One end of a light elastic string, of natural length a and modulus of elasticity $3mg$, is attached to a fixed point O. The other end of the string is attached to a particle P of mass m. The string hangs with P vertically below O. The particle P is pulled vertically downwards so that the extension of the string is $2a$. The particle P is then released from rest.

(a) Find the speed of P when it is at a distance $\frac{3}{4}a$ below O. [3]

(b) Find the initial acceleration of P when it is released from rest. [2]