

The logo for yoga4health, featuring the text "yoga4health" in a white, lowercase, sans-serif font, followed by a small teal circle. The text and circle are contained within a dark blue, rounded rectangular shape with a slight gradient and a white border.

yoga4health●

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HEALTHIER TOGETHER

# What is Yoga4Health?

- A 10 week course designed by expert yoga professionals and researchers. Each of the 10 sessions lasts two hours and includes:
  - ❖ Breathing practices
  - ❖ Simple yoga postures
  - ❖ Mindfulness techniques
  - ❖ Relaxation
  - ❖ Group discussion



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WESTMINSTER** 



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# Who is it for?

People with a registered home address or GP in RBK&C or North Westminster who are:

- ✓ Experiencing depression, anxiety, stress or social isolation
- ✓ Looking to keep their heart healthy
- ✓ Looking to lower their risk of Type 2 diabetes



# Evaluation Aims & Objectives

- The University of Westminster are evaluating the acceptability, feasibility and outcomes of the West London CCG yoga social prescription service. Specifically, the evaluation investigates:
- patient outcomes from the service (e.g. patient activation, physical health, mental well-being)
- patient and stakeholder experiences of - and attitudes to - the service
- use and acceptability of the service
- cost implications for the service
- ways to improve the service



# 2018 Performance

- **4** Yoga4Health 10-week courses launched
- **72 people** triaged and booked
- Week 2 final count = **47** starters
- Text from GP surgery most popular referral channel (1848 sent, 249 received)
- 2019 KPIs:
  - ✓ Launch **12** more courses between January – March across RBK&C and North Westminster
  - ✓ Enroll 200 people onto courses



# 2019 Courses (subject to change)

- Course 5: (Bespoke) An-Nisa Group Fri 11<sup>th</sup> Jan 10.30am-12.30pm Earls Court
- Course 6: Chelsea Sports Centre – Saturday 12<sup>th</sup> January 9.30am – 11.30am
- Course 7: Westway Sports – Saturday 19<sup>th</sup> Jan 11am – 1pm Latimer Road
- Course 8: Bay 20 - Mon 21<sup>st</sup> Jan 10am-12pm Latimer Road
- Course 9: Beethoven Centre – Tuesday 22<sup>nd</sup> Jan 10am – 12pm Queens Park
- Course 10: Dalgarno Trust - Monday 4<sup>th</sup> Feb 10am – 12pm
- Course 11: Chelsea Sports Centre – Tuesday 5<sup>th</sup> Feb 6.30pm - 8.30pm



# Pathways into Yoga4Health

## Self Refer (via flyer)

- Inbound call, email or text received

## GP Referral

- Complete form on SystmOne & email to [WLCCG.Yoga4Health@nhs.net](mailto:WLCCG.Yoga4Health@nhs.net)

## Practice Referral (via text)

- Outbound text sent to eligible patients registered at the practice
- Inbound text received from interested patients



# Questions for the forum:

- Do you know of local community groups who we can collaborate with to deliver a 10-week course?
- Do you know of people in the local community who could benefit from a course and would like to take part?

