



**AndrewSimsCentre**  
for professional development



**Leeds and York Partnership**  
NHS Foundation Trust



**Essentials**



**Essentials: Nutrition and Mental Health – Evidence and Debates**

Friday 11 June 2021

Virtual Events via Zoom

12.45pm Registration, 1.00pm Welcome and 4.30pm, Close

This course hopes to explore current evidence base around nutrition in mental health and look at ways this can be implemented in practice.

After attending this course delegates will be able to:

- Identify nutritional need within a diverse mental health population
- Explore current evidence in nutrition and its effect on mental health problems
- Understand the practice based evidence of promoting good nutritional health

**About our speaker:**

Dr. Francis Felix is a specialty doctor in adult eating disorders with a special interest in nutrition and mental health, metabolic syndrome and its management, and supporting service users in pursuit of a healthy lifestyle.

Amman Sehmar is a specialist dietitian working in eating disorders and has experience within a range of specialist mental health settings including, acute mental health, older adults, forensics, perinatal and national centre for psychological medicine .

**Course Fees:**

**£105.00**

All learning materials, lunch and refreshments are included.

**Reservations:**

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

**Study Methods and Accreditation:**

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 3 CPD hours subject to your peer group approval.

**This conference is suitable for:**

Any health professionals





# Andrew Sims Centre Reservation Form

Course Title: **Nutrition and Mental Health - Evidence and**

Debates Date: **Friday 11 June 2021**



**Leeds and York Partnership**  
NHS Foundation Trust

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £105.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

Please choose **ONE** of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC120321-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....  
Purchase Order Number .....
- LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....

Budget Code: .....  
Budget Holders signature .....  
Budget Transfer will occur **March** 2021

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**. Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for 3 CPD hours subject to your peer group approval.

## THE VENUE

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]

