

Burmantofts

COMMUNITY FRIENDS



info@burmantofts.org.uk



October 2025



Search:

**Burmantofts Community Friends
& follow us for more!**



**Supporting over 55s with
social opportunities and
community care**

Call us on 0113 248 9191



WHAT WE DO

SUPPORTING LOCALS AGED 55+

At Burmantofts Community Friends, we're here to support people aged 55 and over in the LS9 area with a range of services designed to help you stay connected, included, informed, and supported in daily life. Our membership is completely free.

Social activities: Join us for lunch clubs, fitness groups, trips, events, and friendly meetups.

Befriending service: Our trained volunteers offer regular phone calls or home visits for a friendly chat.

Health & wellbeing: We work with the NHS to run local health hubs and offer self-management support.

Travel support: Need help getting to appointments or just want to enjoy some fresh air? We can assist.



HOW WE HELP


Combat isolation: Whether you're feeling lonely or just want some company, we're here for you.

Practical support: Our outreach team can help with bills, benefits, and other life matters.

Stay active & social: Make new friends and enjoy getting out and about with our regular activities.

Health support: Stay well and happy with access to local health services and advice.

Get around safely: We offer travel assistance to help you stay mobile and independent.



Know someone who could benefit?

Share this newsletter or ask us for extra copies to pass on!

MAGIC MEMBERS!

Meet...
Lin!

At BCF we love to put a spotlight on our lovely members and hear about their experience...

"I have been coming to BCF for 2 or 3 years now. What I love about BCF is meeting new people at groups like Cooking club and lunch on a Wednesday! I always feel happier after Gardening group, especially if I get to take some fresh veg or flowers home!"



BCF Wordsearch

U	T	G	F	R	I	R	N	U	L	B	F	F	B
F	R	V	F	T	E	H	O	E	N	T	O	L	U
B	A	T	O	N	B	N	R	L	P	R	N	U	R
F	R	F	L	L	F	T	A	I	I	P	P	N	M
N	O	R	N	A	U	P	E	T	C	R	T	C	A
H	L	I	I	U	T	N	F	F	G	S	O	H	N
G	V	E	S	G	C	N	T	A	U	E	G	H	T
E	S	N	L	H	P	A	E	E	I	N	E	E	O
N	T	D	B	T	S	P	U	N	E	T	T	P	F
H	T	S	I	E	F	P	M	L	R	R	H	N	T
R	R	H	N	R	P	U	A	I	E	O	E	F	S
T	L	I	G	S	B	C	P	P	A	S	R	H	R
U	N	P	O	O	A	S	A	P	I	L	F	M	T
M	U	P	T	T	U	U	T	R	U	O	U	C	O

TOGETHER
VOLUNTEER
FUN
TRIPS
CUPPA
LAUGHTER
FRIENDSHIP
BURMANTOFTS
LUNCH
BINGO



Members on the Move - Picture This!



More pictures available on our
Facebook page!

What does BCF mean to you?

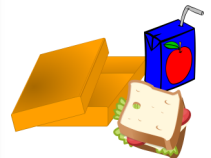


Friendship, everyone is really welcoming and it's nice to see familiar faces each week. - **Robert**



Everything, we wouldn't get out otherwise. We live for the trips and bingo bash events! - **Shirley and Wendy**

My highlight is getting out every Tuesday and Wednesday to keep fit and lunch club with friends. - **Wendy**



A lot. Missed the last 3 weeks very much... Glad we are back. - **Terry**

Happy Birthday Pauline from all your friends at BCF!



Community

Mavericks Men's Social



Join us for our Men's Social at **Emmaus** every other week **12 till 2pm**. With 5 trips done already this year, we love getting out and about too!

- Friday 3rd October (Chapel FM Tour)
- Friday 17th October
- Friday 31st October
- Friday 14th November
- Friday 28th November
- Friday 12th December



Cooking Club

Join us for a free group exploring all things cooking and trying new foods, always served with a side of conversation. Booking essential! **St Agnes Church, 11 till 1pm**

- Thursday 2nd October
- Thursday 16th October
- Thursday 30th October
- Thursday 13th November
- Thursday 27th November
- Thursday 11th December
- Thursday 8th January



NEW BCF Book Club

We are working with Leeds Libraries to run a session all about their free resources to enjoy books in different ways, including paper copies, audio and reading online! Call Sophie on 0113 248 9191 to sign up!

