

Nutrition and Mental Health

a one day conference for health professionals, service users and carers in Worcestershire

Wednesday 19th March 2008, Hallmark Suite, Worcester Rugby Football Club

10.00 **Registration and refreshments**

10.45 Welcome: Rachel Hannah, WMHN

11.00 **Key note speech: *Patrick Holford***

the benefits of the nutritional approach for improving mental health

11.30 ten minute break

11.40 Workshop One (parallel sessions)

either: ***Patrick Holford*** (Hallmark Suite)
Anxiety, Depression, Stress and Insomnia

or: ***Martyn Brannan*** (Captain's Room)
the Food Mood project

12.40 Lunch (finger buffet)

Book signing *Patrick Holford*

1.30 Workshop Two (parallel sessions)

either: ***Patrick Holford*** (Hallmark Suite)
Bi Polar (Manic Depression) and Schizophrenia

or: ***Martyn Brannan*** (Captain's Room)
the Food Mood project (as 11.40)

2.30 ten minute break

2.40 **Q&A discussion** (Hallmark Suite)
How can we take the nutrition agenda forward?

Panel: ***Patrick Holford, Martyn Brannan, Judith Eastman, Rachel Hannah***

Chair: ***Jan Wallcraft***

3.30 **Event ends**



RACHEL HANNAH

Worcestershire Mental Health Network

Welcome, and thank you for taking the time to attend this event: we hope you will leave at the end of the day armed with an understanding of how the symptoms of both mild and severe mental illness can be relieved, and even removed, by making nutritional changes. We hope today will mark the beginning of a supportive dialogue between health professionals and service users who choose to adopt this Recovery Tool. Our speakers are at the cutting edge of the Nutrition agenda : read their profiles and powerful testimony overleaf!

We are extremely grateful to **Flights Orchard Organics** and Worcester Rugby Football Club for enabling us to make your meal match our message: We hope you enjoy our healthy choice menu and the snack packs kindly supplied by **Julian Graves**



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Introducing... *profiles of today's speakers and members of the Q&A panel*



PATRICK HOLFORD

Founder of the
**Institute for
Optimum Nutrition
and
Executive Director
of the
Food for the Brain
Foundation**

"I welcome this opportunity to communicate the effectiveness of the Optimum Nutrition approach and share with Worcestershire's service users, carers and health and social care professionals, the most recent findings about the potent connection between mental health and nutrition and the simple things we can all do to promote mental health for ourselves and others."

Patrick Holford is a true pioneer in new approaches to health and nutrition, specializing in the field of mental health. He started his academic career in the field of psychology. In 1984 he founded the **Institute for Optimum Nutrition (ION)**, an independent educational charity. During the 1980's, he was involved in groundbreaking research showing that multi-vitamins can increase children's IQ scores – research that was published in the *Lancet* and the subject of a Horizon documentary.

He is currently **Visiting Professor** in the School for Social Sciences and Law at the **University of Teesside**, and is Executive Director of the charitable **Food for the Brain Foundation**, currently running projects in schools to help improve children's learning and behaviour. He is also a **Director of the Brain Bio Centre**, the Foundation's treatment centre pioneering nutrition approaches to ADHD and autism, depression, dementia and schizophrenia.

Patrick has published best-selling, groundbreaking books including **Optimum Nutrition for the Mind** which has proved an invaluable tool for recovery and relief from symptoms for many mental health service users in the UK and beyond.

MARTYN BRANNAN

**The Food Mood Project
Workshop Facilitator, Web Forum Moderator**

"In 1990 I suffered a major breakdown. After coming out of hospital my GP added a course of Vitamin B and C to my antidepressant. I was curious at the time why the vitamins, but it wasn't till 10 years later that this actually started to make sense, why they particularly helped. Whilst browsing the internet in the library for information on diet, depression and mental health I stumbled upon **The Food and Mood Project**' website and became fascinated why it had been set up and amazed by all the resources available.

I bought **The Food and Mood Handbook** by Amanda Geary (Thorsons, £14.99), read it straight away and adopted changes to my diet which remarkably boosted my moods, and reduced my stress and anxiety levels very quickly. I purchased **The Workshops Leaders Guide** which inspired me to want to help others in providing information on dietary self-help through workshops.

I received fantastic support from a Mental Health Promotion worker who was absolutely fascinated by my sheer enthusiasm and knowledge that I wanted to share with and help others like myself. She assisted me in setting up and running workshops by networking with various people and groups working in mental health. Word of mouth got around how good the workshops were and I was even invited to deliver them in different counties.



"My invitation to this conference is a great opportunity to enlighten other service users in the real benefits that nutrition has upon our mental health."

