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Pavilion presents

Diet and Depression

A National Conference on
Nutritional Interventions for
Tackling Depression

Date:

Thursday 15 June 2006

Venue:

ORT House Conference Centre,
Camden, London

About the conference

Depression has increased twenty-fold since 1945 and is predicted to be the second highest cause of the global disease burden by 2020. The costs to the individual sufferer, society and economy are profound.

This national conference examines the links between diet, nutrition and mental and emotional health. It will focus on the latest research into the effects of diet and environment on mild to moderate depression, and provides practical solutions by leading award-winning clinicians on how to manage symptoms within an integrated, holistic framework.

Aims of the conference

The conference aims to:

- Present the latest scientific evidence on how diet, lifestyle and environment can influence mood and behaviour.
- Show how dietary intervention has been successfully employed in improving some mood disorders.
- Demonstrate cost-effective new ways in which nutritional and lifestyle strategies can be successfully implemented by carers and health care services as a viable add-on treatment to traditional drug regimes.
- Encourage discussion between participants and presenters and develop networking opportunities between the private and public sectors.

Key themes

- Up-to-date information on current areas of research into depression.
- The link between diet, environment and mental health.
- Nutritional assessment and early intervention.
- How to introduce cost-effective strategies alongside traditional care options.

Who should attend?

- Health and social care professionals
- Psychiatrists and Psychologists
- Nutritionists and dieticians
- Health promotion educators
- Policy makers and influencers
- Teachers and support workers in education
- Catering managers
- Food manufacturers and retailers
- Advertisers
- Complementary Therapists
- Journalists and researchers
- Service users
- Parents and carers
- Voluntary and community groups

Programme

9.00am *Registration and coffee*

9.30am Chair: Dr Alex Richardson Senior Research Fellow, Dept. of Physiology, Anatomy and Genetics, University of Oxford and Director of Food & Behaviour Research

9.35am **Feeding Minds - The impact of food on mental health**
Dr Andrew McCulloch Chief Executive, Mental Health Foundation

10.00am **The effects of micro and macronutrients on mood**
Professor David Benton Department of Psychology, University of Wales Swansea

10.30am **Keynote Presentation:**
The complex interplay between gut function and mental health
Michael Ash Nutritionist, Osteopath, Naturopath, Director Eldon Health Clinic

11.30am *Refreshments*

12.00pm **Parallel Plenary Sessions:**
Food as therapy
Dr Natasha Campbell McBride Cambridge Nutrition Clinic

Green exercise as therapy
Joanna Peacock Researcher in Green Exercise, Dept of Biological Sciences, University of Essex

1.00pm *Lunch*

2.00pm **Parallel Plenary Sessions (repeated)**

3.00pm *Refreshments*

3.15pm **The role of omega 3 fatty acids on behaviour, learning and mood**
Dr Alex Richardson Senior Research Fellow, Dept. of Physiology, Anatomy and Genetics, University of Oxford and Director of FAB Research

4.00pm **Eat Yourself Happy: Nutritional Therapy in practice at Doncaster and South Humber Healthcare NHS Trust – Based on work carried out with Professor Malcolm Peet Consultant Psychiatrist**
Caroline Stokes Research Scientist, Medical Research Council

4.30 *Conclusions and Close*

At the time of going to press this programme was deemed correct. We reserve the right to cancel or alter any part of the programme due to unforeseen circumstances

About Pavilion

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, 17 journals and *Mental Health Today* magazine. Please visit www.pavpub.com for further information.

About the programme convenor

Martina Watts is a Nutritional Therapist and health writer. She is an independent Nutrition Consultant for schools, local government and the National Health Service. For more information, please visit www.thehealthbank.co.uk.

Promotional opportunities

For more information about promotional opportunities at this conference, please contact:

Graham Hoare, Sales Manager, Pavilion
Email: grahamh@pavpub.com
Tel: 01273 666703

Conference papers

Conference papers highlighting key speakers' presentations and any additional inserts are available to those unable to attend on the day, on CD-ROM for £55 + VAT.

To purchase the conference papers on CD-ROM please forward a payment for £64.63 (£55 + VAT). Make cheques payable to Pavilion Publishing (Brighton) Ltd and send to:

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 - Nutritionist and complementary therapist rate **£100 + VAT** (£17.50) Total **£117.50**
- Joint packages – delegate place and subscription to *Mental Health Today*
- Standard rate + **£66** corporate subscription Total **£271.63**
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Booking details

Diet and Depression

Thursday 15 June 2006

Venue: Ort House Conference Centre, 126 Albert Street, London NW1 7NE.

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

Free places: A number of free places are available for service users and carers (subject to availability). Please apply in writing with your booking form.

Terms and conditions

Payment: 30 days either from date of invoice or before the conference (whichever is sooner). Please make cheques payable to Pavilion Publishing (Brighton) Ltd. Payment must be received before the conference. Please note that a £10 (excluding VAT) administration charge will be added to all invoiced bookings.

Cancellations: All cancellations must be received in writing and will be subject to a charge. If we receive the cancellation before **1 June 2006** a £50 charge will be made. If we receive the cancellation after this date the full fee must be paid. We are happy to accept a substitute delegate if the original delegate is unable to attend.

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