NEW Sociable Folk

Join us for a weekly cuppa and chat at BCF! Puzzles, games, and good company every Wednesday, 10am–12pm, location to be confirmed. All welcome! Call Sophie on 0113 248 9191 to sign up.

Groups

BOOKING
ESSENTIAL



Film Club

Join us for a monthly movie matinee at the **BCF office, £1** for popcorn and ice-cream!
12:15pm start!

- Friday 26th September
- Friday 24th October
- Friday 21st November
- Friday 19th December
- Friday 16th January

Gardening Group

Ran by MAFWA, come join Sophie for a lovely morning outside, planting seeds, digging or simply having a cuppa! Meet at the **BCF office at 10am** for a short walk to Roxby Close.

- Tuesday 23rd September
- Tuesday 30th September
- Tuesday 7th October
- Tuesday 14th October
- Tuesday 21st October
- Tuesday 28th October
- Tuesday 4th November



Sporting Memories

We've teamed up with Sporting Memories for a friendly group to share stories, socialise, and make new friends. It's not just about sport - school days, local tales, and good company too.

Whether you're a casual fan or Billy Bremner's biggest supporter, you'll fit right in! **Join us every Tuesday in BCF's Activity room 2 till 3:30pm**

- Tues 16th Sept
- Tues 23rd Sept
- Tues 30th Sept
- Tues 7th Oct
- Tues 14th Oct
- Tues 21st Oct
- Tues 28th Oct
- Tues 4th Nov
- Tues 11th Nov
- Tues 18th Nov



SPORTING MEMORIES

REMINISCE • REPLAY • RECONNECT

Burmantofts

COMMUNITY FRIENDS

Trips!

Tong Garden Centre & Wetherby Whaler Pudsey

- **Thursday 13th of November**
- Transport £10 per person (13 spaces available)
- 3 course lunch (£16.45 per person, pay for this on the day)



Bury Market

Our annual trip to Bury market, bring plenty of spending money for Christmas shopping and some black pudding!

- **Friday 12th December**
- Large coach with lift
- £13 per person
- 9:15am pick up from Leeds Anglers Club

Christmas Carol Theatre Trip at Leeds Playhouse!

Please let Sheila know if you are interested in joining us to get into the festive spirit to see A Christmas Carol at Leeds's famous Playhouse!

Date & price to be confirmed

- Contact the office to be added to the attendee list.



Batley Mills

Batley Mills is home to over 40 shops and 3 lovely restaurants! Ring in the new year with a new outfit or just a lovely day out with friends at Burmantofts Community Friends!

- **Thursday 22nd January**
- Minibus, 13 spaces available
- £10 per person + spending money

Let's visit somewhere
and explore!

PLEASE NOTE

Our trips are booked on a first come, first served basis, and we're committed to making every member feel welcome and included. We do our best to accommodate a range of needs, including mobility, dietary requirements, and personal preferences.

Occasionally, a trip may not be suitable for someone with specific mobility challenges, but we're always happy to work with them to find a better option or secure a spot on the next trip.

BRING A FRIEND!

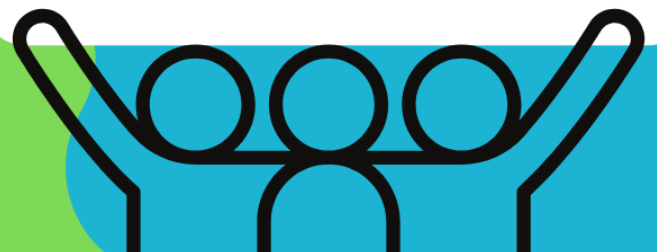


At BCF we love making new friends, so why not bring along someone you know! New members can enjoy a **FREE** session the first time they join any of these groups: Breakfast and Browsers, Tuesday Light Lunch, Sociable Folk, or Film Club.



