

# INTERNATIONAL AUTISM CONFERENCE 2010

Saturday 25th & Sunday 26th September 2010

Tingle Creek Conference Suite, Sandown Park Racecourse, Esher, Surrey, KT10 9AJ

Price per day includes Lunch and refreshments

**Parents £75.00**

**Professionals £100**

The two-day conference will be dedicated to supporting and treating individuals with an Autism Spectrum Condition (ASC), by enhancing the knowledge and understanding of parents, professionals and carers.

Covering issues such as promising new insights, therapies and tests, the gut, immune system and brain function plus the very latest on impaired detoxification, dietary interventions, inflammation, oxidative stress and the use of recognised testing in ASC. An application has been made to the British Association for Applied Nutrition & Nutritional Therapy (BANT) for Continual Professional Development certification.

## SOME OF THE MAIN SPEAKERS:

Dr William Shaw  
Michael Ash  
Christine Bailey  
Paul Shattock OBE



**AUTISM  
TRUST BALL**  
available to take  
bookings for Saturday  
25 September  
Dress Black tie

THE  
**Autism**  
CLINIC LTD

For further information and bookings please visit

[www.theautismclinic.com](http://www.theautismclinic.com)

Or contact Jonathan Tommey

[jon@autismfile.com](mailto:jon@autismfile.com)

Tel 0208 979 2525

**HIGHER NATURE**  
Nutritional Excellence

  
**The Great Plains  
Laboratory, Inc.**



## PRESENTATIONS

**Saturday 25th September 2010**  
**Tingle Creek Suite**

**06.00 – 08.00**      **Exhibitor set up**

**08.00 – 09.00**      **Delegate Registration and Exhibitor viewing**

**09.00 – 09.15**      **Welcome**

**09.15 - 10.00**      **Jonathan Tommey**  
***The Biomedical Imbalances in Autism Spectrum Conditions***

This presentation will give an insight, in brief, into the many underlying physical, behavioural and emotional issues associated with Autism Spectrum Conditions (ASCs). These will, over the course of the weekend, be explained in greater detail to enable a greater awareness of such imbalances with the focus on identification and treatment. The identification of health symptoms will determine where investigations should take you, and with the guidance of a qualified and experienced expert, you can begin to understand the layers of illness that affect your child and begin to put in place measures to address them.

### **Learning Objectives**

1. To be aware of the many "hidden" imbalances in ASCs.
2. To have the knowledge to help support your child through closer symptom assessment and specificity of treatment.

**10.00 – 11.00**      **Lori Knowles**  
***'A Mother's Success Story: Daniel's Journey Out of Autism'***

Unsure if you should consider biomedical approaches in treating autism? Are you confused about where and how to get started? Lori's presentation is designed for those new to the biomedical approach and for those seeking an **easy to understand overview** of some of the foundational biomedical treatments. She will include an overview of the therapies that contributed to her son's recovery; including dietary intervention, applied behavioural analysis (ABA), yeast and bacteria treatments, supplements therapy, detoxification and other alternative treatments that helped play a part. This is a practical and parent-friendly presentation that will inspire and give you hope. Share in Daniel's progress through his mother's account, pictures and video segments.

### **Learning Objectives**

Participants will:

1. Gain a basic overview and understanding of each foundational biomedical therapy that is useful in treating autism. The therapies discussed include diet, yeast and bacteria treatment, nutritional supplements and detoxification.
2. Identify the specific symptoms in children who may benefit from biomedical interventions and how these symptoms can be alleviated through each intervention.
3. Gain a good understanding of how all of the biomedical therapies work together - along with educational therapies - to offer hope for significant improvement and sometimes recovery.
4. Obtain practical information on how to get started pursuing biomedical treatments for autism.

**11.00 – 11.30**      **Break and Exhibitor viewing**

**11.30 – 13.00**      **Dr William Shaw**  
***Promising New Insights, Therapies, and Tests for Autism and PDD – Part I***

Many new technologies have revealed significant new factors as causes of autistic spectrum disorders including genomics, proteomics, and metabolomics, disciplines involved in mass screening of genes, proteins and metabolic processes in humans. These technologies have already led to significant new therapeutic trials for autistic spectrum disorders. In addition, a number of recent studies have implicated both environmental factors and genetic factors related to detoxification as critical in autistic spectrum disorders. One of the most promising discoveries has been the finding that the majority of individuals on the autistic spectrum are deficient in cholesterol and have abnormal amounts of cholesterol transport proteins. A recent article indicates that cholesterol supplementation should be considered in all cases of autistic spectrum disorder. Treatment of severe deficiency has led to reductions of infections, improvements in sleep, social interactions, and growth. Behavioural improvements include reduction in self-hurtful behaviour, temper tantrums, aggressive behaviour and hyperactivity. Cholesterol is a critical factor in myelin production needed for brain growth and development, a co-factor in the brain development protein sonic hedgehog, a precursor of all steroid hormones and bile salts, and a critical factor in the function of serotonin and oxytocin receptors. Oxytocin, a hormone that stimulates social interaction and trust, has been found to be low in the blood of children with autism. Supplementation of oxytocin reduces autistic behaviours; combining cholesterol and oxytocin may be an especially effective treatment.

### **Learning Objectives**

1. Learn why cholesterol is an essential nutrient necessary for growth, development, and normal behaviour.
2. Understand the evidence for abnormal cholesterol production and/or transport in different types of autism and treatments that are currently available.

**13.00 – 14.00**      **Lunch and Exhibitor viewing**

**14.00 – 15.00**      **Michael Ash**  
***Mucosal Immunity and Autism – Is There a Link? And What Do I Do About It?***

Michael Ash BSc DO ND Dip ION has a special interest in the role of the 'wet surfaces' of the body in relation to immune function. For over 20 years he has been researching the consequences of loss of mucosal tolerance and its effects on human health both locally and systemically. For the last 12 years he has been exploring the use of natural and pharmaceutical agents in the management of the gastrointestinal tract and its effects on well being and behaviour in individuals diagnosed on the AS. His presentation will link the mechanisms of immune disruption and potential interventions based on extensive clinical experience and research reviews. Whilst the immune system is very complicated, simple safe interventions have the capacity to induce positive immune changes restoring tolerance and creating a significant change in function and behaviour. After this lecture parents and clinicians will be able to assess the current evidence for immune disruption and mucosal surface involvement and be able to understand the role of probiotics and other agents in the restoration of mucosal integrity.

**15.00 – 16.00**      **Dr William Shaw**  
***Promising New Insights, Therapies, and Tests for Autism and PDD - Part II***

A number of genetic abnormalities have been found in individuals with

## Sunday 26th September 2010

autistic spectrum disorders at greater incidence rates than in normal people. Many of these genetic factors are called single nucleotide polymorphisms or SNPs (pronounced SNIPS) of the deoxyribonucleic acid (DNA) in the genes that regulate folate, B-12, methylation reactions, and sulfur amino acid metabolism in a complex interrelated metabolic pathway. Furthermore, the presence of certain SNPs makes the individual more susceptible to vitamin deficiencies and exposure to toxic chemicals. Household products such as cleaners, paints and solvents, lawn and garden care, automotive products, pool chemicals, and health and beauty aids, are usually the main source of exposure since they are prevalent in the environment. We suggest patients can reduce their exposure by making small changes in their lifestyle and purchasing habits, such as not using pesticides and avoiding cosmetics and toiletries with synthetic fragrances. Several studies have now confirmed that many of these products may be involved in causing autistic spectrum disorders (ASD), and some of the genetic factors that increase vulnerability of ASD people to toxic chemicals have been identified. The use of this new information in helping the treatment of ASD will be emphasized.

### Learning Objectives

1. Learn about common genetic variations called SNPs present in autism and how these variations make the individual more susceptible to exposure to toxic chemicals and nutritional deficiencies.
2. Understand the role of a wide range of toxic chemicals in inducing autism and how to reduce exposures and how to detoxify the chemicals that are in the body.

**16.00 – 16.30**      **Break**

**16.30 – 17.15**      **Mr Paul Shattock OBE**

### **How Do I Know What Will Work?**

Presentation will include considerations on where parents can obtain unbiased opinions; the science upon which some of these opinions are based; the importance of testing and of careful observations of what happens when intervention is being tested; how different interventions can interact and where researchers are looking for further insights.

