



Best foot forward

Getting good nutrition right from the start

Wednesday
26th April 2017



**FIRST STEPS
NUTRITION
TRUST**



LOTTERY FUNDED



Best foot forward

Getting good nutrition right from the start

First Steps Nutrition Trust is a small, independent public health nutrition charity which provides expert, evidence based, conflict of interest free information and resources for health professionals working to promote good nutrition from pre-conception to five years.

This year's conference will focus on '**Eating well in the first year of life**' – with information on new national guidance on nutrition in the first year, new practical support for early years' settings in England and new evidence summaries to support the WHO global strategy on infant and young child feeding. We will also reflect on challenges to better infant formula regulation, consider the role of commercial baby foods and will look at how settings can practically support families around food and behaviour change. We hope that everyone who comes along will contribute to thinking before the event. The day itself is an opportunity to meet others working your field, find out about new projects, and feel inspired that what you do *really does* matter.

This year we are delighted to hold our conference in partnership with the Big Lottery Fund. A **Better Start (ABS)** is the Fund's ten-year strategic investment focused on developing and testing new approaches to promoting good early childhood development (ECD). The five ABS partnerships are based in Blackpool, Bradford, Lambeth, Nottingham and Southend-on-Sea. Each partnership has developed a locally tailored strategy to promote ECD, including a focus on promoting good diet and nutrition for mums and dads to be, infants and young children.



The event is designed to appeal to **health visitors, midwives, infant feeding supporters, dietitians, public health nutritionists, policy makers, those working in public health, those working to alleviate food poverty, food and health campaigners** and others who want to find out about current ideas and thinking in first year of life nutrition.

Conference Programme

- 9.00-9.30 Refreshments and registration
- 9.30- 9.45 **Chair: Professor Annie Anderson**
Welcome – Chris Cuthbert Director of Development for A Better Start, Big Lottery Fund and Dr Helen Crawley, Director First Steps Nutrition Trust
- 9.45 – 10.30 *Current issues in infant feeding.* Professor Charlotte Wright, University of Glasgow.
- 10.30-11.00 *Updating evidence reviews for the WHO Global Strategy on Infant and Young Child Feeding.* Professor Alison McFadden, University Dundee
- 11.00- 11.30 Coffee break
- 11.30- 12.00 *Strengthening regulations on baby feeding products – Reflections on progress and the parliamentary bill.* Alison Thewliss MP
- 12.00-12.45 *Commercial baby food: does this support our recommendations on complementary feeding?* Dr Helen Crawley, First Steps Nutrition Trust
- 12.45-13.00 Reflective Activity
- 13.00 – 2.30 Lunch/networking/stands
- Chair: Professor Sian Robinson**
- 2.30 -3.00 *New voluntary food and drink guidelines for infants in Early Years Settings in England.* Dr Patricia Mucavele OBE, Head of Nutrition, The Children’s Food Trust.
- 3.00 -3.45 *HENRY: A joined up approach to a best start* - Kim Roberts, Director HENRY.
HENRY in action in A Better Start Bradford - Jo Howes, Child Health Specialist, Better Start Bradford
- 3.45-4.00 Reflective activity
- 4.00-4.15 Presentation award
- 4.15-4.30 Closing remarks

To apply for tickets:

Tickets cost £129 per person including refreshments and resources. You can apply for tickets at www.fbsresources.com.

If you are a student and want to volunteer to help on the day for a free place then contact helen@firststepsnutrition.org

Conference venue

Kensington Town Hall, Hornton Street, London, W8 7NX

London Underground

Circle or District Line to High Street Kensington, out through the arcade onto Kensington High Street, cross the High Street and walk straight up Hornton Street approximately 100 yards. The Town Hall Conference and Events Centre is on the left hand side.

Local Bus Routes

(Alight at Kensington High Street/Wrights Lane junction) numbers: 9, 10, 27, 28, 49, 328, C1. Alternatively 52 or 70 at Kensington Church Street.

Car Parking

There is a public car park immediately below the Town Hall. Enter Campden Hill Road from Kensington High Street. Turn first right into Phillimore Walk. Turn immediately left down the entrance ramp to the car park. Additional public car parks are also available at the Royal Garden Hotel (Kensington High Street) and in Young Street.

CPD is being applied for this event for a number of professional groups and more information about this can be found on the conference website www.firststepsnutrition.org/events.

