



# Food and Behaviour Research

practical, evidence-based communication and resources

## Feeding Better Behaviour, Learning and Mood: The Gut, Brain and Nutrition Connection 2015 Regional Seminar Programme

Presentations by:

Dr Alex Richardson and David Rex RD / Kevin Williamson

### ABOUT THE SEMINARS

Behaviour and learning difficulties are an ever-increasing problem in the UK and other developed countries. Conditions like ADHD, Dyslexia and Autism Spectrum Disorders have reached record levels, as have anxiety, depression and related disorders, across all ages. Milder forms of these disorders are also common, leaving families and health professionals struggling to cope.

The surge in conditions relating to mental health, wellbeing and performance is linked to rising rates of many physical health problems that are known to be diet-related: from obesity and diabetes, to allergies and other immune system conditions. New scientific research is showing how mental and physical disorders often occur together and how the highly complex links between our guts, brains and immune systems are heavily influenced by what we are eating.

Our 2015 seminar programme includes presentations on the latest scientific evidence on how diet influences learning, mood and behaviour, examines the potential for positive clinical and personal outcomes, and introduces practical, cost-effective strategies to prevent, manage and improve these disorders.

### PROGRAMME (final content to be confirmed)

#### Dr Alex Richardson

Senior Research Fellow at the Centre for Evidence Based Intervention, University of Oxford; Founder Director, FAB Research

- Nutrition and Behaviour and Learning: An Overview.
- Evidence-Based Dietary Interventions for Behaviour and Learning in Clinical and General Populations.

**David Rex RD**, Care & Learning Directorate, Children's Services, Highland Council  
**Kevin Williamson (Sheffield Seminar)**, Senior Nutritionist, Rotherham Doncaster and South Humber NHS Foundation Trust

- How to influence food choices in the context of current family food culture.
- Nutrition science in practice – how do we decide what's worth trying?

THIS SEMINAR IS GENEROUSLY SUPPORTED BY



### SEMINAR SUITABLE FOR:

- Registered Dietitians and Nutritionists
- GPs and Medical Professionals
- Midwives and Paediatricians
- Nutritional Therapists
- Psychiatrists and Psychologists
- Community Health Professionals
- Teachers and Education Professionals
- Catering and Food Providers
- Researchers
- Charities and Support Groups
- Parents and Carers
- Policy Makers

### Locations

26 February – Double Tree Hotel, Bristol  
1 April – Manchester High School for Girls  
30 April – University of Warwick  
28 May – University of Sheffield  
25 June – University of Edinburgh

### Timings

Registration and refreshments: 17:00  
First presentation: 18:00  
Seminar ends: 20:30

### Fees

Associate Members: **£15**  
Individuals, students, support groups: **£20**  
Businesses and professionals: **£25**

### To book

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# Speakers

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**Dr Alex Richardson** is a Founder/Trustee of FAB Research and a Senior Research Fellow at the Centre for Evidence Based Intervention, University of Oxford, having previously been based at Oxford's Department of Physiology, Anatomy and Genetics from 1987-2007.

She is internationally known for her work on the role of nutrition in behaviour, learning and mood, and is one of the world's leading researchers on the influence of omega-3 and other dietary fats on mental health and performance, particularly in relation to developmental conditions such as ADHD, dyslexia, depression and schizophrenia.

Her research has always been multi-disciplinary, and currently involves both experimental studies and nutritional treatment trials. Alex is much sought after as a speaker for public, professional and academic audiences both nationally and internationally. She has over 80 research publications to date, and is also author of 'They Are What You Feed Them'.

**David Rex** is a Dietitian for Highland Council, working in "Care & Learning Directorate – Children's Services". He has a lead public health role for Food & Health in schools, nurseries and Children's Residential Units; and provides specialist Dietetic advice for children with Autistic Spectrum Disorder (ASD) and Attention Deficit Hyperactivity Disorder (ADHD). He advises on diet and children's mood, behaviour and learning; and on how to deal with the selective eating patterns that are so common in children with ASD. He has been heavily involved in the development of the "High 5" Health & Wellbeing programme for Highland primary schools, and is a member of the Highland School Meals Stakeholder group.



David has a first degree in Chemistry and Food Science, a post graduate Diploma in Nutrition and Dietetics, and a Masters in Food Policy. He has over 25 years' experience of the food system, starting as a "Teenage burger flipper" for a well-known fast food chain, and going on to look at food and health from a range of different perspectives, in posts as diverse as: food chemist and technical advisor in the food industry;

community and hospital dietitian; and food policy advisor for a Health Authority. He is an advocate for sustainable and socially just food systems, and passionate about cooking and eating well.



**Kevin Williamson** is a senior nutritionist for the early intervention in psychosis services, which are run by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH). His work with young people with mental health problems received a Parliamentary commendation. He has developed a nutritional service for young people in Rotherham, Doncaster, North Lincolnshire and Manchester who have experienced their first episode of psychosis. The service looks at their diet in relation to their illness and provides a healthier, more nutritionally balanced alternative. It drew praise from the Government's Food and Health Forum, which recommended that other NHS trusts adopt a similar approach to RDaSH. To help others replicate the good practice in RDaSH, Kevin has developed an accredited training course on nutritional care in mental

health, which is aimed at training mental health professionals to introduce tailored nutritional assessment and positive dietary change with their service users.