



# Burmantofts COMMUNITY FRIENDS NEWSLETTER

FEBRUARY - MAY, 2026

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



0113 248 9191 (tel.)



[info@burmantofts.org.uk](mailto:info@burmantofts.org.uk)



Burmantofts Community Friends



[@BSA\\_Leeds9](https://twitter.com/BSA_Leeds9)

*Contact  
Us*

Ageing well as part of the



# ABOUT BCF



## What we do

Burmantofts Community Friends is a local, registered charity dedicated to supporting 55+ year olds in and around Burmantofts. Our team of 10 passionate people work together to provide a range of services and activities that help 55+ year olds stay connected, active, and supported within their community.

## Expectations

We're a kind, respectful, and welcoming team, and we hope our members share those same values so everyone feels comfortable and included.

## Membership

We're always looking to grow our community! Membership is completely free, just pop in and ask Mary, our Member Engagement Worker, to complete a Membership Form with you. If you'd like to make new friends and be part of something positive, we'd love to welcome you!



If you'd like this newsletter in large print, call the number below

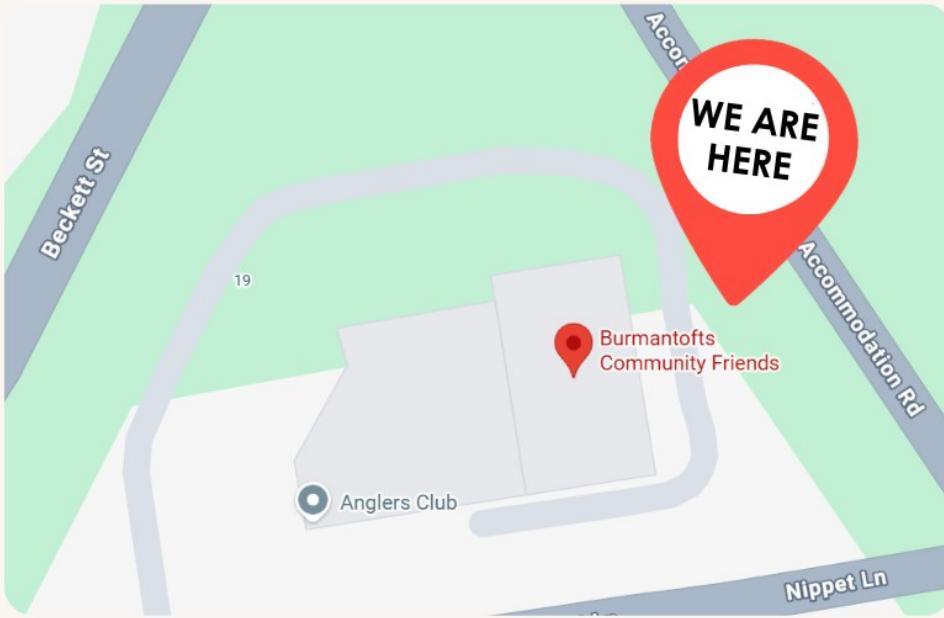
## CONTENTS

＊ About us/location	Pgs. 1-2
＊ Trips	Pgs. 3-4
＊ Events	Pgs. 5-6
＊ Community Groups	Pgs. 7-8
＊ Volunteering	Pgs. 9-10
＊ Weekly timetable	Pgs. 11-12
＊ Transport options, obituary	Pgs. 13-14
＊ Outreach	Pgs. 15-16
＊ Wellbeing	Pgs. 17-18
＊ Photo gallery	Pgs. 19-20
＊ Donations, fun, councillors	Pgs. 21-22
＊ Funders	Pg. 23

# WELCOME



## HOW TO FIND US



BURMANTOFTS COMMUNITY FRIENDS IS THE WORKING NAME OF BURMANTOFTS SENIOR ACTION CHARITY  
REGISTRATION NO.

**1175661**

Anglers Club  
Lower Ground Floor  
75B Stoney Rock Lane  
LS9 7TB  
Leeds

Our office is down the slope from the main Anglers Club entrance - follow the car park around.

