No

I would like to reserve places @ **£85** each
for parent/tutor Peach members

I would like to reserve places @ **£130** each
for professionals and non-Peach members

I enclose a cheque for £

All cheques to be made payable to Peach and to be received in the Peach office by 20th August 2005. There is a limited supply of tickets and they will be allocated on a first come first served basis.

If you require an invoice please attach a note with the relevant details.

Please return this form to: Peach, The Brackens, London Road, Ascot, Berkshire SL5 8BE. Telephone: 01344 882248.

Please photocopy this form if you need additional copies.



Peach



Food for thought

Nutrition and Emotions

10th September 2005

Reading Town Hall, Blagrove Street,
Reading, Berkshire RG1 1QH

10 am – 4 pm

Peach Conference September 2005

This year's conference will look at two major issues. Dr Alex Richardson will talk about the relationship between behaviour and nutrition. Dr Alan Watkins will address the issue of emotions as they relate to managing a child with autism and an ABA team.

This conference will be of interest to parents and professionals.



Parents for the Early Intervention of Autism in Children (Peach)

is a national charity which supports and informs parents of children with autism. It gives advice on a whole range of issues. It also advocates the use of early behavioural intervention programmes, also known as ABA.

Venue

Reading Town Hall is situated in the centre of Reading close to the railway station. Lunch is included in the ticket price. A map will be sent after registration.

Speakers

Dr Alex Richardson

“Dietary issues in Autistic Spectrum Disorders – Can nutrition help manage behaviour?”

Dr Alex Richardson is a senior research fellow at Mansfield College, Oxford, and co-director of the charity Food and Behaviour Research (www.fabresearch.org). Her research centres on the role of nutrition in a range of related development conditions including Autistic Spectrum Disorders. Dr Richardson’s work takes in clinical and educational as well as scientific research perspectives and is aimed at evaluating new methods to assess and manage difficulties in behaviour, learning and mood. She is a regular speaker at National and International research meetings and already has more than 75 research publications in peer reviewed journals and academic books.

Dr Richardson will explain the latest scientific research into dietary factors in autism and its practical implications for parents and professionals. This will include: Why a nutritional approach to autism makes sense, omega fatty acids and the brain, other key nutrients, food allergies and intolerances, dietary interventions for autism and practical approaches.

Dr Alan Watkins

“Managing emotions on a home-based programme”

Dr Alan Watkins is the serving president of Peach. He has a medical degree, a first class honours degree in psychology and a PhD in immunology. He is also an honorary research fellow at the department of medicine at Southampton University. After initially working as a registrar in the NHS (Cardiac), Alan set up his own business promoting mind and body medicine. He is now internationally renowned for the work he does specialising in assisting organisations promote the ethos of a healthy work force. Alan has written text books and has been published in many scientific journals. He has a son with autism on a home programme.

Alan’s talk will cover the latest scientific research on emotions and emotional management. He will also address the emotional challenges of being a parent, a tutor and a sibling and the emotional challenge of dealing with Local Educational Authorities. He will give advice on how to develop effective strategies for helping children with autism manage their emotions, a crucial factor in the effective running of a home programme.

Time will be allocated for questions.