



## Are you a parent ?

## Is life losing it's Sparkle?

Are you ...

Depressed ... Anxious ... Irritable ... Angry ?

Do you have trouble sleeping, have difficulty concentrating,  
problems in controlling your emotions,  
or is life just losing its sparkle?

MoodMaster can help! We are planning weekly groups  
in your area to help you deal with troublesome  
emotions and give positive, structured  
sessions to help make your life more enjoyable.

**Moodmaster  
Sessions are  
FREE !!!**

**To join a group**

**Telephone: 01562 827207**

**Or email us:**

[admin.wyreforest@barnardos.org.uk](mailto:admin.wyreforest@barnardos.org.uk)

### What is MoodMaster exactly?

MoodMaster provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health.

### Isn't that a bit 'heavy'?

Not at all, sessions are designed to be interesting and relevant, and they are meant to be fun too.

### What exactly happens at a MoodMaster session?

The group leader reads out the information on the week's topic. You will also have a special form to rate how things have been during the week. Then, people who want to, say what they've learned during the week. Then finally you have an information sheet for you to take away and act on over the next week.

### You talk about 'physical and emotional wellbeing', but isn't it mainly about emotional things?

Yes, it is, although the two are linked, for instance, exercise is very important in stopping depression.

### So do I have to have 'emotional problems' to come?

Certainly not, you may do, but you certainly don't have to.

### I think it's my friend or relative who should really come. What about that?

You can pass on our poster or alternatively ask them to make contact with us.

### Where are the sessions held?

Sessions are taking place virtually each week, we are currently running two groups every Monday and Friday.

### How much does it cost?

MoodMaster sessions are completely free of charge.



Herefordshire and Worcestershire  
Health and Care  
NHS Trust



Starting well Partnership  
EVERY CONTACT SHAPES A LIFE