



Health Referral information for health professionals

Could your patients benefit from the Kent Adult Education health referral scheme?

Kent Adult Education offers patients the opportunity to join specific courses at a reduced fee if referred by their health professional. We offer a range of courses to help with mental and physical wellbeing, highlighting the important part that learning can play in supporting their recovery.

Our courses can help to:

- Improve confidence and social interaction
- Support and improve wellbeing and help individuals feel more able to cope with everyday life
- Reduce stress and anxiety levels and help individuals learn to relax
- Improve fitness and mobility

Initially a prospective student will be contacted by a subject specialist who, based on the information provided, will give advice on the choice of courses available.

All courses are carefully supervised and monitored by our professional, qualified tutors. There is no cost to you as a health professional and there is no limit to the number of people who you can refer (so long as we have capacity). If you believe your patient will benefit from attending a course we will do all we can to help.

If you would like to refer a patient, simply complete the referral form and ask the patient to return it to their local [Kent Adult Education Centre](#). If you would like more information on the scheme please contact your local Adult Education Centre on **03000 41 22 22**.

Patients will be able to enroll on one course of between 4 and 11 weeks each year and pay only half of the fee advertised; they are of course able to re-enroll at the normal price at any time. We would hope that for some, learning will become part of their *self-efficacy* routine.



Patient's details

Name:

Address:

Telephone Number

Landline:

Mobile:

Reason for referral:

Wellbeing

Fitness

Name of Doctor/health professional:

Signature:

Date:

Practice stamp or address:

