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**From:** Patrick Holford [mailto: ]  
**Sent:** 21 April 2007 09:11  
**To:** Woodhouse, Dave; Mary-Ann  
**Subject:** Collaborative proposal

Dear David

Thank you very much for coming to Manchester. I think we have reached a way of structuring the various aspects of our joint ventures/research that will allow the unique interaction between psychological/behavioural approaches to mental health problems and non-drug biochemical/nutritional approaches. What they share in common is the brain, and hence the remit of our charity, and all my work over the past 30 years, helps to bridge the gap. These are the positions we reached:

#### CACTUS CLINIC/BRAIN BIO CENTRE

The Cactus Clinic exists, and receives charitable funding, to provide effective behavioural/psychological intervention for children with ADHD and other behavioural/psychological problems, and could be expanded to also provide treatment for those with autism, depression, schizophrenia and dementia. The Cactus Clinic provides experience and research opportunities for members of your department. It charges fees, and has concessionary fees for low income families, funded by charitable donations from the Steve Baldwin Trust.

The Brain Bio Centre, owned by the educational charity Food for the Brain Foundation, provides nutritional intervention for all these groups of people. The two clinics could co-exist, sharing space and possibly some management costs, and feed clients from one to the other. In other words, a client receiving psychotherapeutic intervention may elect to receive nutrition intervention, and vice versa. The Brain Bio Centre could also set up concessionary arrangements for low income families, funded by charitable donations from the Food for the Brain Foundation.

The existence of the Brain Bio Centre within the University of Teesside helps to foster opportunities for learning and researching the interactions between psychological/behavioural approaches to mental health problems and non-drug biochemical/nutritional approaches, which is one of the hottest frontiers of research in mental health.

Financially, the Brain Bio Centre would pay either rent or a % of consultation fees as rent to the University of Teesside for use of premises/services.

#### RESEARCH

A collaborative research programme would be launched, under the supervision of Dave Woodhouse and Patrick Holford, with a PhD student placement (0 % is proposed), analysing psychometric and biochemical before and after data on all clients treated at the Brain Bio Centres (in Richmond, Surrey and Teesside) in order to measure effectiveness, test hypotheses and improve clinic protocols, which would be the subject of her PhD.

Food for the Brain Foundation would give the researcher a £10,000 per annum bursary.

Patrick Holford would become a visiting professor to:

1. supervise the PhD student
2. teach on some department courses on the subject of nutritional/biochemical effects on behavioural/psychological conditions.
3. explore other course and research opportunities.

There is a tremendous need across many sectors for education into the nutritional aspects of mental health – within medicine, the teaching profession, catering, and psychotherapy – and Teesside could lead the way in developing courses, post-graduate models and so on.

If you can discuss our proposal with your colleagues and come back to me then we should be able to move swiftly towards a draft agreement. Since the Brain Bio Centre would become responsible for the nutritional interventions we would appreciate receiving the requested accounts/numbers information to date to assess the current status, and work out how best to expand these services in the North. Also, you said that there is some information you need from me to put in the visiting professor application. Please let me know what that is.

Best wishes, Patrick