

# NEWSLETTER

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

Compiled by Andrew Grant

## IN THIS EDITION

NoSPRIG Online Event – Par-Tech:  
Parkinson's and Technology

South East RIG Event – Mental Health  
and Wellbeing

No Silver Bullet – Rebranding  
Parkinson's

Reflections on Par-Con 2024

(NoSPRIG) as we host our next online event  
- '**Par-Tech: Parkinson's and Technology**'

**When: Tuesday 26 November 2024, 12 -  
1.30pm**

**Where: Online via Zoom**

Interested in attending?

Please register by visiting the group's [Zoom  
registration page](#).

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

## JOIN US FOR PAR-TECH! 26 NOVEMBER, 12 - 1PM

An online  
event focussing on Parkinson's  
technology.

### **Par-Tech: Parkinson's and Technology**

Please join the [North of Scotland  
Parkinson's Research Interest Group](#)

The event will feature talks from:

- John Pettigrew, Parkinson's UK: 'The Parkinson's UK Tech Guide - what is it and why should you care?'
- Kuhan Pushparatnam: person with Parkinson's, podcaster, app developer: 'Insights from [Parkinson's ON](#)' app.
- Dr Julie Jones, Robert Gordon University, Aberdeen: 'Augmented reality-based rehabilitation: The challenges and opportunities in Parkinson's'

If you have any questions about this event, please contact Liz Nash, Research Support Network Lead, at [lnash@parkinsons.org.uk](mailto:lnash@parkinsons.org.uk) or 0207 963 9398.

### South East RIG Online Event

The South-East Research Interest Group (SERIG) are hosting their Autumn Research Conference Online - 'Mental Wellbeing for People with Parkinson's: A Team Approach'

**When:** Saturday 23 November 2024,  
10.30am - 1.15pm

**Where:** Online via Zoom

**Interested in attending?** Please register by visiting the group's [Zoom registration page](#)

The event will feature talks from:

**Emma Edwards**, Parkinson's Specialist Nurse: 'Parkinson's and how to optimise our mental health'

**Dr Ian Cuthbert**, Clinical Psychologist: 'Anxiety and Parkinson's - Causes and Effects'

**Dr Emma Travers-Hill**, Specialist in Brief Psychological Interventions,

**Delyse Hammet**, Counsellor: 'Counselling, Emotional Support and Self-Help Strategies'

### Rebranding Parkinson's: A New Patient-Centred, Evidence-Based Approach

No Silver Bullet held their latest webinar on Monday 11 November presented by Dr Laurie Mischley.

She argued that it is time to reframe our thinking about Parkinson's and take a new approach. Despite 200 plus years of effort, there is still no system to predict, prevent, halt or reverse Parkinson's. Dr Mischley explores the notion that the problem lies in the lens through which we have been viewing it, the approaches that have been taken and the assumptions that have been made.

You can watch here:

<https://youtu.be/E6c2iPBXVow>

### Par-Con 2024

On 11 and 12 October, the UK Parkinson's community came together for [Par-Con 2024](#), a free, 2-day in-person and online event, planned in collaboration with a team of people living with and affected by the condition.

Over the two days, attendees heard directly from experts, connected with others and learned more about living well with Parkinson's. We had sessions on the latest research, cutting edge technology and more.

For those who couldn't attend or wish to revisit anything they saw, all session recordings are now available to watch online. Don't miss the Par-Con highlights video!

[Catch up on all Par-Con session recordings here](#)

### NoSPRIG Pods:

Remember you can always catch up with the latest research by listening to our podcast series. More than twenty episodes covering everything from stem cell research to freezing of gait.

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

**LISTEN TO**  
The North of Scotland  
Parkinson's Research Podcast

Informal conversations about  
Parkinson's research covering:

- How to get involved
- Symptom management
- Special guests and much more

Hosted by Dr Julie Jones and Helga Macfarlane

Listen on Spotify, Audible,  
Apple podcasts and Podbean  
[nosprigpod.podbean.com](https://www.nosprigpod.podbean.com)

The poster features a QR code in the bottom left corner and a lightbulb icon next to the list of topics.

