



Yoga4Health Social Prescribing

Yoga4NHS Staff

Presentation to the

Yoga Community Network

By Paul Fox

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Yoga4Health 10-week programme

- An early intervention and prevention lifestyle medicine social prescribing programme for NHS patients
- Stress/Anxiety
- Pre-diabetic, Type 2 Diabetes, CVD risk
- Socially Isolated
- Chair or mat practice using a standardised protocol



Evidence-based and NHS accredited

- 279-patient study published by Westminster University in 2019
- Patient Activation Measure (PAM) went up significantly for 62% of patients
- Stress as measured by the PSS-4 scale was significantly down
- Physical health also showed meaningful improvements, with 45% of patients reporting better health and **waist circumference reduced by an average of 14cm**



YIHA is a registered Charity with 550 Yoga4Health Teachers

- 60-hour professional development training for yoga teachers held every Spring and October
- 4 days on Zoom (+25 hours of pre-course learning)
- Multiple choice exam and observed teaching practice
- Qualified to deliver Yoga4Health and Yoga4NHS staff wellbeing programmes



Yoga4Health in Greater Manchester

- YIHA received £15,000 award from Sport England to deliver Yoga4Health to NHS patients in areas of high deprivation in Greater Manchester
- 12 courses covering circa 250 patients starting Jan 25



Partnership Working

- Manchester Active
- Be Well - The Big Life Group
- NHS Health Development Co-ordinators
- Local GP Surgeries
- Local Partners

Yoga 4 Health



Free 10 Week Course
Everyone Welcome

Withington Library, Starting Tuesday
410 Wilmslow Road 14th January
Withington, M20 3BN 6pm - 7.15pm

Get In Touch For a Place

contactyogaforhealth@gmail.com

yogazi@yahoo.co.uk

Yoga 4 Health: 07782413146

Or Contact Your GP For a Referral



*Suitable for those with pre-diabetes, cardio vascular risk, anxiety, stress



Case Study

GP Surgery Active Signposting of Pre-Diabetic Patients to Yoga4Health

*The Yoga In Healthcare Alliance charity has secured Sport England National Lottery Funds to deliver the **Yoga4Health** protocol to up to 500 patients in Greater Manchester during the first half of 2025. Crucial to the success of this project will be the active signposting of NHS patients by GP Surgeries. This case study sets out a model for successful partnership working*

The **Yoga4Health** 10-week social prescribing early intervention and prevention programme is ideal for NHS patients identified as pre-diabetic. This evidence-based programme was commissioned by the NHS in 2016 and is evidenced by a 300-patient study by Westminster University showing statistically significant benefits to mental and physical health, and an average reduction in waist measurement of 14cm. A network of over 500 Personalised Care Institute accredited yoga teachers deliver the programme. **Yoga4Health** is suitable for patients with stress/anxiety, cardio-vascular risk, Type 2 risk, and social isolation

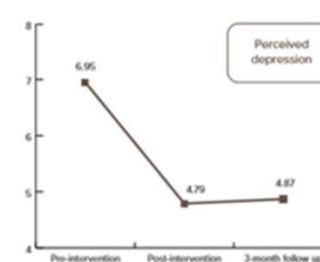
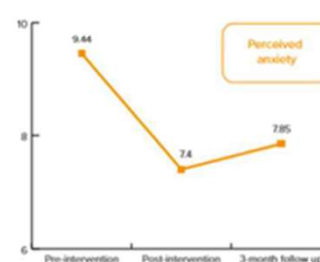
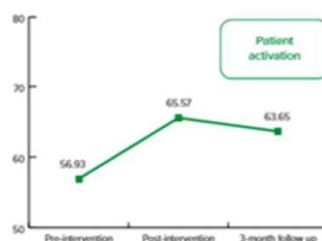
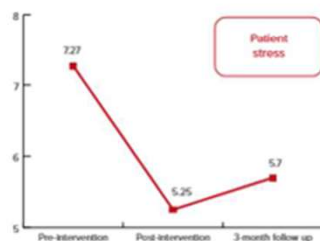


During 2024, Primary Care in Cambridgeshire began actively signposting NHS patients to **Yoga4Health**. A page was added to the surgery website informing patients about the programme and how to get in touch with their local Yoga4Health teacher. GPs, Link Workers, and Health Coaches added the programme to their knowledge bank, and patients could pick up leaflets about **Yoga4Health** in the surgery and self-refer. But the active signposting by text message to pre-diabetic patients was the key factor in maximising the impact of the programme



"Like other GP surgeries, our software systems allow us to audit specific patient sets, in this case pre-diabetics. We would be contacting them anyway to monitor their bloods annually. So, it was not rocket science to be able to use our systems to actively signpost suitable patients to Yoga4Health, which has proved to be a good local asset".

Dr Sam Rayner, Senior GP Partner, St Mary's Surgery, Ely, Cambridgeshire



"As a Social Prescribing Link Worker, it's our bread and butter to know what is going on in the local community. The more activities we have to signpost patients to the better. This is what forms our conversations with patients. It's about extending opportunities and introducing people to things they might not know about. As a social prescriber it's fabulous when you can signpost people to something that is going to be really beneficial, and which they might not have heard about before".

Ali McCarthy, Social Prescribing Link Worker, St Mary's Surgery, Ely North PCN



For further information about this project, contact: Paul Fox, CEO, Yoga In Healthcare Alliance: contactyoga4health@gmail.com
Westminster Study: <https://westminsterresearch.westminster.ac.uk/item/qz6v1/yoga4health-on-social-prescription-a-mixed-methods-evaluation>



www.yogainhealthcarealliance.com



YOGA IN HEALTHCARE
ALLIANCE

Yoga4NHS Staff Wellbeing



Thank you
everyone,
every role.