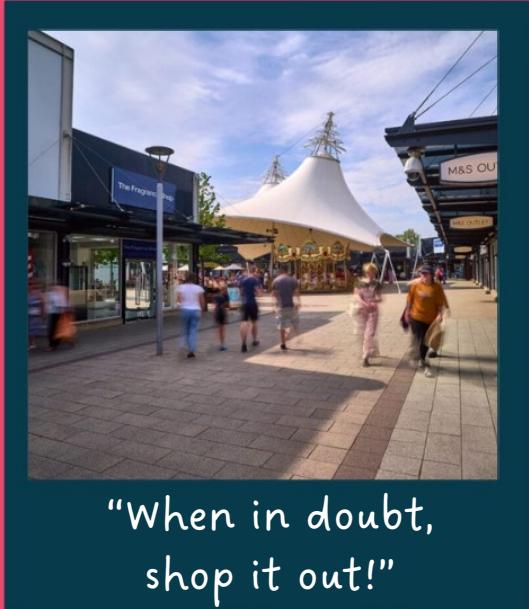
For easy access when walking, we have a gate entrance opposite the office door.



OUR OFFICE PHONE LINES ARE OPEN **MONDAY TO FRIDAY 10AM TILL 4PM**



## TRIPS AT BCF



### Junction 32!

- Thursday 26th February 2026
- Transport costs is £10 per person

### Yeadon & Murgatroyd's Fish and Chips!

- Thursday 12th March 2026
- Transport is £10 per person & Cost of 3 course lunch to be confirmed



"salt and vinegar?"

## Harewood House!

- Thursday 23rd April 2026
- Transport costs is £10 per person



"Eh, its big in't it!"



"Owt for nowt and nowt for owt!"

Trips fill up fast, but you can always be put on the waiting list in case someone drops out!

## Yorkshire Dales!

- Thursday 14th May 2026
- Transport costs to be confirmed



"Seas the day!"

## Southport!

- Thursday 28th May 2026
- Costs is £13 per person

# EVENTS AT BCF



## Bingo Bash

Thursday 12th February 2026

Stoney Rock Court

£6 per person



## Skegness Holiday

Mon 16th Mar to Fri 20th Mar 2026



## Bingo Bash

Thursday 2nd April 2026

Stoney Rock Court

£6 per person

# CHECKLIST

Paid and booked onto Junction 32!



Paid and booked onto Yeadon & Murgatroyds!



Suitcases packed to go to Skegness!



Paid and booked onto Harewood House!



Paid and booked onto the Yorkshire Dales!



Paid and booked onto Southport!



## Sporting Memories

Sharing memories about sport is welcome but also memories of good times are welcome to be shared. Whether you are a die hard Leeds fan or a casual passing interest in sport, you'll fit right in. **Join us every Tuesday in BCFs Activity Room from 2PM till 3:30PM.**

- Tues 3rd Feb
- Tues 10th Feb
- Tues 17th Feb
- Tues 24th Feb
- Tues 3rd Mar
- Tues 10th Mar
- Tues 17th Mar
- Tues 24th Mar
- Tues 31st Mar
- Tues 7th Apr
- Tues 14th Apr
- Tues 21st Apr
- Tues 28th Apr
- Tues 5th May
- Tues 12th May
- Tues 19th May
- Tues 26th May



## Gardening

- Tues 17th Feb
- Tues 24th Feb
- Tues 3rd Mar
- Tues 10th Mar
- Tues 17th Mar
- Tues 24th Mar
- Tues 31st Mar
- Tues 7th Apr
- Tues 14th Apr
- Tues 21st Apr
- Tues 28th Apr
- Tues 5th May
- Tues 12th May
- Tues 19th May
- Tues 26th May

Run by MAFWA, come join Damien for a lovely morning outdoors, planting seeds, digging or simply having a cuppa. **Meet at the BCF office at 10AM**, for a short walk to Roxby Close.



