



MUIRHEAD MEDICAL CENTRE



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Garry Stewart
Secretary
Dronley Community Woodland
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8th March 2018

Dear Mr Stewart

At Muirhead Medical Centre we fully support the community purchase of Dronley Wood from Forest Enterprise Scotland.

The Chief Medical Officer for Scotland, Catherine Calderwood, has previously stated that outdoor learning, exercise and play improve childhood health, wellbeing and physical and mental development.

Research clearly shows that there are also benefits to adult physical and mental health from outdoor activity^{1 2 3} As such, the availability of Dronley Wood for the local population would be a fantastic resource for community engagement, outdoor activity and health improvement.

Yours faithfully,

Dr Peter Donaldson
For and on behalf of
Drs Harrold Leese Herrington Taylor Inch and Donaldson
GP Partners of Muirhead Medical Centre

- 1. Mayor S, BMJ 2015;350:h330**
- 2. Kerr et al, Int J Environ Res Public Health 2012;9(12):4615-5625**
- 3. Sims-Gould et al, BMC Psychiatry 2017;17:319**