NHS
King's College Hospital
NHS Foundation Trust

NHS Accredited Programme

- Level 1 and Level 2 courses of weekly classes on Zoom
- Sessions last 60 minutes
- Accredited by the Royal College of GPs, earning staff 6 CPD points
- Certificated as a Breath Ambassador, able to share breathing practices with colleagues or signpost to Yoga4NHS staff wellbeing video practice resources



RCGP
ACCREDITED

Yoga4NHS was piloted in 2022

- In-person and online delivery for pilot phase
- Now offered mostly online
- 742 staff have signed up for the programme
- 100% of staff say they would recommend Yoga4NHS to colleagues

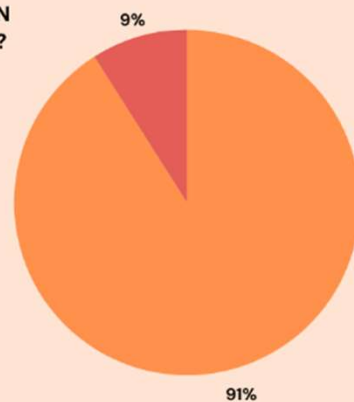


Yoga4NHS Evaluation Data

HAVE THE YOGA TECHNIQUES YOU
HAVE LEARNED ON THE COURSE BEEN
HELPFUL FOR STRESS MANAGEMENT?

YES
NO
MAYBE

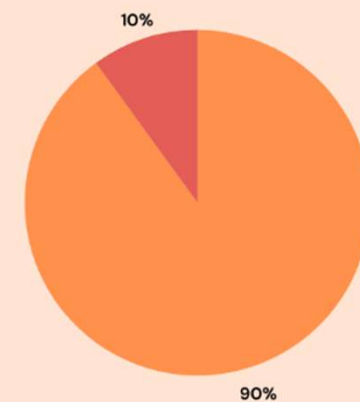
60 Responses



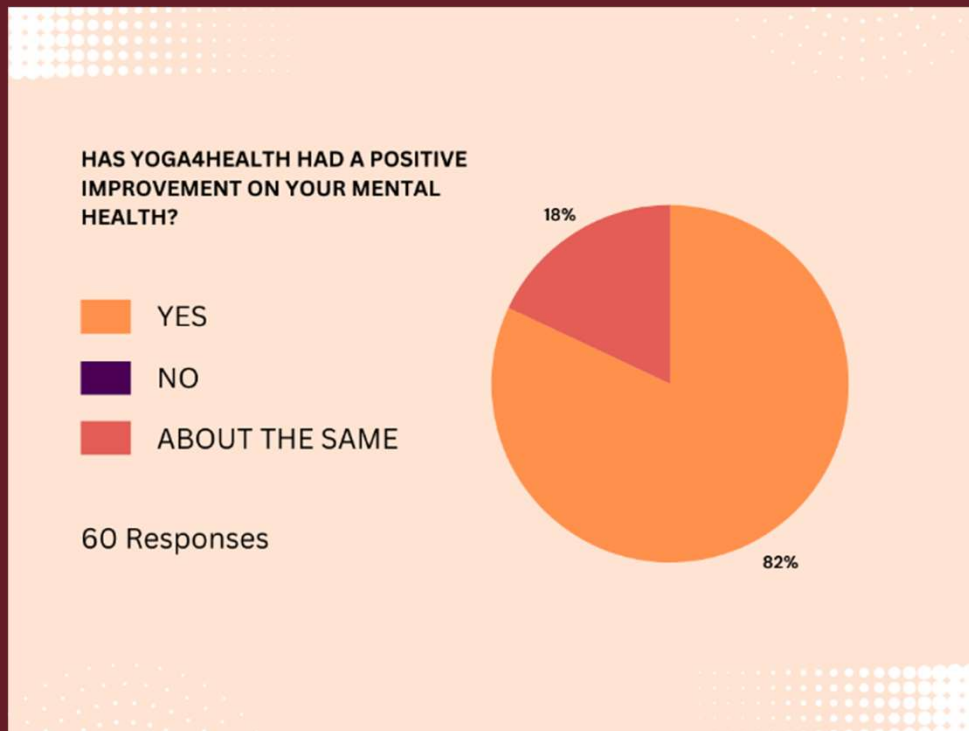
HAVE THE YOGA TECHNIQUES MADE
YOU FEEL CALMER AND LESS
ANXIOUS?

YES
NO
MAYBE

60 Responses



Evaluation Continues



- Please can these sessions be prescribed and made available for all NHS staff, who regularly ignore their own needs and prioritise the needs of others. Breathing with awareness helps us trust that we are okay, and the world is okay, despite all we can not control and all the demands. Thank you for this wonderful course.
- I was surprised how many times through my week I would think about the breathing techniques and exercises that we learnt in the class. I didn't know how much I needed to increase my awareness to manage my daily anxiety, and this course helped me with that.

Next Steps for Yoga4NHS

- 150 NHS staff entering a University of Westminster PHD study February 2025
- 75 will do Yoga4NHS and 75 will be the control group
- Robust academic evidence base will result from this research and report by Lucy Doyle

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SEARCH

Project report

Yoga4Health on social prescription: a mixed methods evaluation

A close-up, slightly angled shot of a thick stack of British banknotes. The top note is a £20 note, featuring the Bank of England logo and the text 'The division of labour in pin manufacturing: (and the great increase in the quantity of work that results)'. Below this, the words 'Bank of England' are printed in a large, serif font. The serial number 'EJ59 1466' is visible in red and green ink. The stack of notes is thick, suggesting a large sum of money, and the edges of many other notes are visible underneath. The lighting is soft, highlighting the texture of the paper and the intricate patterns on the banknotes.

The Big Unanswered Question



Your questions.....