**17.15 – 17.45**      **Mrs Polly Tommey**

### **The Future: Where Will Our Children Be When We Are No Longer Around?**

Polly Tommey is the mother of a child with autism. She will be discussing the issue of "Where will our children be when we are no longer around?", how The Autism Trust will attempt to address this, and how we can work together to achieve this goal. The Autism Trust is the UK charity of which she is the Founder, established in 2007. It is focused on and dedicated to building an inspiring and sustainable future for children with autism in the UK when they leave full time education. Polly will be discussing the need for The Trust in this country, creating a wonderful introduction to the charity before the Autism Trust Ball that evening.

**17.45 – 18.00**      **Q&A – Speakers**

**7.30pm until 1.00am** **The Autism Trust Ball**  
**Gold Cup Suite, Sandown Park Racecourse**  
**Dress code – Black tie**



**08.00 – 09.00**      **Delegate Registration and Exhibitor viewing**

**09.00 – 09.15**      **Welcome**

**09.15 – 10.00**      **Jonathan Tommey**

### **The Assessment and Treatment of Autism Spectrum Conditions In Clinical Practice**

The Autism Clinic currently treats over 600 individuals with an autism spectrum condition. Autism must be addressed and treated, not only as a psychological condition but more accurately, as a biomedical disorder, initiating aberrant psychological responses. Issues from gastrointestinal disturbances such as diarrhoea, constipation and dysbiosis, to immunological and metabolic imbalances, to detoxification and neurological problems exist in the majority.

The aim of the Autism Clinic is to address all issues that are relevant to each unique sufferer emphasising specificity and detail. Information gathering from parents, questionnaires, the use of diagnostic testing and observation is imperative. The more one unveils and understands, the more accurate and appropriate the protocol. Some of the pathologies associated with autism spectrum conditions and specific use of nutritional support will be discussed, addressing such issues as sleep disturbances, intestinal permeability, hyperactivity, eczema and so on.

### Learning Objectives

1. How to gain insight and knowledge. A detailed use of an extensive questionnaire
2. Identifying which tests may be relevant to the patient
3. Information gathering and using research to support your approach
4. Identify symptoms, such as behavioural and physical, and understand how these can be initiated by chemical imbalances and nutrient deficiencies
5. How you can improve your treatment of individuals with ASCs

**10.00 – 11.00** **Christine Bailey**

### **Dietary Intervention – The Parent Friendly Guide To What Works and How To Do It**

When it comes to the autistic spectrum, diet really does matter. Children with these disorders not only suffer from maldigestion and functional nutritional deficiencies but some of what is absorbed into the bloodstream can act as false neurotransmitters and allergens. One of the most difficult activities parents face is implementing a diet that their children may resist. In addition, the number of dietary protocols available and recommendations only add to the confusion. Christine Bailey a qualified nutritionist and chef will guide you through the range of options including distinguishing between food allergies, sensitivities and intolerances; opiate effects and identifying the common culprits. Gluten, casein, soy and corn free diets will be discussed, plus specific carbohydrate diets – disaccharides deficiency, yeast, The Feingold Diet – salicylates intolerance, phenol intolerance – phenol sulfotransferase PST deficiency and more. Christine advises many families and parents on dietary intervention, how to create suitable recipes, and gives advice on preparing healthy nutritious food for children with often limited appetites, food aversions and sensory problems. Here she shares some tips and advice to guide parents through the dietary maze.

**11.00 – 11.30**      **Break and Exhibitor viewing**

**11.30 – 13.00**      **Dr William Shaw**

### **Multifactorial Causes of Autism and Developmental Disorders**

The talk covers Dr William Shaw's perspective on the metabolic causes of autism and developmental disorders. Genetic variations of the immune system, inborn errors of metabolism, or adverse reactions to immunisations lead to recurrent infections that are commonly treated with antibiotics. A yeast overgrowth of the gastrointestinal (GI) tract occurs following the elimination of the GI normal flora with antibiotic treatments. Yeast produce abnormal compounds called gliotoxins and other immunotoxins harmful to the immune system. Because the immune system is weakened, the child gets another infection and more antibiotics until a vicious cycle is established. The yeast produces a number of harmful effects on the child's metabolic and neurological functioning, including impairing gastrointestinal functioning,

production of excess oxalates, inhibiting energy production and eliciting food allergies that may manifest as behaviour disorders. Discussion will include why high oxalate foods may contribute to negative effects including formation of crystals in tissues.

