Healthy Ageing, Cognitive Decline  
and Dementia:  
The Role of Nutrition and Diet  
Friday, 28th November 2014  
The Said Business School, Oxford, OX1 1HP

8.30am – 9.20am  
**REGISTRATION AND REFRESHMENTS**

9.20am – 9.30am  
**Welcome and Chair’s Introduction**  
Professor Michael Crawford (Emeritus Professor, Imperial College, London)

9.30am – 9.50am  
**The Role of Diet in Healthy Ageing and Dementia: An Overview**  
Dr Alex Richardson (Senior Research Fellow at the Centre for Evidence Based Intervention, University of Oxford; and Founder Director, FAB Research)

9.50am – 10.30am  
**Nutrition and Brain Ageing: Lessons from the mid-Victorians**  
Dr Paul Clayton (Senior Research Fellow at the University of Pecs, Hungary; and Institute for Food Brain and Behaviour, UK)

10.30am – 10.50am  
**REFRESHMENT BREAK**

10.50am – 11.20am  
**Omega-3 Fatty Acids and Age-Related Cognitive Decline – Greg Weatherhead** (Lead Nutrition Scientist, Efamol, UK)

11.20am – 11.55pm  
**Managing Alzheimers’ Disease and other forms of Dementia – Why Nutrition Matters**  
Dr Roger Bullock (Retired NHS Consultant in Old Age Psychiatry; and Research Associate, University of Bristol)

11.55pm – 12.25pm  
**Speakers Panel – Questions and Discussion**

12.25pm – 1.45pm  
**LUNCH**

1.45pm – 2.15pm  
**Omega-3 Fats, Balance and Age-related Frailty – Neuroscientific and Clinical Findings**  
Dr Simon Dyall (University of Roehampton)

2.15pm – 2.45pm  
**B Vitamins, Brain Shrinkage and Cognitive Decline: The OPTIMA and VITACOG studies**  
Dr Fredrik Jernerén and Professor David Smith (Dept of Pharmacology, University of Oxford)

2.45pm – 3.05pm  
**REFRESHMENT BREAK**

3.05pm – 3.35pm  
**What’s the evidence that fruits and vegetables can prevent cognitive decline in ageing?**  
Dr Daniel Lamport (Research Fellow in Cognition, Nutrition and Health, University of Reading)

3.35pm – 4.05pm  
**Healthy Eating to Stay Smart – Creation of an ‘anti-dementia’ cookbook**  
Patsy Westcott MSc, Katie Sharpe RD, Vanessa Ridland RD, and Professor Margaret Rayman (University of Surrey)

4.05pm – 4.25pm  
**Speakers Panel – Questions and Discussion**

4.25pm – 4.30pm  
**Closing Comments**