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Diet intervention in autism spectrum conditions

A one day conference organised by ESPA Research.

Date: Wednesday 6th October 2010

Venue: Sunderland Museum & Winter Gardens

Cost: People with autism / parents £25
Others £40

The aim of the conference is to provide up-to date information on research and practical advice on the use of dietary and nutritional strategies for autism spectrum conditions (ASC).

Discussion includes:

- New evidence on the use of gluten- and casein-free diets for ASC (the *ScanBrit* trial).
- Technological advances in biological research in ASC.
- Practical advice on dietetic & nutritional management of ASC.

espa research is a not-for-profit subsidiary of espa

The Robert Luff Laboratory, Unit 133i Business & Innovation Centre (BIC),
Sunderland Enterprise Park, Wearfield, Sunderland SR5 2TA, UK

Telephone 0191 549 9300 Email: info@espa-research.org.uk

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The conference is hosted at the Sunderland Museum & Winter Gardens. Sunderland is a vibrant city in the North-East of England with good road & rail links including a Metro service & a direct rail service from London. The region is also served by two airports within a 40 mile radius, Newcastle International & Durham Tees Valley. Sunderland Museum & Winter Gardens is located in the city centre approximately 5 minutes walking distance from the railway station. Further location details are shown on the map above. The address of the venue is: Burdon Road, Sunderland SR1 1PP
Details of car parking services in Sunderland can be found at: www.sunderland.gov.uk/CHttpHandler.ashx?id=894&p=0
Visit the venue website at: www.twmuseums.org.uk/sunderland

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The programme

The aims of the conference focus on the use of various dietary and nutritional strategies being used to either affect developmental outcome in autism spectrum conditions or improve quality of life. The topics to be discussed reflect the growing body of research which suggests that food & diet may not only affect physical health but could also impact on mental health & wellbeing.

The provisional programme is:

9.00-9.30am	Conference registration
9.30-9.50	<i>Welcome and opening address</i> (Paul Shattock OBE)
9.50-10.00	<i>Welcome address from Sunderland City Council</i>
10.00-10.45	<i>Introduction to dietary research</i> (Paul Whiteley)
10.45-11.15	<i>Dietetic views of autism</i> (Paul Shattock)
11.15-12.00	<i>Practical implications of diet intervention</i> (Lynda Todd)
12.00-1.00pm	BREAK FOR LUNCH
1.00-1.45	<i>Technological advances in autism research</i> (Kevin Carr)
1.45-2.15	<i>Nutritional views of autism</i> (Kate Neil)
2.15-2.45	REFRESHMENT BREAK
2.45-3.30	<i>Panel discussion</i>
3.30-3.45	<i>Closing address</i> (Prof. Malcolm Hooper)

Please note that lunch is not provided as part of the conference package. There are several cafes, bars and restaurants both within and outside the venue.

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Booking form

I require _____ places for the conference on Wednesday 6th October 2010

Name(s): _____

Group/organisation (if applicable): _____

Contact address: _____

Telephone number: _____

Email: _____

I enclose a cheque / postal order made payable to **ESPA Research** for the amount £ _____ pounds sterling.

Please return this completed form alongside payment to the address shown below.
Please note full payment is required for ticket reservation. Failure to do so will result in non-reservation for attendance. We reserve the right to alteration of the programme at any time. Conference places are limited and work on a first-come first-served basis.
Refunds up-to 6 weeks before the event may be provided at the discretion of ESPA Research.

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