## Film Club

- Fri 13th Feb
- Fri 13th Mar
- Fri 10th Apr
- Fri 8th May

Join us for our monthly feature film at the BCF office, £1 for popcorn and ice cream! **12:15PM start!**



Hello! Damien here. I'm the new Community Cohesion Worker. It's great to be a part of BCF. Come join one of my groups, everyone is welcome!



## Sociable Folk

- Wed 4th Feb
- Wed 11th Feb
- Wed 18th Feb
- Wed 25th Feb
- Wed 4th Mar
- Wed 11th Mar
- Wed 18th Mar
- Wed 25th Mar
- Wed 1st Apr
- Wed 8th Apr



We love to play games at BCF! We meet to unwind, explore new games, and have a cuppa.

- Wed 15th Apr
- Wed 22nd Apr
- Wed 29th Apr
- Wed 6th May
- Wed 13th May
- Wed 20th May
- Wed 27th May

**Join us every Wednesday at the Compton Centre from 10AM-12PM.**



Join our **free** group exploring all things cooking and trying new foods, always served with a side of conversation.

## Cooking Club

**Booking essential.**

- Thurs 5th Feb
- Thurs 12th Feb
- Thurs 19th Feb
- Thurs 26th Feb
- Thurs 5th Mar
- Thurs 12th Mar
- Thurs 26th Mar
- Thurs 2nd Apr
- Thurs 9th Apr
- Thurs 16th Apr
- Thurs 23rd Apr
- Thurs 30th Apr
- Thurs 7th May
- Thurs 14th May



## Mavericks Men's Social

Join us for Men's Social at Emmaus **fortnightly 12 till 2.**

- Fri 6th Feb
- Fri 20th Feb
- Fri 6th Mar
- Fri 20th Mar
- Fri 3rd Apr
- Fri 17th Apr
- Fri 1st May
- Fri 15th May
- Friday 29th May

**JOIN US**



## Brand New Updates!

Partnering with Music House, we've got a new music group — and a walking group on the way. **Stay tuned!**



# Volunteering

## at Burmanofts Community Friends



### Volunteer Services

**Telephone Befriending (Thur)**

**Home Befriending (Ad Hoc)**

Would you enjoy a friendly chat or a visit from one of our volunteers? Just give Sabs a call on 0113 248 9191 and she'll be happy to arrange it for you!

### What vacancies have we got?

- Music Group Volunteer (Fri)
- Walking Group Volunteer (TBC)
- Sociable Folk Volunteer (Wed)
- Befriending Volunteer (Thur)
- Driver Volunteer (Ad Hoc)

Have a chat with Sabs if you're interested in volunteering!

# VOLUNTEER SPOTLIGHT!

This month we sat down with a familiar friend - Anastasiya!

## How long have you been volunteering with BCF, and how did you find out about us?

I've been volunteering with BCF since November 2025.

I first heard about it at a conference at the University of Leeds, where I'm doing my PhD. Volunteers from BCF talked about their work, and I was already thinking about volunteering because it's generally a big part of life for many people here in the UK. So I asked if I could join.

## Has anything interesting happened while you were volunteering?

There's always something going on, and it's always friendly and welcoming.

## What's the best part of volunteering for you?

The best part for me is feeling part of the place where I live and study – Leeds. I enjoy chatting with people, learning about the city, its culture, and even quirky names of places and buildings. And of course, it's incredibly rewarding when I can help someone set up their email or recover a social media account.

## Would you recommend volunteering with BCF to others?

I'd definitely recommend volunteering with BCF. I was a little nervous at first, but from day one I felt truly welcome. Volunteering is all about mutual help and support.

## Can you share something about yourself that we don't know?

I finished music school, play the piano, spent about 13 years in a dance studio, have a beloved cat, love walking, and I'm thinking about exploring hiking routes in the UK.



# Explore our We

## MON

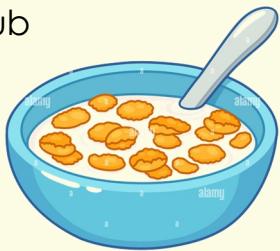
## TUES

MUST  
YOUR W  
LUNCH A  
IN ADVA

## WE

### Breakfast & Browsers

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



### Dancercise

- 1PM till 2PM
- BCF Office

**Only £1 per person!**



### Mary's Help Hub

**Coffee, Chat and Advice,**  
drop in every Tuesday

- 10AM till 2PM
- BCF Offices
- Free



### Chair-Based Exercise

With a professional teacher!