(Martyn Brannan- continued) There's tremendous stuff you can download and print for **free**, or join the Food Mood project on the website www.foodandmood.org :

- Self Help survey - summary of findings
- The Mind Meal
- Newsletter No. 1
- Find a Professional Nutritionist
- Email support group
- Shop - to purchase further resources

Currently , I work for the NHS as an **STR (Support, Time and Recovery) Worker**, and continue to act as a web forum moderator for the Food and Mood Project . This is a great privilege and entails me keeping a check on the content of material posted in the email support group, passing on advice and kind of mutual support to others wishing to improve their mental well-being through diet"



JUDITH EASTHAM

Service Lead for Occupational Therapy

Worcestershire Mental Health Partnership Trust

"I'm more than happy to feed back to the Trust themes from today."

"I have a keen interest in the topics being discussed today for a number of reasons:

- As part of the Trust's commitment to improving the health and wellbeing of those who use our services.
- In response to the publication of the 10 year strategy "**Recovering Ordinary Lives**" which focuses the work of occupational therapists in mental health services.
- To support the "**Healthy Choices**" initiative. This has recently been developed by the Occupational Therapy acute Inpatient team, and focuses attention on how people may want to improve their own well being. Also, encouraging staff to look after themselves."



JAN WALLCRAFT

Freelance Consultant

Chair of our panel

" I have a long-term personal interest in nutrition and mental health, having looked for ways to balance my own physical and mental health without medicine. I have also studied and written about complementary therapies and how mental health service users find their own coping strategies, so the topic of this conference is close to my heart."

Jan's most recent post was as Manager of the **Service User Research Network for England (SURGE)**, part of the Mental Health Research Network (MHRN), set up to support and encourage good practice in the involvement of mental health service users in the MHRN research projects and all its work.

Previously, she worked for three years as **Fellow for Experts by Experience** at NIMHE (National Institute for Mental Health in England) in which role she was responsible for improving NIMHE's involvement of service users and carers. She has been a leading member of the mental health service user movement for many years. Jan was lead researcher on the user-led Strategies for Living project at the Mental Health Foundation, and completed her PhD in 2002, on people's experiences of crisis, breakdown and psychiatric treatment.

From 2001-2004, Jan worked for the Sainsbury Centre for Mental Health, doing research on the mental health service user movement, and as a consultant on survey commissioned by the Dept. of Health's Service Delivery Organisation, about service user and carer research priorities (see the results on <http://www.sdo.lshtm.ac.uk/files/project/85-lay-summary.pdf>

In January 2007, Jan was lead writer of a position paper on **Recovery** for the Royal College of Psychiatrists, CSIP and SCIE.



Making the Connection

WMHN member, Tracey Holley, talks about recovering her mental well-being with the help of Patrick Holford

left: Tracey on World Mental Health Day, October 2007

right: Tracey in March 2008



" I used to feel so lethargic and suffer deep depression. and tried to counteract these feelings by cramming foods full of sugar and wheat. I was lucky enough to be having Cognitive Behaviour Therapy and that made me more self aware, and this highlighted the importance to me of the correlation of food and mood.

I began to do my own research, encouraged by my key worker, about natural supplements for depression. I found out on the net about Patrick Holford and through his work I discovered the benefits of Omega 3 fish oils in combination with B group vitamins. I managed to persuade my psychiatrist to ask my GP to prescribe these supplements instead of the usual SRRI's. I was lucky to have a psychiatrist who listened to me.

I started to use these natural anti-depressants. I soon realised the benefits not only physically but how I was feeling emotionally.

I noticed that I was able to think more clearly and remember more. Other by-products of this new way of eating was a healthy, glowing complexion and a distinct reduction of the old adipose. I felt sound in mind and in body with renewed muscular strength and vitality. Such a difference to that feeling of wading through thick treacle, especially after having eating the treacle as well!

I have a new lease of life. When I eat well, I feel well. When I eat rubbish I feel rubbish – you do the maths!"

Tracey Holley, March 2008

FILMING THIS EVENT: as advised at time of booking, members of WMHN will be filming the speakers and workshops, for the benefit of members unable to attend today. At all times, the focus will be on the speakers and not on the audience, however, if you are concerned and do not want even your back view to appear on camera, please mention this to a member of the film crew or a member of staff and you will be kept out of shot.

We understand that filming can make people nervous, so no one will be filmed asking questions during the afternoon panel session unless they actively volunteer to do so. A radio mic will be available, however, if you prefer, please do write your question down in advance to be put to the panel on your behalf, during the Q & A session.



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