

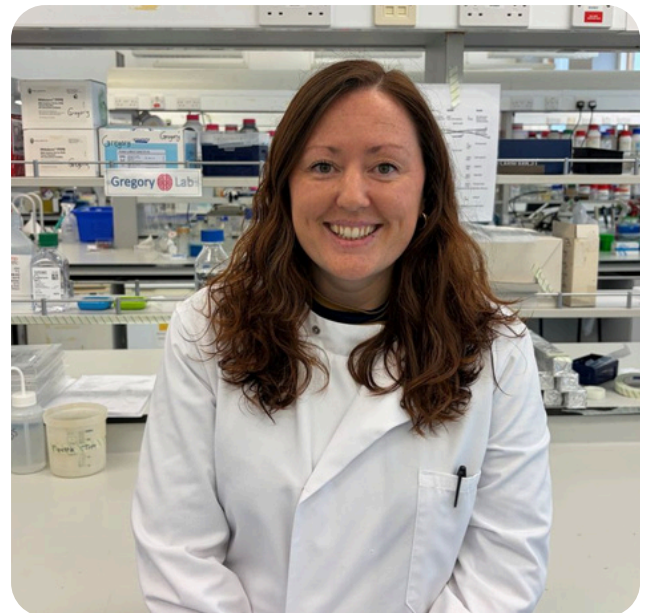
## News

### **New research shows gut biopsies could predict dementia, Parkinson's and MND years before symptoms develop**

Routine gut biopsies could predict the risk of developing dementia and related neurodegenerative conditions years before neurological symptoms appear, research from the University of Aberdeen has shown for the first time.

NHS Grampian Charity is proud to have funded this study, along with TargetALS and LifeArc, which could pave the way for early diagnosis and prevention of neurodegenerative conditions such as Alzheimer's disease, Parkinson's disease and motor neurone disease (MND). These conditions affect more than 57 million people worldwide, and this is expected to grow to 153 million people by 2050.

Scientists and clinicians from the University of Aberdeen, NHS Grampian and NHS Highland found that abnormal misfolded proteins linked to neurodegenerative diseases can be detected in gastrointestinal tissues years before neurological symptoms begin. The research suggests that the gut may provide a practical and accessible site for identifying people at risk of neurodegenerative conditions, up to seven years before clinical symptoms appear.



Jenna Gregory, Clinical Professor of Pathology at the University of Aberdeen, said, "We are seeing clear evidence that the same pathological protein changes that occur in several neurodegenerative diseases can occur in the gut many years earlier than we previously recognised.

"This opens up entirely new possibilities for early detection and intervention."

You can read the full story on the University of Aberdeen website.

[Read More](#)

## New walker gets Chalmers Hospital patients back on their feet



Patients at Chalmers Hospital in Banff who have experienced an injury, fracture or trauma are being helped to get back on their feet thanks to a new specialist walker.

Lena, pictured with some of the hospital team, has been excited to use the new machine. She says it has helped her build the confidence to stand again and to start to take steps. It has helped her strengthen her legs, and she is pleased with the progress of her rehabilitation.

The walker is being used to support orthopaedic and neurological patients at the hospital, by helping them to engage in standing and walking activities during their physiotherapy sessions.

## New Recliners for Frailty Wards



Patients in the frailty wards at ARI are enjoying more opportunities to be out of bed and upright, thanks to two new recliner chairs.

These chairs are ideal for patients who struggle to sit comfortably in standard chairs. They help make sure everyone has a chance to get out of bed and sit upright, which can be a huge boost to a patient's morale and help them to recover quicker.

## Weight Checks Made Easier for Patients



Patients in Ward 104 at ARI are having an easier time getting their weight checked, thanks to a new chair scale. The chair scale makes it quick and easy to take an accurate weight, especially for patients who may have difficulty standing or who might not be steady on their feet.

Tetyana, pictured with the chair scale, said, "It's been really useful and staff have been singing its praises. It's really easy to use, and patients find it very comfortable."