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



### Light Lunch & Bingo

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



### Warm Lunch Club

- 11AM till 1:30PM
- Anglers Club
- £5 per person  
a week in advance  
a lunch!)
- 50p per bingo book

*Due to popularity  
contact the office  
to start attending.*

### Wellbeing Hub

Join us for a cuppa  
in partnership with  
neighbourhood  
team.

- 10AM till 2PM
- BCF Offices

# Weekly Activities!

BOOK  
WEDS  
WEEK  
NCE!

Everyone is  
welcome!

DS

THURS

## Trips/Events/Community Groups

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

Our spaces fill up fast, so don't miss out - grab your spot while you can!

## Call Companions

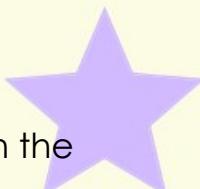
Fancy a chin wag over the phone - Sabs can arrange that for you with one of our lovely telephone befriending volunteers!

FRI

## Craft Group

Get creative for your weekend ahead with the lovely Sheila!

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



# DO YOU REQUIRE TRANSPORT TO AND FROM BCF?

We're pleased to introduce a new community transport service for anyone who finds it difficult to attend our activities.



This service is designed to make getting here easier, helping you stay connected and take part in all we offer.



To determine eligibility, please call and complete the Travel Needs Assessment form with Mary



## Current transport offer:

- Light Lunch +
- Exercise (Tuesdays)
- Lunch Club + Health Hub (Wednesdays)
- Ad hoc events/ parties (Thursdays)



£2 return within 1 mile radius

£4 return over 1 mile radius



# In loving memory

Honouring the lives of dear friends who are no longer with us, but forever in our thoughts.

Joyce Appleton

Marie Atkins

Melanie Behan

Ian Everton

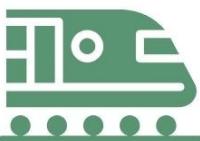
Margaret Parks

Sylvia Margaret Snowdon

Geoffrey Barnes



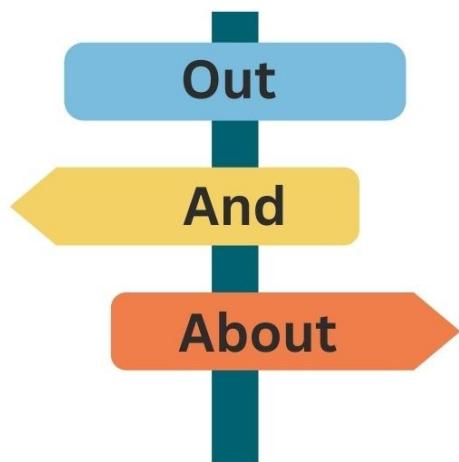
If you know someone who has passed away and want them mentioned, call us on  
0113 248 9191



## Travel With Confidence: Get out and about!

Do you want to:

- Increase your confidence using transport?
- Reach new places through travel?
- Return to places you used to go?
- Improve your health and wellbeing by getting out and about?



**Start your journey, contact us today!**

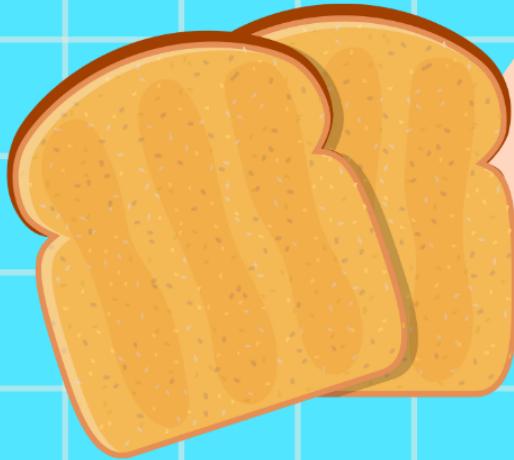
For more information contact Damien at Burmanofts Community Friends~

**Tel: 07454 404255**

**E: [community@burmanofts.org.uk](mailto:community@burmanofts.org.uk)**

**[www.burmanofts.org.uk](http://www.burmanofts.org.uk)**





## BREAKFAST & BROWSERS

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 as well as learning practical things like getting your shopping!

