

Everyone at KWMC wishes you a happy
Christmas and we look forward to seeing you in
2026!



We will be confirming the first session back of
Creative Cuppa in the new year - follow KWMC on
Facebook and we will also send you an email



There are lots of things happening across the
neighbourhood over Christmas. Here's some of them:

Filwood in Motion Celebration

Thursday 18 December
3:30-5pm
Filwood Library
Drop in or tickets on QR code



St Barnabas Church

Film Night - 17 December
Nativity Play - 21 December
Carol Concert - 24 December



www.tinyurl.com/stbxmas

Redcatch Community Garden

Free Lunches on Tuesdays
(not on 30 December)
Some other activities happening
www.redcatchcommunitygarden.com



Knowle West Health Park

Various activities and classes
www.knowlewesthealthpark.co.uk



Filwood Community Centre

Keep an eye on their facebook:
www.facebook.com/FilwoodCommunityCentre

Inns Court Community Centre and Family Centre

Keep an eye on their facebook:
www.facebook.com/theinns courtcentre/

The Park Centre

Keep an eye on their website:
www.theparkcentre.org.uk/whats-on



Wellbeing & Mental Health for adults

Winter can be a challenging time for some people. Here are some links that could help support your wellbeing & mental health.

Bristol Mind

Lots of great resources or ways of contacting professionals.

 www.bristolmind.org.uk

Shout 85258

This is a texting service for anyone who is struggling with their mental health.


Text: SHOUT to 85258 to start a conversation. Available 24/7.

Texts are free.

National Domestic Abuse Helpline

24/7 support, for anyone experiencing domestic abuse. If you contact them through the below links, they will ask you for a safe way to respond to you.

 0808 2000 247

 nationaldahelpline.org.uk/
Contact-us

If there is risk to your own or someone else's life, always call 999.

Samaritans

This helpline is open to anyone who is struggling and would like to talk to someone. Their service is open 24/7.

 116 123

NHS 111


You can call 111 for free and choose the mental health option or go to the website.

 111

 www.111.nhs.uk


Mindline

A confidential helpline providing a safe place to talk if you, or someone you know, is in distress. Open every week Wednesday to Sunday from 7pm to 11pm, including the Christmas period.

 0117 203 4419

Cruse Bereavement Care

Information and support after a bereavement. Cruse's helpline opening hours will vary over the Christmas period, but will be open at least 10am-2pm each day.

 0808 808 1677

 cruse.org.uk