One end of a light elastic spring, of natural length a and modulus of elasticity $5mg$, is attached to a fixed point A. The other end of the spring is attached to a particle P of mass m. The spring hangs with P vertically below A. The particle P is released from rest in the position where the extension of the spring is $\frac{1}{2}a$.

(a) Show that the initial acceleration of P is $\frac{3}{2}g$ upwards. [3]

(b) Find the speed of P when the spring first returns to its natural length. [4]