Learn about the most common metabolic causes of autism and developmental disorders: intestinal dysbiosis, cholesterol deficiency, food allergies, industrial pollution, heavy metals intoxication, mineral imbalances and high levels of oxalates. There will be a discussion on how IgG food allergies affect behaviour and how to detect the most common allergens. Find out how the mechanism of opiate peptides affects the brain, their connection with allergies, and the importance of a gluten and casein-free diet. During the presentation there will be a focus on the damaging effects of heavy metals, such as mercury, lead, cadmium, arsenic, aluminium and others, as well as the mechanism of their effect on human development and ways to detect and treat high levels of these metals. You will also be able to learn about the correlation between low cholesterol and brain function. Dr Shaw will introduce the concept of cholesterol supplementation for certain patients and review many other effective ways of correcting or reducing abnormalities with biomedical interventions.

#### Learning Objectives

1. Find out about the newest biomedical research developments
2. Treat 'inborn errors of metabolism'
3. Learn about leaky gut syndrome
4. Treat food allergies using special dietary interventions including eliminating wheat and dairy
5. Find out why heavy metals play a role in autism and developmental disorders
6. Learn why the level of cholesterol is important for brain function

**13.00 – 14.00 Lunch and Exhibitor viewing**

**14.00 – 15.30 Dr William Shaw**

#### **Impaired Detoxification, Metabolism, and Oxidative Stress in ASD**

Autism is a severe developmental disorder with poorly understood etiology. Oxidative stress in autism has been studied at the membrane level and by measuring products of lipid peroxidation, detoxifying agents (such as glutathione) and antioxidants. Learn about the potential mechanisms that may mediate neuronal dysfunction and clinical symptoms in autism. The brain is very susceptible to oxidative stress due to its susceptibility to free radicals. Sources of free radicals production can come from the high use of oxygen and glucose. High levels of iron in the brain also cause significant production of free radicals that cause significant peroxidation of the fats in the cell membrane. Once the brain has been damaged it has a very limited capacity to regenerate.

**15.30 – 16.00 Break and Exhibitor viewing**

**16.00 – 17.00 Dr William Shaw: KEYNOTE PRESENTATION:**

#### **The Toxic Chemicals Test Profile: An Inexpensive and Comprehensive Urine Test for a Number of Environmental Chemicals in Autism and Developmental Disorders**

One of the greatest difficulties in environmental medicine is deciding what testing needs to be done on each patient. Patients have almost always been exposed to a wide array of toxic chemicals. Patient history may not be able to reveal the number of chemicals to which patients have been exposed since many chemicals are present in food, water, air and common household products to which the majority of patients are exposed. Comprehensive testing of multiple chemical screening tests may be so expensive that such testing becomes out of the reach of the financial ability of many patients. To meet this need, a single urine screening test, called OrganoGold has been developed for some of the most common chemicals in the environment including phthalates, organophosphate pesticides, herbicides, contaminants in drinking water, dry cleaning solvents, chemical degreasers, solvents like benzene, xylene, vinyl chloride, pyrethrin insecticides, cosmetic additives, polystyrene and toxic gasoline additives. A new technology has been developed to screen for the presence of 75 different toxic chemicals in a single urine test and is useful for measuring the therapeutic efficacy of different therapies for detoxification as well as measuring the improvement in mitochondrial function during detoxification. Application of this testing has revealed that

toxic exposure from a wide range of chemicals is commonly associated with metabolic indicators of mitochondrial damage, resulting in severe loss of energy production and premature senescence and cell death. These metabolic indicators of mitochondrial damage are also tested in the same simple urine test. Many toxic chemicals cause the increased production of reactive oxygen species (ROS), which cause mitochondrial DNA (mt DNA) damage. Mitochondrial damage or dysfunction is associated with a wide array of diseases including schizophrenia, bipolar disease, dementia, Alzheimer's disease, epilepsy, migraine headaches, strokes, neuropathic pain, Parkinson's disease, ataxia, transient ischemic attack, cardiomyopathy, coronary artery disease, chronic fatigue syndrome, fibromyalgia, retinitis pigmentosa, diabetes, hepatitis C and primary biliary cirrhosis. The new toxic chemical screen is useful for measuring the therapeutic efficacy of different therapies for detoxification as well as measuring the improvement in mitochondrial function during detoxification.

