



Paul Fox, 36 Chapel Street, Ely, Cambridgeshire CB6 1AD
Contactyoga4health@gmail.com Tel 07782 413 146

YIHA Data Gathering and Data Protection Policy for Yoga4Health patients

Date of policy: 27th November 2020

This policy is relevant to NHS patients who undertake the Yoga4Health 10-week social prescribing programme with a registered Yoga4Health teacher. This programme involves the communication to your teacher of detailed confidential information about your physical and mental health. Patients on the 10-week programme will be given a copy of this policy to sign.

This policy is only relevant to those on the Yoga4Health programme. YIHA's overall approach to this area is set out in the YIHA Data Protection and Privacy Policy

1. The Yoga In Healthcare Alliance is committed to protecting your personal data and only gathering data that is relevant to the Yoga4Health programme. We operate under the terms of the General Data Protection Regulations (GDPR) 2018 and will only hold your personal data for as long as necessary to run and evaluate the 10-week programme and to comply with recommended time limits for legal and insurance purposes (4 years).
2. Your personal data will be held securely by your Yoga4Health teacher. Information gathered from you will include contact details and personal details about your health and well-being to enable your Yoga4Health teacher to meet your specific needs in class and to measure your progress through the programme.
3. Following your completion of the Yoga4Health programme, data about your experience of the programme, including your mental wellbeing score, activity levels and personal feedback, will be collated and anonymised by your Yoga4Health teacher. This information will not contain any of your personal or contact details and your identity will be protected. The information will be sent to YIHA centrally for the purposes of monitoring the overall effectiveness of the Yoga4Health programme.
4. Your personal data will never be passed on to a third party or any other organisation or individual or used for any other purpose apart from running and evaluating the Yoga4Health programme. In the interests of continuity of care and the use of social prescribing, your GP and

Social Prescribing Link Worker (title may vary: eg Social Navigator) will be informed that you have participated in the programme.

5. The Data Protection Officer (DPO) for the Yoga In Healthcare Alliance is Paul Fox. If you have any concerns about the use of your personal data please feel free to contact him on contactyoga4health@gmail.com or call 07782 413146.

I consent to my data being used in this way YES/NO

Signed Printed Date

Change Record

Date of Change:	Changed By:	Comments:
27.11.20	Paul Fox	Policy approved by the Trustees