To claim the free session, just book through the office or speak to a member of staff.

We'd love your friends to join.



HEARING AID CLINIC



B-I-D
SERVICES

At Burmantofts Community Friends -
75b Stoney Rock Lane, LS9 7TB

✓ We can help with re-tubing, batteries
and hearing aid advice for people.

✓ Only Hearing aids from
Leeds Teaching Hospital.



Tuesday's 10am-12pm
18th Nov 2025

17th February 2026

**Call our office today to
book in! 0113 2489191**

Phone
For general enquiries
Tel 0113 288 5750
Mobile 07702 940888
Email
leedsinfo@bid.org.uk

Address
Leeds Sensory
Services, Gallery
House, 5th Floor,
123-131 The Headrow,
Leeds, LS1 5RD

Website
www.bid.org.uk/leeds

WEDNESDAY LUNCH CLUB: HOW TO!



We love seeing so many of you at our friendly Wednesday Lunch Club! With nearly 50 members now, we've introduced a new system to help things run smoothly.

1. Order and pay £5 one week in advance. This ensures we have enough meals for everyone.
2. Pay Sheila – she'll be collecting payments each week.
3. Enjoy your hot meal, drink, and pudding!

No advance payment = no meal.

Step right up! W



Breakfast & Browsers

- 10AM till 12PM
- Anglers Club
- £1- £3

Dancercise

- 1PM till 2PM
- BCF Office

Only £1 per person!



Drop In Advice Session

Anything digital and life admin like bills, taxes and forms - come in for a cuppa!

- 10AM till 2PM
- BCF Offices
- Free

Chair-Based Exercise

With fab professional tutor super Susan!

- 10:15AM till 11:15AM
- Stoney Rock Court
- £1

Light Lunch & Bingo

- 11:30AM till 1:30PM
- Stoney Rock Court
- £3 per person for lunch
- 50p per bingo book

We really
have something
for everyone



Warm Lunch Club

- 11:30AM till 1:30PM
- Anglers Club
- £5 per person
- 50p per bingo book

Please call a week in advance to secure your place for the meal.

NHS Health Hub

Join us for a cuppa and a chat in partnership with the NHS neighbourhood health team. Referral only from your GP or Community Health Worker.

- 10AM till 2PM
- BCF Offices



Weekly Activities!

ally do
something
one!

***BOOKING
ESSENTIAL***

DS

THURS

FRI

Art Group

Get creative for your weekend ahead with the lovely Sheila!

- 10AM till 12PM
- BCF Offices
- £1 per person

Trips/Events/Community Groups

See community groups, trips and event page to have a fun-filled Thursday at BCF!



Call Companions

Fancy a chin-wag over the phone? Whether it be morning or afternoon — Sabs can arrange that for you with one of our lovely telephone befriending volunteers!



b

:30PM

o

n

go book

week in

ure your

opa and a
ship with our
ood team,
n Leeds
althcare.

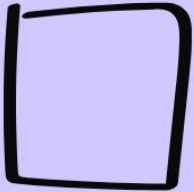
A



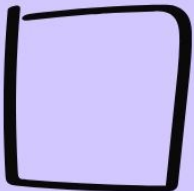
Burmantofts

COMMUNITY FRIENDS

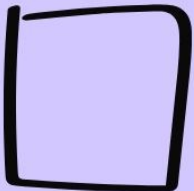
Trip Checklist



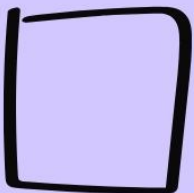
Paid and booked onto...
Tong Garden Centre & Wetherby
Whaler Pudsey



Paid and booked onto...
Bury Market



Registered interest in...
A Christmas Carol at Leeds
Playhouse



Paid and booked onto...
Batley Mills



Volunteering at BCF!



Hello, I'm
Damien!



Volunteer Spotlight!

I got involved with BCF in March and since then have had some brilliant experiences - trying Crown Green Bowling for the first time, going behind the scenes at Leeds Rhinos, and even gaining two new knitted companions: a panda and a ballet-dancing elephant (big thanks to BCF legend Brenda!).