#### Learning Objectives

1. Prevent health impairment, assist in risk assessment, and help evaluate the effectiveness of environmental controls.
2. Describe practical aspects in controlling toxic environmental exposures.
3. Describe manifestations of chemical toxicity and sensitivities from various chemicals, such as: pesticides, solvents, and heavy metals in major biological systems, including neurotoxicity and immunotoxicity.
4. Discuss available methods for detecting chemical contamination of the environment.
5. Enhance comprehension of multiple impacts of toxic environmental exposures to the patient's health.
6. Provide practical solutions for patients, in order to control the amount of exposure to common environmental and chemical pollutants, and how to detoxify when exposed.

**17.00 – 17.30**

**Q&A – Speakers**

**17.30**

**Thank You and Departure**

## SPEAKER PROFILES

#### **KEY NOTE SPEAKER: Dr William Shaw**

William Shaw, Ph.D. is an innovative researcher dedicated to an understanding of the biochemical influences on health and wellness. Dr William Shaw received a Ph.D. in biochemistry and human physiology from the Medical University of South Carolina. He is board certified in the fields of clinical chemistry and toxicology by the American Board of Clinical Chemistry, which has allowed him to study the relationship of chemical exposure on metabolic processes. He has supervised large endocrinology, nutritional biochemistry, toxicology and immunology departments in positions at the Center for Disease Control (CDC) and Smith Kline Laboratories in Atlanta, GA. He was Director of Clinical Chemistry, Endocrinology and Toxicology at Children's Mercy Hospital, the teaching hospital of the University of Missouri at Kansas City School of Medicine. Dr Shaw is now the Director of The Great Plains Laboratory, Inc. for Health, Nutrition and Metabolism in Lenexa, Kansas, specialising in the diagnosis and treatment of mitochondrial disorders, neurological diseases, chronic immune diseases, and much more. He is author of *Biological Treatments for Autism and PDD* and is a frequent speaker at autism conferences worldwide. He is the stepfather of a child with autism and has helped thousands of parents and physicians successfully contribute to improving the lives of children with autism.



#### **Speaking History:**

William Shaw, Ph.D. is a frequent speaker at autism, environmental and nutritional conferences worldwide. As director of The Great Plains Laboratory, Inc. he also sponsors many conferences annually throughout the world. Below are a few of the many conferences at which he has presented:

American College for the Advancement of Medicine (ACAM)  
 Defeat Autism Now (DANI!)  
 American Academy of Environmental Medicine (AAEM)  
 American Environmental Health Foundation (AEHF)  
 Autism Society of America (ASA)  
 United States Autism & Aspergers Association (USAAA)  
 International College of Integrative Medicine (ICIM)  
 Institute of Functional Medicine (IFM)  
 Pan American Allergy Association (PAAA)  
 Ontario Association of Naturopathic Doctors (OAND)  
 Academy of Integrative Medicine (AIM)  
 CCNM Naturopathic College of Toronto  
 International Society of Orthomolecular Medicine (ISOM)  
 Council on Nutrition (ACA)  
 Restorative Medicine  
 Long Island Autism Conference (LIAC)  
 Australian College of Nutritional & Environmental Medicine  
 Autism One  
 Autism Today  
 Autism Alliance  
 Autism Education Network Conference  
 National Autism Association (NAA)  
 Fibromyalgia Coalition International  
 Lyme Induced Autism Foundation (LIAF)