**TRANSPORT PROVIDED IF NEEDED!**

Prices start from £1.50 to £3

## MARY'S HELP HUB

Tuesday: 10AM till 2PM at the BCF Offices

A relaxed drop-in session with 1-1 help for anything you need including digital help.

Come along for a cup of coffee or tea and perhaps some soup!

TOP TIPS



## OFFICE APPOINTMENTS

Wednesday: 10AM till 1PM at the BCF Offices

Book a Wednesday appointment at the BCF offices for a chat with Mary! I can meet you at the lunch club or after. Come and see me and I can sort out whatever you need help with!



## WHAT CAN I HELP WITH?

- Benefits (e.g., migration from Employment Support Allowance to Universal Credit)
- Referrals to Money Buddies
- Applying for housing, housing repairs
- Driving Licenses renewals, permits, blue badges
- Attendance Allowance
- Pension Credits
- Personal Independence Payments (PIP)
- Getting online

*Just ask, and I'll see how I can accommodate you!*



**BELOW:**  
**PICTURE OF BREAKFAST & BROWSERS**

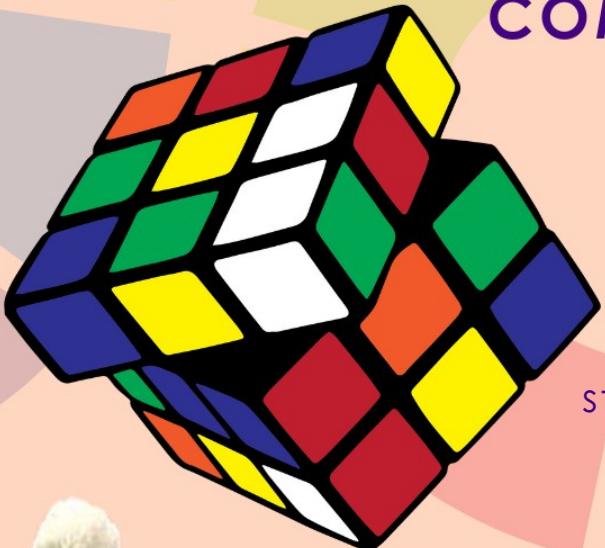


## FANCY A GO AT SOME POETRY OR WRITING?

You don't have to be Shakespeare, but if you want to take up a new hobby or just give it a go - please get in touch with Mary if you have an interest! It can be anything from journaling, to using our imaginations!



## COME ALONG TO MARY'S NEW GAMES GROUP!



Do you love games like dominoes, Scrabble, cards, or Jenga?

On Monday 2nd March 2026, we will be starting a games group. This will be held in the Anglers Club from 12PM till 1:30PM.

Admission £1.

Give Mary a call, if you're interested.



**MARY SHOWING DAVID HOW TO ORDER SOME MUSIC CD'S!**

**I CAN HELP WITH ONLINE SHOPPING WHICH INCLUDES:**  
GROCERIES  
AMAZON  
PRESCRIPTIONS  
AND MANY MORE!

- 
- 
- 
-



## Wellbeing with... Sean



**“Staying active in later life isn’t about adding years to life — it’s about adding life to those years.”**



## What have we been doing?



Another exciting time for our Enhance project - We have been extended for YEAR 5! Woo!  
Well done to all the team here - this means we can continue our core offer of Wellbeing services.

