

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% when you book before Friday 5 September 2008

Organisations and Professionals - £180 (Early bird - £153 if booked by 05.09. 08)

Voluntary Organisations and Concessions - £112 (Early bird - £95 if booked by 05.09. 08)

FAB Associate Members (Existing members only) - £80

More info on www.fabresearch.org | Further reductions on Group Bookings of 5+

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 (please include postal address and tel no)

