



ANNUAL REPORT 2022/23

1st April 2022 - 31st March 2023



MISSION STATEMENT:

To make the benefits of yoga recognised by, and available to, the whole community, with a special effort to reduce perceived barriers to its practice and to promoting inclusion.

ATTENDANCE

Total No. of visits:

4138



of which in-studio: & online: (7%)

3848 | 290

“I love these classes. It’s completely changed my practice. I feel so honoured to come and study here.”

Social prescribing continued:

Wellbeing assessment (before and after) showed average of 10-point improvement in self-assessed wellbeing.

Patients reported decrease in use of pain medication, increase in mobility and a reduction in GP visits.

“It’s been a really positive experience as an alternative to medicating!”

“An all over amazing experience which I thought at the beginning it would be something I’d never want to do.”

“I am planning to continue attending the class as I have felt so much better for them.”

SOCIAL PRESCRIBING

In June 22, we launched our ‘Yoga on Prescription’ pilot project with Wargrave, Belmont and Cantilupe surgeries. Patients were prescribed 10 yoga classes to help with a range of conditions including back pain, anxiety, depression, diabetes, arthritis and complex needs relating to social isolation. Patients integrated into existing classes and were welcomed into the yoga community by our teachers and regular students. The project has been a great success! Other surgeries across the county have requested the service, and we’re researching how this might be rolled out. Look out for an up-coming evaluation report, but in brief, up to end of March ‘23:

• 3 GP surgeries

• 71 prescriptions given

• 411 classes taken

• £21000 budget

• 28 patients completed 8 or more classes

Hereford Yoga CIC
Unit 10 Foley Trading Estate
Hereford HR1 2SF

OUTREACH

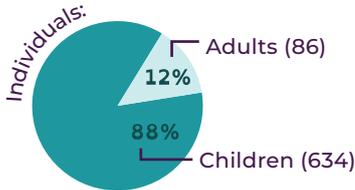
TOTALS:

We've also had a busy year taking yoga into schools and community settings!

Sessions **97**

Visits **1903**

Individuals **720**



BOARD OF DIRECTORS

Chloe Bradman, Prabhakara Hannken, Claire Jenkins (Chair),
Kate Jones, Alison McLean, Jenny-May While (Managing Director)

"I DIDN'T KNOW I COULD
DO THAT!"



Schools

We've been to lots of **primary schools** across Herefordshire including **St Thomas Cantilupe, Lea Primary, Our Ladies, Riverside** and **Ashfield**. Also secondary schools including **Fairfield, Kingstone** and **St. Mary's**, and **Hereford Sixth Form College**.

Yoga CPD for school teachers

We were commissioned by **Stride Active** to design and deliver a programme for school teachers (primary and secondary) to help them **integrate yoga into their schools**. We did this via workshops, placement visits and online resources. What a treat to work with these dedicated teachers- and so great to hear how they are taking what they've learned into the classroom!

Also with Stride Active, we were delighted to be on the team for 2 more **'Here Girls Can'** festivals, encouraging girls who have dropped out of activity to find a love for movement. These festival days are such a buzz.

Yoga in the workplace

We loved seeing some old friends at a **Connexus** away day and delivering a course for **Herefordshire Wildlife Trust** staff at their HQ at Queenswood.

Healthy Mums

Our first project with **Talk Community**, it was wonderful to bring yoga sessions to new mums, some of whom have been inspired to join regular classes and access a GP prescription.

West Mercia Women's Aid

This is an organisation that is very close to our hearts. We went to Worcester and Kidderminster refuges, and followed up with a Foundation Course delivered from our own studio and live-streamed online. Some women have continued to come to class, finding *'this moment of peace in my week'*.

EVENTS



6 'Enhanced Practice' workshops continued to be popular, offering opportunities for study in greater depth of all aspects of yoga. Jenny-May represented HYC further afield, **delivering workshops and retreats in Gloucestershire and Wiltshire**. Our **Community Garden Party** in June 22 was a fun and lively celebration of Foley Community Garden, with live music from local young people, DJs, pottery and yoga sessions.

TEACHER TRAINING

We are building a **sustainable future** for our yoga community by investing in the training of new teachers. We have **2 active trainees** and secured funding to help subsidise their costs.

KEY FIGURES: **TURNOVER** **£78,800**

GOODS & SERVICES
reinvested in local goods and services **£61,100**