**Jonathan Tommey**

Jonathan Tommey is the Managing Director of The Autism Clinic in the UK ([www.theautismclinic.com](http://www.theautismclinic.com)), which looks after over 600 individuals with autism and follows a very specific approach to treatment. He is also the Autism File's Health and Nutritional Consultant and Advertising Director ([www.autismfile.com](http://www.autismfile.com)). Jonathan holds degrees in both sports science and nutritional therapy, is a member of the British Association for Applied Nutritional Therapy (BANT) and a registered Defeat Autism Now! (DANI!) Practitioner, under the American Autism Research Institute. He was a lay representative on the Medical Research Council's 'Review of Autism Research, Epidemiology and Causes' for the UK's Department of Health. Jonathan has featured in many news articles and has appeared on BBC Radio's 'You and Yours' and on Autism One Radio. He has given presentations at numerous international conferences and events and has become a well-recognised and respected Nutritional practitioner within the autism community.



**Lori Knowles**

Lori Knowles is a mother of a recovered child and General Manager of New Beginnings Nutritionals, a cutting edge nutritional supplement company that supports the unique needs of children with autism. She is a frequent speaker on biomedical interventions to parents and professionals at autism conferences around the world. Over the past five years, she has collaborated with physicians, naturopaths, scientists, autism researchers and parents in order to create a diverse product line that parents and physicians can trust. Lori enjoys drawing from both her extensive research, professional and personal experience in recovering her own child to support parents and practitioners seeking answers to improve the lives of children affected with autism



**Michael Ash**

After working full time in a private integrated medicine practice for 25 years, Michael stepped aside from full time clinical work. He now concentrates on the research and development of interventions to modulate aberrant intestinal mucosal immune disturbances. The interaction between the central nervous system and the immune system is a young and developing science. The role of the intestinal micro flora and the health of the gastrointestinal tract is drawing interest across the medical disciplines. In



his clinical experience, he has treated in excess of 250 people diagnosed with autism and has combined his research and clinical experiences to construct a common mucosal immune modulation strategy. The practical benefits of improving immune tolerance in the gastrointestinal tract extend outside of the gut and contribute to mood, neuro-developmental plasticity and language.

The gastro-intestinal tract receives its greatest immune challenge from the food selection we make. There is considerable opinion that manipulating this immune response by using amongst other agents, food selection and or mediation may lead to improvements in the health and function of individuals in the ASD spectrum.

Michael is an accomplished clinician and speaker and provides simplicity where complexity is present without diminishing the central theme. The novel role of micronutrients, probiotics, enzymes and exclusion diets will be explored as well in the context of recent research and investigative procedures.

**Paul Shattock OBE**

Paul Shattock OBE, father of Jamie, a man with a severe form of autism. He is a retired pharmacist still active in basic research into the causes and treatments to ameliorate the symptoms of autism. Chairman of the charity ESPA, which provides residential and day services for over 200 adolescents and adults with Autism Spectrum Conditions in North East England.



Currently Honorary Secretary (and President Elect) of World Autism Organization. Appointed OBE by the Queen in 1999.

**Polly Tommey**

Polly Tommey is the mother of a child with autism. She is also the founder and Editor-in-Chief of The Autism File, the leading retail magazine on autism in the world. Polly is also the Founder of The Autism Trust, a UK registered charity focused on building an inspiring and sustainable future for children with autism in the UK when they leave full time education. Polly is regarded as one of the leading figures in autism in the UK as a campaigning and influential journalist and is featured regularly as a sector expert in the media.



**Christine Bailey**

Christine is a qualified Nutritional Therapist, chef and food and health trainer. She has over 16 years experience in the food and health industry working with a wide range of clients from corporates, food and health manufacturers, to charities, local authorities and individuals. During her extensive training she gained a BSc in Nutritional Therapy with First Class Honours at the renowned Nutrition Centre CNELM (Centre for Nutrition Education and Lifestyle Management). Christine has presented seminars, workshops and courses over the years for some of the UK's biggest and best-known companies and is an engaging, innovative speaker. She regularly teaches at the Nutrition Centre CNELM (Centre for Nutrition, Education and Lifestyle Management) on the Nutrition BSc and MSc Courses and remains at the forefront of nutrition research. She also runs courses for local authorities, charities, schools and colleges and her style is said to be infectious, passionate and fun.



Well known in the Health and Food Industry, Christine assists companies on product development, recipes and promotional material, presenting at shows and events and running cookery demonstrations and workshops.