Food and special dietary requirements

The day will consist of a healthy and sustainable vegan/vegetarian lunch and refreshments. Please let us know if you have any other special dietary requirements or special needs on the day. A hearing loop will be enabled.

Babes in arms are welcome and we will offer support for you on the day. Please let us know if you plan to bring a little one along.

Twitter/internet access

Please tweet before, during and after the event using **#Firststeps2017**, **@1stepsnutrition** and **#abetterstart** During the day guest wifi is available at the Town Hall, with BT Openzone available for larger usage (free to BT customers).



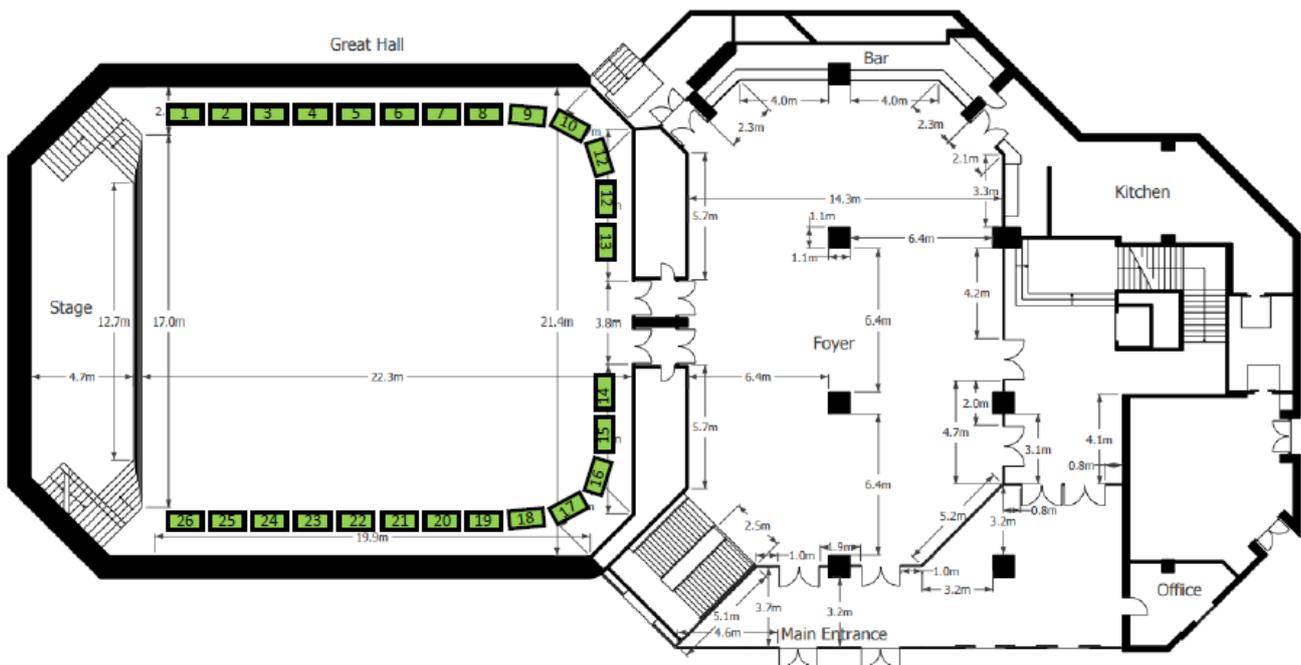


Best foot forward

Getting good nutrition right from the start

Information for Exhibitors

The exhibitors' tables will be arranged around the main hall – which is vast at Kensington Town Hall! A provisional layout map is shown below, with tables shown in green. The reception hall will host our reception desk and be the site for all the refreshments, and delegates will sit at round tables in the main hall. There are great facilities here with breakout rooms if needed.



Exhibiting is by invitation only, and access to the main hall will be from 8am on the day of the conference. If anyone needs to send items in advance or has any special requirements then please get in touch with Pauline@fbsresources.com. We will ask all exhibitors to provide some information about themselves and contact details for our conference programme.



registered charity number 1146408

www.firststepsnutrition.org

Email: helen@firststepsnutrition.org



@1stepsnutrition

#Firststeps2017

Conference in partnership with:

Big Lottery Fund



LOTTERY FUNDED



#abetterstart

www.abetterstart.org.uk