I originally joined to support the digital offer but have loved the variety of opportunities and the friendly, welcoming atmosphere. The staff and members make it a real pleasure to be part of the community. Volunteering isn't new to me - I previously spent 4 years coaching a girls' football team across West Yorkshire, mini-bussing them to matches and winning several trophies, which remains a highlight for me.

**Would you like to volunteer?
Chat to Sabs!**

Travel Project - Need support getting out and about?

Over 55 and want help getting out and about? A Volunteer Travel Buddy can support you on bus, train, taxi, bike, or foot - every step of the way.

Friendly Faces - Would you enjoy a regular visitor?

Enjoy weekly home visits from a volunteer for a cuppa, a chat, or some reading.

Call Companions - Want someone to talk to?

Get a friendly weekly phone call from our trained volunteers for a friendly chat

Chat to Sabs if you'd like to use any of these services!



Events!

Bingo Bash!

Thursday 9th October
& Thursday 4th

December 2025

11:30 till 2PM

£6 per person

Stoney Rock Court

**Booking & Payment in
advance**



Mens Social - Discovery Centre Trip!

Friday 19th
September 2025

Meet at the BCF
Office for 10:30AM



Mens Social - Chapel FM Tour!

Friday 3rd October
2025

Meet at the BCF
Office for 10:30AM





How to Pay:

You can pay
by cash **ONLY** at the BCF Offices

Christmas Party!

- Thursday 18th December 2025
- 11AM till 2PM
- £2 per person
- Anglers Club

Entertainment, buffet
lunch. Book in
Advance!



New Years Party!

- Thursday 15th January 2026
- 11AM till 2PM
- Anglers Club
- £2 per person

Entertainment, buffet
lunch. Book in
advance!



We're taking you on holiday!

We'll be jetting off to sunny
Skegness in March 2026...

BEACH

Contact the BCF Office for **FULL**
Details!



Thank You for Your Support

Burmantofts Community Friends is only possible thanks to the kind generosity of our partners and stakeholders. From everyone at BCF – our members, trustees, staff, and volunteers – we sincerely thank you for your continued support. Your contributions help us make a real difference in the lives of people aged 55 and over in our community.

Together, we're building a stronger, more connected and vibrant Burmantofts for older people.



THE LIZ & TERRY BRAMALL
FOUNDATION



skycares

Thank You

Leeds
Older
People's
Forum

Leeds
CITY COUNCIL

for your support



**Leeds Benevolent Society
for Single Ladies**



Windmill Community Transport



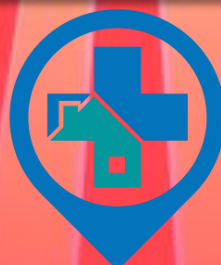
COMMUNITY
FUND

The **Percy Bilton** Charity

The Charles & Elsie Sykes Trust

Leeds

Community
Foundation



Enhance



Our Wheelchair Accessible Vehicle (WAV)

What? - Our new vehicle is wheelchair accessible including 4 seats.

When? - We purchased this in May 2025.

How? - Funding and grants we have secured over the year.



We are currently using the vehicle for our **Wednesday Health Hub** but will be rolling out to other groups in the coming months.

We have a **Travel Needs Assessment Form** that we will be using for each member to determine their transport needs.
*Small charge may apply for certain groups.



Members have said:

- "It's great, so easy and efficient"
- "Such a smooth ride and Sean is amazing!"



Special thanks to the following organisations for supporting our community transport project: *Liz & Terry Bramall Foundation, Clothworkers Foundation, Bernard Sunley Foundation, Percy Bilton, Sovereign Healthcare, Charles and Elsie Trust and Roger + Trustees of Windmill Community Transport.*



Wellbeing @ BCF with Sean



We continue the work with Enhance throughout the Chapeltown Neighbourhood area. Every Wednesday we host a Health hub where the Self-Management Team refer people to receive help in a social setting.

Here are 5 important safety tips specifically for older people at home:

1. Prevent Falls

Install grab bars in bathrooms, use non-slip mats, and keep walkways clear of clutter or loose rugs.