An experienced food and health writer, Christine regularly contributes to national and local magazines and newspapers on food, health, nutrition and fitness. She has appeared extensively in the media, including on radio and television.

**Please Note: An application has been made for BANT Continual Professional Development certification**



# DELEGATE BOOKING FORM

Please complete and return to the address shown in section 4, enclosing your payment.

## 1. CONTACT INFORMATION

Contact Name .....

Company Name .....

Address .....

..... Postcode .....

Telephone .....

Mobile .....

E-Mail .....

Web Address .....

Occupation .....

## 2. RESERVATION DETAILS

**PARENT @ £75 PER HEAD PER DAY**  
**PROFESSIONAL @ £100 PER HEAD PER DAY**

**Saturday 25th September 2010** Places required .....

Additional Names .....

.....

**Sunday 26th September 2010** Places required .....

Additional Names .....

.....

**Please enter any special dietary requirements:** .....

.....

### THE AUTISM TRUST BALL

Tickets required for Saturday evenings entertainments @ £70.00 per head (discounted for ALL Conference delegates). Please see the enclosed. Please enter the names of any guests below.

Guest 1 .....

Guest 2 .....

Guest 3 .....

Guest 4 .....

### 3. DELEGATE PLACES

Please note that all tickets will be sold on a strictly **first come first served basis**.

To avoid disappointment we suggest you reserve your place(s) by telephone or email. Please note that your place cannot be finally confirmed until your payment has been received.

Please note. Those delegates booking before July 30th will be entered into a prize draw to receive up to £1,000 of diagnostic tests and £500 of nutritional supplements for a year.

### 4. PAYMENT DETAILS

To reserve your place, on a **first come first served basis**, please complete this booking form and return with your PAYMENT to:

The Autism Clinic Ltd.  
45 Nightingale Road  
Hampton  
Middlesex  
TW12 3HX

**Total payment £ .....**

**By cheque payable to The Autism Clinic Ltd OR via Bank Transfer (quoting your name)**

**Bank: NatWest**  
**Branch: Kingston Upon Thames Market Place**  
**Account Name: The Autism Clinic Ltd**  
**Sort Code: 60-60-02**  
**Account number: 44800037**  
**IBAN number: GB31NWBK606002 44800037**  
**Swift code: NWBK GB2L**

**Your earliest payment would be appreciated.**

### 5. LUNCHEON MENUS

#### 25th September

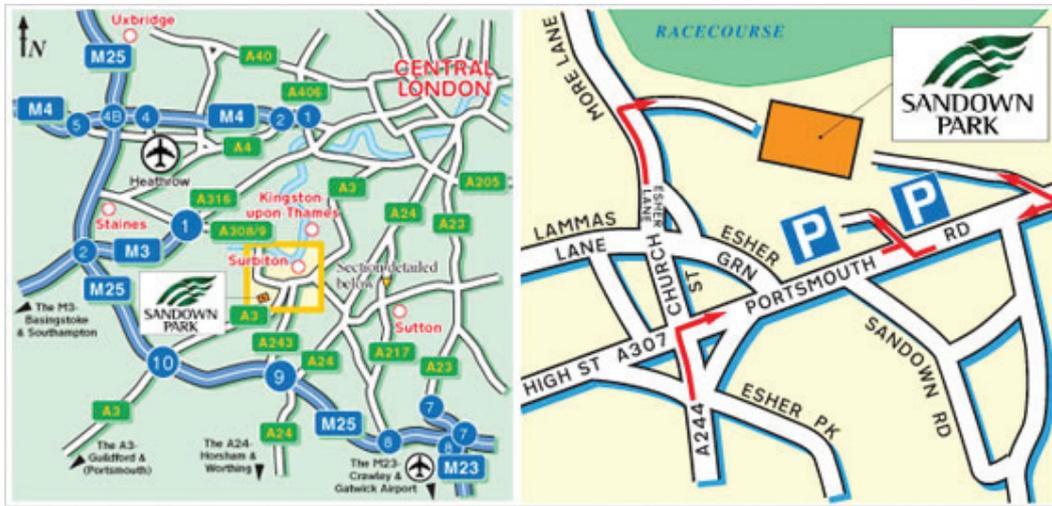
##### The Chase Menu

Freshly made Soup  
Selection of Sandwiches  
Pork & leek Cocktail Sausages  
Lemon & Tarragon Chicken Kebab  
Filo Prawns, Sweet Chilli  
Rocket & leek Tartlets  
Tomato & Olive Pizza  
Mini Chocolate & Strawberry Cup  
Mini Lemon Tart

