

# 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](http://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](mailto:admin@fabresearch.org) (please include postal address and tel no)

