

HACSG



Hyperactive Children's Support Group

Director: Sally Bunday OBE

www.hacsg.org.uk

HACSG



- Founded in 1977: Sally Bunday OBE
- Only ADHD support group to promote the link between behaviour and nutrition
- Research in USA: Feingold diet
- Linked behaviour with food intolerances
- 60% success rate
- Brought dietary approach to UK
- Has helped thousands of families

Work with families



- Advice for parents
- Telephone helpline
- Monthly Journal
- Parents' Guide
- Guidance on testing
- Research and information

Food intolerances



- Feingold is an elimination diet
- Find and remove 'trigger' foods
- Intolerance testing: or elimination and challenge
- Each child is different
- Parent questionnaire and database
- Chemical additives top the list
- Wheat and dairy intolerances
- Natural foods, especially salicylates

Nutrient deficiencies



- Letter published in BMJ suggesting link with essential fatty acid deficiency
- Deficiencies of co-factor nutrients
- Heavy metal toxins
- Problems with absorption, gut issues

Further Work



- Schools
- Workshops for parents and professionals
- Work with retailers
- Work with LACA

Work with schools



- Reports of school meals leading to improvements
- New York study
- Studies in young offender institutions
- Workshops for parents and teachers
- INSET training in schools
- 2001: 20,000 school packs delivered to LAs

Work with LAs



- Contacts with LACA
- Spoke at meetings
- Visits to LA caterers and suppliers
- APPG
- Supporting higher standards and
- additive free meals
- Cooking on site from scratch.
- HACSG award developed

Award for school meals

- HACSG Award for Excellence in School Meals
- Open to Local Authority caterers, individual schools and other providers
- Both caterers and suppliers
- Criteria for excellence
- Additives list

Publications and contacts



- HACSG Parents Guide
- Proof of the Pudding (Case Studies) - both available from website
- www.hacsg.org.uk
- Contact: hacsg@hacsg.org.uk
- Tel: 01243 539966