

# NORTH OF SCOTLAND PARKINSON'S RIG

**Newsletter      Jan 2023**

## **Local Research**

### **NoSPRIG Podcast Series**

Research Interest Groups have been successful in raising the profile and dissemination of research. Many RIGS have successfully organised “meet the researcher sessions” with the intention of demystifying what it is like to participate in research and experience first hand what researchers do. Replicating the success of these meet the researcher sessions is a little more challenging for the North of Scotland Research Interest Group (NoSPRIG) owing to the large geographical area it covers. The NoSPRIG group has decided to try a slightly different approach. We have curated a short series of podcasts which are recorded conversations with researchers. Using questions put forward by people living with Parkinson's, we will interview researchers from Scotland.

The first podcast was released on the 19th January and featured Dr Angus Macleod who is a Consultant Neurologist from the University of Aberdeen. He is also a researcher interested in Parkinson's and Movement Disorders. You can listen to the podcast through a smart phone or

tablet, or laptop or personal computer. The first podcast is now available for listening to. It is being hosted on Podbean but to listen to the podcast you do not need to have a Podbean account or to sign in. To listen click this link:

<https://nosprigpod.podbean.com/>

Further guidance on how to listen to the Podcast is provided at the end of this Newsletter. For those of you who may be avid podcast listeners already, the podcasts are also available and searchable on Amazon Audible.

The second podcast which will be released on 26<sup>th</sup> January features Dr Carl Counsell, who is a Consultant Neurologist and researcher from the University of Aberdeen. Once released they will continue to be available to listen to.

Following the initial podcasts a Q&A session has been organised with Dr Macleod and Dr Counsell. The focus of this session will be to allow people to ask the researchers any question they may have which may have arisen from the podcast or on areas in which they have an interest. If you wish to join this Q&A session it is being run via Zoom at **1pm on the 8th February**. To register for this zoom event [please use the following link](#).

### Register:

<https://parkinsons-org-uk.zoom.us/meeting/register/tZludOGgrjgtHN00diCKp-MluUqVSBcYVOo->

## National Research

### Singing for Scotland

On **26th January at 2pm**, the West of Scotland Research Interest Group will be hosting an online research talk with Dr Brianna Robertson-Kirkland, Dr Yoon Irons and singing leader Rachel Hynes, who will showcase current research on how group singing can benefit those with Parkinson's.

The session will include a discussion on recent research conducted by Yoon Irons on group singing and how it can improve the quality of life for people with Parkinson's, and a demonstration from Rachel Hynes on what a singing leader might do in a typical 'Singing for Parkinson's' group session. Brianna Robertson-Kirkland will conclude the presentation by highlighting the Royal Society of Edinburgh-funded network Scotland's Singing for Health Network, and the work they are doing to promote singing for health to support those living with long-term health conditions such as Parkinson's.

If interested in attending, please register in advance on - [https://parkinsons-org-uk.zoom.us/meeting/register/tZEtf-ivpzgiGNXzBLMBi\\_ILrVYhE-c\\_M3s2](https://parkinsons-org-uk.zoom.us/meeting/register/tZEtf-ivpzgiGNXzBLMBi_ILrVYhE-c_M3s2)

A recording will also be available after this date, please email Liz Nash on [lnash@parkinsons.org.uk](mailto:lnash@parkinsons.org.uk) to receive this.

### Fasting and dietary strategies as Therapies in Parkinson's

On **6th February at 7.30**, No Silver Bullet have a presentation from Dr. Matthew Phillips, one of the world's authorities on the important topic of Fasting & dietary strategies for Parkinson's.

Dr Phillips is a clinical and research neurologist at Waikato Hospital, Hamilton, New Zealand. His foremost passion is to explore the potential feasibility, safety, and efficacy of metabolic strategies, particularly fasting and ketogenic diets, in creating alternate metabolic states that may benefit people with a variety of neurological disorders. His team conducted the world's first randomized studies involving only people with Parkinson's, followed by Alzheimer's. He is currently conducting a clinical trial that combines intensive fasting with a ketogenic diet alongside standard treatments in patients with glioblastoma multiforme.

To register visit;

<https://www.eventbrite.co.uk/e/dr-matthew-phillips-fasting-dietary-strategies-as-parkinsons-therapies-tickets-515534626947>

### DBS, FOCUSED Ultrasound, Infusion Pumps; how they can help people with Parkinson's

The interview with Dr Alfonso Fasano, Professor in the Department of Medicine, University of Toronto hosted by No Silver Bullet is now available to watch on YouTube or as a podcast on Spotify, Apple or Google.

<https://www.youtube.com/watch?v=g5z7tYJrxsU>

Stay up to date with developments in Parkinson's Research on Parkinson's UK website or to find out what research you can become involved in go to [www.parkinsons.org.uk/research/take-part-research](http://www.parkinsons.org.uk/research/take-part-research)

and enter your postcode.

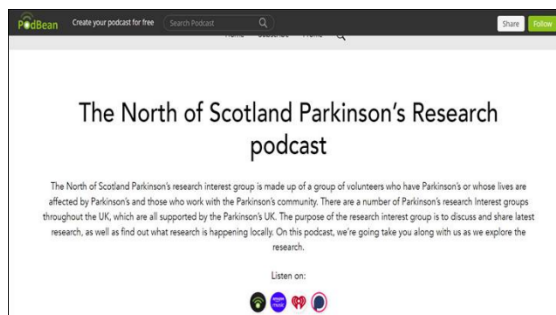
Find more online research events to attend here: <https://www.parkinsons.org.uk/research/research-events> (including one with Dr Donald Grosset from Glasgow).

### How to access Podcasts with Dr Angus Macleod.

To listen, click on link

<https://nosprigpod.podbean.com/>

When you click on the link it will take you to the NoSPRIG Podbean home page as below;



If you then scroll down the page you will see the podcast episodes which have been released.



Dr Angus Macleod is a consultant neurologist with ....

To listen to the podcast click the triangle play icon in the bottom left hand corner (not shown in above)

**PARKINSON'S<sup>UK</sup>**  
**SCOTLAND**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**Moray  
Sports  
Centre**

**PARKINSON'S<sup>UK</sup>**  
SCOTLAND  
**CHANGE ATTITUDES.  
FIND A CURE.  
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# WE CAN BEAT IT



## ARE YOU LOOKING FOR SOMETHING NEW & EXCITING?

Parkinson's UK Scotland are  
supporting a new intuitive  
**EXERCISE DRUMMING**  
suitable for all ages & abilities

## Moray Sports Centre

Linkwood Road, Elgin

**Monday**

**11:00am**

## Contact

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[hkirkparkinsons@gmail.com](mailto:hkirkparkinsons@gmail.com)

for more details or to book

## BENEFITS INCLUDE

- improved muscle tone
- boosts cognitive ability & coordination
- promotes a feeling of well being
- aids emotional health by reducing stress
- promotes happy hormones and
- puts a smile on your face