2. Ensure Good Lighting

Use bright lights in hallways, staircases, and entryways to reduce trip hazards. Motion-sensor lights can help too.

3. Keep Emergency Contacts Easily Accessible

Post phone numbers by the phone or store them on a speed dial, including for family, doctors, and emergency services.

4. Use Medication Organisers

Pill organisers and reminder systems help avoid missed or double doses of medication.

5. Install Personal Emergency Alert Systems

Devices like medical alert buttons can summon help quickly in case of a fall or emergency.

We did some work with Sheffield and York University - members participated and gave feedback on different topics

(photo below is members engaging in this research)



Outreach & Digital Services



Monday: 10:15AM till 12PM at the Anglers Club

A friendly group where members enjoy breakfast, good company, and help with anything digital from smartphones to solving tech troubles.

Prices start from £1.50 to £3

Tuesday: 10AM till 2PM at the BCF Offices

A relaxed drop-in session with 1-to-1 help for anything digital like using phones or laptops, paying bills, sorting benefits, filling in forms, or getting other support. Come along for any help you need!



Wednesday: 10AM till 1PM at the BCF Offices

Book a Wednesday appointment at the BCF offices for a chat with me, Mary. I can meet you at the lunch club or after - come and see me, and we'll sort out whatever you need help with.

Thursday: Bookings Only! In the Community

Home visits are available Thursdays if you can't come in. We help with blue badges, parking permits, attendance allowance, and more.

Booking is required.



**Ask me how to follow us on
Facebook and X**



YOUR LOCAL COUNCILLORS

Burmantofts and Richmond Hill Ward

You may wish to contact your local councillors to report problems like fly-tipping, request help with housing or local services, or share your views on upcoming developments - their contact details and surgery times are listed below



LUKE FARLEY

Phone: 0113 378 8819

Mobile: 07407 091 449

Email:

luke.farley@leeds.gov.uk



NKELE MANAKA

Phone: 0113 378 8819

Mobile: 07905 128273

Email:

nkele.manaka@leeds.gov.uk



ASGHAR KHAN

Phone: 0113 378 8815

Mobile: 07761 230 027

Email:

asghar.khan@leeds.gov.uk

1st Fri of the month	6-7pm	1 The Lane, Saxton Gardens, LS9 8HQ
1st Sat of the month	10am - 11am	Crompton Centre, Harehills Lane, LS9 7BG
1st Sat of the month	11.15am-12.15pm	The Vinery Centre, Leeds, LS9 9LR
3rd Tue of the month	12.30pm-1.30pm	St Vincents Centre, 4 Berking Avenue, Leeds, LS9 9LF
3rd Tue of the month	1.45pm-2.45pm	Burmantofts Community Hub, Rigton Lawn, Burmantofts, LS9 7QA

Christmas Time!



The BCF office will be closed from **Wednesday 24th December** and back open on **Monday 5th January 2026!**

But now for the more fun stuff... We will be hosting our annual Christmas party on **Thursday 18th December, 11am till 2pm at Leeds Anglers Club, £2 per person!** Keep your eyes peeled, dust off your dancing shoes and don't forget your Christmas jumper!

EVERYONE IS WELCOME AT BCF!

Here at BCF, we like to welcome all members of the 55+ community to our groups, trips and activities.



At BCF we welcome new faces and do our best to make everyone feel welcome and included in our activities and we request all members do the same. We don't allow seat reservations as we encourage chatting to someone new and making new friends!



Respect



BCF Office-Come say hello!

Find us

Burmantofts Community Friends

Anglers Club

Lower Ground Floor

75B Stoney Rock Lane,

Leeds, LS9 7TB

Telephone: 0113 248 9191

Email: info@burmantofts.org.uk

Burmantofts Community Friends is a working name of Burmantofts Senior Action.

CHARITY REGISTRATION NO:

1175661



The BCF offices are down the slope from the main Anglers Club entrance, follow the car park round. For easy access when walking we have a gate entrance opposite the office door.

Our office phone lines are open *Monday to Friday* **10am till 4pm**

