

NEWSLETTER

North of Scotland Parkinson's Research Interest Group
(NoSPRIG)

Compiled by Andrew Grant

Parkinson's Beats Update April 2024

A lot has happened since the last newsletter featuring Parkinson's Beats was sent out. Interest has grown and the group has been out and about in the community. Here is the story to date as told by Jo Holland.

Beats in the park

The Elgin group were asked to play for 10 minutes at the start of the 2023 sponsored walk in Inverness in order to encourage the



walkers at the start of their quest. It was a beautiful sunny day but not too hot. We brought 10 balls and 6 people so that others could try out the drumming with us. To say it was a roaring success would be an understatement as the crew from Inverness Hospital Radio played every tune requested and we drummed for 3 hours! I think they would have continued beyond that if they hadn't been stopped!

Beats on the radio

After the sponsored walk I had a call from Phillip Walker of Inverness Hospital Radio and agreed to take part in their chat show on the 5th September. I enjoyed the experience although very nervous. The link to the chat is shown below;

<https://www.mixcloud.com/invernesshr/parkinsons-beats/>

Beats at the gathering

The Inverness Highland Gathering took place on 9th September at Eden Court in Inverness. This was a great success.

Parkinson's Beats was one of the activities offered for people to try and there was so much interest that the session had to be split in two in order to accommodate as many people as possible. The feedback was very positive with many requests for more local groups in other parts of Scotland.

Hold The Front Page



On 30th October Andy Morton, Health Journalist from the Press and Journal joined us for a drumming session. He and his photographer stayed for the full hour and the subsequent article appeared on the front page with a whole page dedicated to the group on page 9. The article was wholly positive and was very supportive of what we are trying to achieve.



Beats in the community

Parkinson's Beats has been introduced to several communities over the last 9 months including,

- Portgordon Community Trust
- Burghead Community Hub
- Archiestown BALL group

- Fall BALL in Elgin
- WI in Knockando

They have already been booked again for the Archiestown BALL group and for the Aberlour BALL group early in 2024. The Elgin BALL group has also indicated their interest in an early booking.

SPARC Physical Activity Conference

In September I sent an abstract submission to the SPARC conference organisers at Edinburgh University and was surprised to be selected to introduce this at the conference on 8th November. After a frenzied teach yourself Power Point session a presentation was put together and I prepared to attend the conference, supported very well by Julie Jones and Amanda McKay, Physical Activity Delivery Manager. The day itself was actually enjoyable and feedback afterwards was very positive. No prizes won but a good boost to self-esteem.



Jo Holland at the SPARC conference Edinburgh University

Parkinson's Physical Activity Event

I was also invited to speak at the online Physical Activity Event. This included NHS and Activity professionals, up to 150 people expected. There were a number of excellent speakers participating including Brian Carson, Julie Jones, Mary Ellmers and Emma Berry, to name but a few. This was a very successful event with a number of requests received to learn more about how other communities can develop their own Beats programme. There have been subsequent

meetings to plan on how best to take this forward in Scotland.

Parkinson's Beats+

And so the Beats will go on and will hopefully develop and expand throughout Scotland. There are plans afoot to apply for funding which will allow others to be trained and helped to set up their own groups locally. 2023 was busy year and 2024 promises much more.

Hybrid Research Event

Remember to join Parkinson's UK Research Interest Groups in Scotland along with the Universities of Dundee and Edinburgh for a hybrid event on 23 April 2024 from 10.00 am planned to mark World Parkinson's Day. Prior registration needed – link below;

prksn.uk/3SRUhOB