#### 26th September 2010

##### The Hurdle Menu

Freshly made Soup  
Selection of Sandwiches  
Lamb, Mint & Coriander Kofta  
Sweet Chilli chicken Brochette  
Salmon Goujons, Lemon Tartar  
Spinach & Feta parcel  
Mushroom & Red Onion Pizza  
Mini Chocolate Tart  
Mini Banana & Toffee Tart



## 6. DIRECTIONS

### TRAVELLING BY ROAD

From London, take the A3 and follow the brown venue signs to Sandown Park.

Alternatively, from the M25 exit at Junction 10 and follow the A3 towards London; exit onto the A307 and follow the brown venue signs. The Portsmouth Road car park is off the A307 Esher High Street directly in front of the main entrance.

To plan your journey visit AA Route Planner:

[www.theaa.com/route-planner/index.jsp](http://www.theaa.com/route-planner/index.jsp)

**If you are travelling to Sandown Park using your Sat-Nav systems, please use the following postcode: KT10 9AJ**

### TRAVELLING BY TRAIN

Trains to Esher station for Sandown Park run from London Waterloo and Clapham Junction approximately every 20 minutes and the journey time is 25 minutes. Those using their Oyster Cards will have to apply for an extension permit in advance of travelling. Esher station is approximately 10 minutes flat walk from the main entrance. On a non-race day visitors should turn left out of the station onto Station Road and then right at the 'T' junction to join the A307 Portsmouth Road. The entrance to Sandown Park is on the right hand side.

Alternatively there is a taxi rank and a free Sandown Park minibus to and from the train station, running every 15 minutes until 90 minutes after the last race.

## 7. HOTELS AND ACCOMMODATION

### Sandown Park Lodge

Sandown Park Lodge is the on-site hotel at Sandown Park Racecourse, just a few steps away from the venue's main entrance.

The Autism Clinic has secured discounted

accommodation for any guest of the Autism Trust Ball for Saturday 25th September. Just quote "Autism Ball" when making your reservation. Single, double and twin rooms are available for £65 including Continental Breakfast.

For further information and reservations please call **01372 461 201** or **email [sandownpark.lodge@jockeyclubracecourses.com](mailto:sandownpark.lodge@jockeyclubracecourses.com)**

### Other Options

#### The Bear, Esher: 0.5 miles

£115/per room including breakfast

Tel: 01372 469 786 [www.bearesher.co.uk](http://www.bearesher.co.uk)

#### The Albert Arms, Esher: 0.5 miles

£110/per room including breakfast

Tel: 01372 465 290 [www.albertarms.com](http://www.albertarms.com)

#### Premier Inn, Cobham: 3 miles

£66/ per room Tel: 0871 527 8256

[www.premierinn.com/eu/hotel/COBFAI/cobham](http://www.premierinn.com/eu/hotel/COBFAI/cobham)

#### The Carlton Mitre, East Molesey: 3 miles

£117/per room Tel: 0208 979 9988

[www.carltonhotels.co.uk/mitre](http://www.carltonhotels.co.uk/mitre)

#### The Cobham Lodge Hotel, Cobham: 4 miles

£68/per room Tel: 01932 862 015

[www.cobhamlodge.co.uk](http://www.cobhamlodge.co.uk)

#### The Park Hotel, Teddington: 4.5 miles

£79/per room Tel: 0870 990 2264

[www.bespokehotels.com/thepark](http://www.bespokehotels.com/thepark)

## 8. LOCAL TAXI SERVICES

Esher Station Cars..... 020 8398 6442

Sandown Cars..... 01372 471 471

A 2 B Cars..... 020 8339 0112

Fairmile Cars..... 01932 862 743

Parker Cars ..... 0208 977 100