

OLM-Pavilion in partnership with BANT presents:



Nutrition and mental health

Practical solutions for mood disorders in adults

Date: Tuesday 21 April 2009

Venue: ORT House Conference Centre, London NW1

Save £50 – Book before 13 March 2009



This conference is recognised by the British Association for Applied Nutrition and Nutritional Therapy for Continuous Professional Development. By attending this course delegates can gain CPD credits.

Nutrition and mental health

Practical solutions for mood disorders in adults

About the conference

The role of nutrition is fundamental to human well-being but often overlooked, and there is concern that the consumption of processed food and addictive substances, along with other environmental factors, can influence our mood and behaviour. This event follows the publication of *Nutrition and Mental Health: a handbook* (Pavilion, 2008) and is the first of two conferences to focus on nutritional interventions for mental and emotional health problems. Leading health practitioners will examine the evidence for the benefits of nutrition on common mood disorders in adults and will work with delegates to identify good practice and provide viable strategies on how to manage symptoms.

Key themes

- The science behind nutrition and its effects on mental health
- Cost-effective dietary approaches to the management of common mood disorders
- Evidence-based nutritional therapy in practice within the NHS and guidelines for action
- Resources for accessing quality food

Who should attend?

- Health and social care professionals, including psychologists and psychiatrists
- Nutritionists and dieticians
- Relevant specialists from primary care trusts and local authorities
- Providers of voluntary sector services to mental health service users
- Specialists working in the criminal justice system
- Local and national health and social policy makers
- Mental health service users and their carers
- Complementary therapists
- Catering managers and staff
- Health writers and researchers

Aims of the conference

- Present the latest scientific evidence on how our modern diet, lifestyle and environment encourages the development of common mood disorders
- Demonstrate how nutritional and lifestyle interventions can be employed to prevent and manage mood and behaviour problems alongside traditional care options
- Develop good nutritional practice in interactive case-working sessions
- Encourage discussion between participants and presenters and develop networking opportunities between the private and public sectors

BANT

(British Association for Applied Nutrition and Nutritional Therapy)

BANT is the professional body for Nutritional Therapists. Its primary function is to assist its members in attaining the highest standards of integrity, knowledge, competence and professional practice as well as to protect the client's interests, nutritional therapy and the Nutritional Therapist.

It promotes high standards of education in Nutritional Therapy and acts as a professional body overseeing the activities, training and Continuing Professional Development of its practitioners.

Special offer

Buy one delegate place for this conference plus the *Nutrition and Mental Health Handbook* and get 10% off the total cost!



Programme

9.00am Registration

9.30am **Welcome and introduction to the day**
Chair: **Martina Watts** *Nutritional Therapist, Editor of Nutrition and Mental Health: a handbook*

9.35am **Omega-3, diet and brain development**
Professor Michael Crawford *The Institute of Brain Chemistry and Human Nutrition, London Metropolitan University*

10.00am **Modern diets: a recipe for madness**
Umahro Cadogan *Nutrition Consultant, Chef, Nordic Clinic, Copenhagen*

10.30am Refreshments

11.00am **Workshop sessions: developing good nutritional practice**

A Eating disorders and addiction

Jane Nodder *Nutritional Therapist, Lecturer, Nutriworks*

B Improving age-related cognitive function

Kate Neil *Director of the Centre for Nutrition Education & Lifestyle Management, Nutritional Therapist, Lecturer*

C PMS and postnatal depression

Dian Shepperson Mills *Nutritional Therapy Consultant, The Endometriosis and Fertility Clinic*

12.00pm **Workshop case presentations and panel discussion**

12.45pm **A case history in progress**

Yvo Luna *Performer*

1.00pm Lunch

2.00pm **Gut instincts: improving the brain-gut connection**

Michael Ash *Osteopath, Naturopath and Clinical Nutritionist, IHC Ltd*

2.45pm Refreshments

3.00pm **Eat yourself happy: nutritional therapy in the NHS**

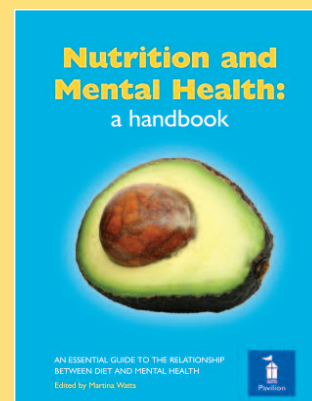
Kevin Williamson *Nutritionist with the Early Intervention and Psychosis Team, Rotherham, Doncaster and South Humber NHS Trust*

3.30pm **Food poverty and food access**

Tony Lowe *CEO, FareShare Community Food Network*

4.00pm Conclusions and close

Nutrition and Mental Health: a handbook



This new handbook explains the science behind nutrition and its effects on mental health, in a clear, accessible way. It explores:

- the complex and dynamic relationship between mental health, diet and nutrition
- how mental health and mental illness related factors, dietary factors and other social, biological and environmental factors interact to affect mental well-being.

The *Nutrition and Mental Health* handbook contains vital information for: carers, trainers, managers and professionals working within mental health both in social and health care fields within the public, private and voluntary sectors.

