

Part 2

To be completed by a GP, practice nurse, health visitor, or other healthcare professional.

The person named overleaf is known to me at the address given.

I recommend them for a Like Minds class.

To the best of my knowledge, their medical condition does not put them or other students or staff at risk.

Name	
Professional role	
Address/Practice	
Post code	
Telephone	
Email	
Signature	
Date	

Once completed return to:

Continuing Education, Curriculum Admin,
Adult Education, Old Hall Street,
Wolverhampton, WV1 3AU as soon as possible
to reserve your place.

Please contact us if you have any questions
about any aspect of the programme.

You will need your NI number and evidence of
your ID to enrol. You may be able to enrol in
your first session but without these documents
you be asked to return to the next session when
you have these document or you are enrolled.



Interested in joining our award winning Like Minds? (activities for improving mental health)

West Midlands
Mental Health
Star Awards★

Winner

Large Team / Service / Organisation Award

Contact us on:

OLD HALL STREET, WOLVERHAMPTON WV1 3AU
01902 558180 | enquiries@aes.wolverhampton.gov.uk

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LINKEDIN, TWITTER & YOU TUBE



WWW.AES.WOLVERHAMPTON.GOV.UK



ADULT EDUCATION
WOLVERHAMPTON



Like Minds

(activities for improving mental health)

PROGRAMME
2025 - 2026

Are you... feeling anxious or depressed? a parent or carer who needs a break?

Taking part in group activities can help improve your health, wellbeing and enjoyment of life, whilst you learn and develop new skills.

“Like Minds” classes are free and ideal if you are recovering from stress, anxiety or mild depression. They can help with issues of confidence and provide respite for carers.

Try one of our group activities to improve wellbeing and confidence

Take some time out for yourself to meet others in a friendly atmosphere

Like Minds Classes 2025 - 2026

Classes start in September 2025 and end in July 2026. You can join at anytime if there is space. Classes are 1.5 - 2.5 hours per week.

To qualify for any of these activities, your GP, practice nurse, health visitor or other healthcare professional will need to complete this referral form. Many of these professionals are already aware of these courses and actively encourage people to join.

You will also need to live in a West Midlands Combined Authority Area (WMCA).

You will also need to complete an application form on paper or online before you can start your course. Use the following link: [click here to complete an application](#) and select the course you wish to join.

Alternatively, please contact us on 01902 558180 | enquiries@aes.wolverhampton.gov.uk so that we can arrange to meet you and complete your application on paper.



#	Subject	Day	Time	Venue
1	Art for Health & Wellbeing	Tues	10:00 - 12:30	The Maltings
2	Art for Health & Wellbeing	Tues	13:00 - 15:30	The Maltings
3	Yoga for Health & Wellbeing	Mon	11:00 - 12:30	Bob Jones Community Hub
4	Arts and Crafts	Wed	13:30 - 16:00	City Learning Quarter
5	Yoga for Health & Wellbeing	Thurs	11:00 - 12:30	Bob Jones Community Hub

Information was correct at the time of printing and the Service reserves the right to make last minute changes

Like Minds - Referral Form Part 1

Please complete Part 1 of this form, then ask your GP, health visitor, practice nurse or other healthcare professional to complete Part 2 (overleaf).

I am interested in attending Like Minds class number ____ (see course listing).

Name	
Date Of Birth	
National Insurance number	
Address	
Post code	
Telephone	
Email	

I agree that the health practitioner named in part 2 (overleaf) can pass on any relevant information regarding my medical condition, if required, to Adult Education Wolverhampton.

Signed	
Date	

We collect and store data and conform to GDPR regulations. Find out more information upon enrolling.

Returning this form is NOT a guarantee of a place on your chosen course. Spaces are allocated on a first come basis.