



A warm hello from the Marnock Medical Group in the first of our quarterly newsletters.

Our Marnock team strive to provide the best service we can in all aspects of your care and we hope that our newsletter will give you some insight in to the many projects we are doing at the practice to improve both our own health and yours. This will include a focus on physical and mental wellbeing as well as a look at advice and resources for specific topics from time to time. After all, we all know that prevention is better than cure. In this newsletter we would like to specifically look at physical activity.

If you have had contact from the practice recently it is likely you that will have been asked about your exercise level in one form or another, for example; "Do you get out much?", "How far can you walk?" "Do you exercise regularly?" "Will you be able to make it to the practice today?" "Do you have anyone that can help you?" These questions are asked by all members of our team, whether that be the staff on the phones or the doctors and nurses during your consultation. This is because ability to move and exercise relates to everything we do!

These are all important questions and we value your honesty in answering them. Exercise is profoundly important in maintaining both your physical and mental health as well as your overall wellbeing. At Marnock we have taken this difficult period during the pandemic to reflect upon how we can lead by example, so that when you are asked about exercise or encouraged to do more, you can take it on board knowing we are practising what we preach.



Sr Elaine Millar at the top of her first Munro- Ben Vorlich.

Some of the improvements we have made recently include;

- Walking tutorials with our trainees- you might have seen us walking about the streets during work hours!
- Various staff and GP walking and physical activity groups and challenges.
- Standing desks for some GPs
- Updating our records on patient heights and weights- we ask you for this to work out your BMI which helps us when assessing any medical problems you may have, and what medications are safe for you

- Increasing discussion about stopping smoking and reducing alcohol intake

We would encourage all of you to start thinking about, and if possible, to increase your physical activity at a level that is safe for you. This might simply mean getting up from your chair when you are working from home every hour, going up the stairs an extra time throughout the day or doing an extra mile on your usual walk or run.

Did you know that we are a parkrun practice? Have a look at <https://www.parkrun.org.uk/> and get involved!

Would you like a challenge?

We will soon be launching our virtual “Killie round the world walk” with <https://worldwalking.org/> and we will also be looking for patients to participate and help with some activities such as walking groups..... watch this space.....



Water sports on Loch Lomond.

Have you seen these resources?

We will try and keep you informed and up to date with useful resources and events <https://www.movementforhealth.scot/>

<https://www.nhs.uk/nhs.uk/services/musculoskeletal-service-msk/>

If you have any ideas or want to get involved with our MMG physical activity strategy please get in touch.

We hope you enjoyed our first newsletter, and hope you can take some inspiration from it and our photos. We would love to hear of the changes you make in improving your physical activity, so let us hear the next time we speak to you.

“Movement is a medicine for creating change in a person’s physical, emotional and mental states.” (Carol Welch-neuromuscular therapist)

However, “physical fitness can neither be achieved by wishful thinking nor outright purchase.” (Joseph Pilates)



Walkies for Brie Lunan on the golf course.

So look after yourself and start moving more today!