Price: £19.95

Format: handbook 184pp

Order online at www.pavpub.com/trainingmaterials and click on 'Mental Health' or call Pavilion on **0870 890 1080**

Unable to attend?

Conference papers, as presented to the delegates on the day, are available on CD-ROM after the conference for £60 + VAT. This useful reference will include: available speakers' papers, speakers' biographies and any additional inserts.

Continuous professional development

Professionals within the Social Care sector are required to undertake Continuous Professional Development (CPD) by the General Social Care Council (GSCC). Delegates can gain CPD points from attending our conferences and exhibitions.

Promotional opportunities

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare Customer Relationships Manager, OLM-Pavilion



Tel: 01273 666703



Email: grahamh@pavpub.com

About OLM-Pavilion

OLM-Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, Mental Health Today and Learning Disability Today magazines.

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Brochure code:

1 2 3 4 5 6 7 8 9

Please provide this code when making your booking over the phone

Marketing code:

C-487-12-08

How to book:

Fax: 0844 880 5062

Tel: 0844 880 5061

Web: www.olm-pavilion.co.uk

Post this form to: FREEPOST RLuz-ATEU-RYUZ, OLM-Pavilion, Richmond House, Richmond Road, Brighton, BN2 3RL

Your details

(please complete this section for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms (Please circle) Other:

First name:

Surname:

Job title:

Department:

Organisation:

Address:

Postcode:

Tel: Fax:

Email:

I am wheelchair user I require a vegetarian meal I require a hearing loop

Please state any other requirements:

I agree to the terms and conditions as stated at the bottom of this page

Name:

Signed:

Date:

Workshop sessions

Please indicate below which two workshops you would like to attend:

	1st choice	2nd choice
11.00am (A-C)	<input type="checkbox"/>	<input type="checkbox"/>

What best describes your current position?

- | | |
|---|---|
| <input type="checkbox"/> CE/Director/Commissioner | <input type="checkbox"/> Trainer/HR |
| <input type="checkbox"/> Manager | <input type="checkbox"/> Student |
| <input type="checkbox"/> Practitioner/Frontline staff | <input type="checkbox"/> Academic |
| <input type="checkbox"/> Social worker | <input type="checkbox"/> Carer |
| <input type="checkbox"/> Clinician | <input type="checkbox"/> Person who uses services |
| | <input type="checkbox"/> Other |

Venue

ORT House Conference Centre,
126 Albert Street, London,
NW1 7NE

(a map of the venue will be sent with confirmation of your booking)

Date

Tuesday 21 April 2009

Conference fees

The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

Conference papers

Conference papers will be sent out a week after the conference, please fill in the 'Your details' section.

Group discount

Group discounts are available, please call 0844 880 5061 for more information.

Free bursaries for people who use services and unwaged carers are available on application to the address above.

Confirmation of booking

When booking, please wait for written confirmation before arranging travel.

Accommodation required?

Contact: andthekitchensink. Tel: 0845 2255807 or email: enquiries@andthekitchensink.com and quote 'Pavilion'.

Terms and conditions

Cancellation and refund policy

All cancellations will be subject to a £50 administration fee, if received in writing by 10/01/09. We regret that any cancellations after this date cannot be refunded, but substitute delegates are welcome at any time.

Payment

30 days either from date of invoice or before the conference (whichever sooner). Payment must be received prior to the conference.

Delegate rates

(For group rates and bursary places please see terms and conditions.)

Book before 13 March 2009 and SAVE £50

	Early bird	Standard	Quantity
<input type="checkbox"/> Public sector/educational/charity/NHS/local gov/voluntary orgs	<input type="checkbox"/> £205 + VAT (Total £235.75)	<input type="checkbox"/> £255 + VAT (Total £293.25)	<input type="checkbox"/>
<input type="checkbox"/> Central gov/private orgs	<input type="checkbox"/> £245 + VAT (Total £281.75)	<input type="checkbox"/> £295 + VAT (Total £339.25)	<input type="checkbox"/>
<input type="checkbox"/> Unwaged/student/small voluntary orgs	<input type="checkbox"/> £145 + VAT (Total £166.75)	<input type="checkbox"/> £195 + VAT (Total £143.75)	<input type="checkbox"/>
<input type="checkbox"/> Nutritional & Complementary Therapists reduced rate	<input type="checkbox"/> £125 + VAT (Total £143.75)		<input type="checkbox"/>
<input type="checkbox"/> Conference papers	£60 + VAT (Total £69)		<input type="checkbox"/>

Payment

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Please make cheques payable to: Pavilion Publishing (Brighton) LTD

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For a full list of our conferences visit:

www.olm-pavilion.co.uk

If you DO NOT wish to receive further information from OLM-Pavilion, please tick here:

We may also make your details available to carefully screened organisations working in the health and social care field. If you DO NOT wish to receive information from these companies, please tick here:

OLM-Pavilion reserves the right to make changes to the programme, speakers or venue should this become necessary.

Please note that occasionally we might film, record or photograph all or part of our events. Footage, photography or audio may be broadcast after the event and used in a professional context.