## Comfort for Critical Care Visitors



Visiting a loved one in critical care and waiting for updates on their condition can be an incredibly difficult and emotional time. Thanks to your generous donations, we've funded new couches for the visitor's room at the Critical Care Unit in ARI.

This space is used by families from across Grampian when a loved one is receiving treatment, and the new couches will help provide a more comfortable and supportive environment for them during this anxious time.

"Families can be waiting in this room for a long time," said senior staff nurse Nicola, "so it's great that they have somewhere comfortable to sit."

Porters are often unseen heroes in hospitals across Grampian. They play a vital role every day, doing everything from moving patients, to transporting specimens, to collecting waste, and much, much more.

Thanks to generous donations, we've been able to upgrade the Porter's Bothy in the Pink Zone at ARI. New dining furniture and kitchen equipment mean that porters now have a more comfortable space to take a well-earned break during their busy shifts, before they get back to work.



## Comfortable Breaks for Hospital Porters

**NHS Grampian Charity could not continue to enhance the health and wellbeing of the people of Grampian without your generous support.**

**Thank you**

**[Donate](#)**

# Fundraising

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## Meet the Team: Louise

We are delighted to have welcomed a new addition to the NHS Grampian Charity team. Louise Bone joined us in February as our new Supporter Engagement Officer, bringing a wealth of enthusiasm and experience to the charity.

“I’m really excited to be part of NHS Grampian Charity,” she said. “It’s been incredible to see the fantastic range of activities that the charity supports each year, from advanced medical equipment and innovative research, to patient activities and comfortable hospital spaces.

“There are so many opportunities for people to get involved in supporting their local hospital and fundraising for these extras, which are all over and above core NHS provision, and I’m looking forward to working closely with our fundraisers and supporters.”



Want to learn more about how you can fundraise to support enhancements in your local hospital? You can contact Louise on [louise.bone3@nhs.scot](mailto:louise.bone3@nhs.scot) for more information and fundraising support.



## 10K Triumph for Niamh

We want to say a massive thank you and well done to Niamh, who took on the 10K at Run Balmoral on April 4<sup>th</sup> to raise funds for the physiotherapy department at Turriff Hospital.

Niamh did amazingly well despite the challenging weather, and completed her race in under one hour - a fantastic achievement!

Her efforts will help to make a real difference to patients and staff at Turriff Hospital. Thank you Niamh.

## Kiltwalk: Time is Running Out to Sign Up

Time is running out to sign up for this year's Aberdeen Kiltwalk on Sunday 7<sup>th</sup> June. This is a fantastic event for solo fundraisers, family and friends groups, and teams of colleagues.

Choose between the 4 mile Wee Wander, which travels from Cults to Duthie Park, or take on the 18 mile Mighty Stride from Banchory to Duthie Park. There's nothing else for you to plan or organise - just show up on the day with some comfy walking shoes and have fun.

We are so grateful for supporters and NHS colleagues who take on the Kiltwalk each year to fundraise for enhancements to their local hospital, over and above core NHS activities. And, with more than 230 charity funds to choose from, you can be sure that the money you raise will go directly to a hospital, ward, or medical condition that is close to your heart.

Got any questions, or want to learn more? You can contact Louise on [louise.bone3@nhs.scot](mailto:louise.bone3@nhs.scot) for more details or click the button on the right to sign up.



[Sign up to the Kiltwalk](#)

### Choose Your 2026 Fundraising Challenge

Want to fundraise but not sure where to start? There are lots of exciting events coming up in 2026 that you can take part in - we've shared some of our favourites here.

Looking for something a little different, or want to plan your own fundraiser? Take a look at our fundraising pack, which is packed full of inspiration and advice.

[Download Fundraising Pack](#)

**June**  
[Aberdeen Kiltwalk](#)

**September**  
[Ben Nevis Trek](#)  
[Loch Ness 5K & 10K](#)  
[3 Peaks Challenge](#)  
[London to Paris Cycle](#)

**October**  
[Great Wall of China Trek](#)

**November**  
[Sahara Desert Trek](#)