## Here's some Year 4 facts... so far!

- ★ Referrals - over 60
- ★ Home/Office appointments - 187
- ★ Over £6000 in grants awarded for Wellbeing



## Exercise Classes!

Do you want to keep fit and have fun at the same time?  
Why not join us at one of our classes this year!  
Monday - Dancerise - BCF - 1-2pm  
Tuesday - Chair-based Exercise - Stoney Rock Court - 10:15-11:15





## Need help arranging your will?

BCF understands how difficult it can be to think about and arrange your funeral wishes, but we also know how important it is to make sure those wishes are respected. To help, BCF has teamed up with trusted solicitors, to offer free advice and informal drop-in information sessions. These sessions are a chance to ask questions and get clear guidance in a supportive setting.

For further details, please contact Mary.

**Leeds Sensory Services**  
**Hearing Aid Clinic**  
**Burmantofts**

75a Stoney Rock Lane,  
Burmantofts Elder Action, LS9 7TB

17<sup>th</sup> February 2026  
19<sup>th</sup> May 2026  
18<sup>th</sup> August 2026  
17<sup>th</sup> November 2026

10am till  
12pm

Phone: 0113 288 5750  
Text/Facetime: 07702 940 888  
Email: [Leedsinfo@bid.org.uk](mailto:Leedsinfo@bid.org.uk)

**BID SERVICES**

Registered Charity in England 1053184

## TIPS FOR 2026!

- **Move Daily** – Even a 10-15 minute walk keeps your heart muscles, and balance strong.
- **Hydrate Often** – Sip water throughout the day; don't wait until you're thirsty.
- **Eat Colourfully** – Fill half your plate with fruits and vegetables for vitamins and fibre.
- **Connect with Others** – Call, text, or meet friends/family to boost mood and cognition.
- **Take Mini Mind Breaks** – Breathe, stretch, or meditate for 5 minutes to reduce stress.



HEALTH HUB PHOTO  
WITH  
OUR WONDERFUL JOYCE

# BCF moments that matter



## Christmas Party



# Sociable Folk

Harewood House Trip

SAY  
CAMERA  
CHEESE!

## Sporting Memories Lunch



Cooking Club  
Grassington Trip  
See more pictures on our Facebook Page



# How can you support BCF? It's easy.

We're often asked how people can help support our work. One of the simplest ways is by donating to BCF. Your support helps us continue providing vital activities, outreach, and wellbeing services for older people in our community. If you'd like to contribute, ask Mary how to scan the QR code on the right for our page on **JustGiving™** or visit the Just Giving website and search "Burmantofts Senior Action".



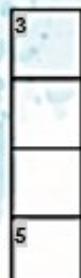
**£4.99 per mug**



## What are the BCF groups?

## Across:

- (5) Remembering old games
- (8) Chat with the nurses  
on Wednesday 3
- (10) Chef of the week



Down:

- (1) First meal of the day
- (2) Activity to keep fit
- (3) Guys getting together on Friday
- (4) Monthly popcorn munch
- (6) Growing plants
- (7) Get creative
- (9) Midday Meal



**ANSWERS:**

- (1) Men's
- (2) Exercise
- (3) Men's
- (4) Film
- (5) Sporting Memo-
- (6) Gardening
- (7) Art
- (8) Health Hub
- (9) Lunch
- (10) Cooking
- (11) Breakfast
- (12) Exercise

[www.burmantofts.org.uk](http://www.burmantofts.org.uk) | [info@burmantofts.org.uk](mailto:info@burmantofts.org.uk) | 0113 248 9191 21

# MEET YOUR LOCAL COUNCILLORS

## Burmanofts & 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.

See below for surgery times and contact details



3rd Tuesday of the month	12:30-1:30PM	St Vincents Centre, 4 Berking Avenue, Leeds, LS9 9LF
3rd Tuesday of the month	1:45-2:45PM	Burmanofts Community Hub, Rington Lawn, Burmanofts, LS9 7QA
1st Friday of the month	6:00-7:00PM	1 The Lane, Saxton Gardens, LS9 8HQ
1st Saturday of the month	10:00-11:00AM	Crompton Centre, Harehills Lane, LS9 7BG
1st Saturday of the month	11:15-12:15PM	The Vinery Centre, East End Park, Leeds, LS9 9LR



**NKELE MANAKA**  
0113 378 8819  
07905 128273  
nkele.manaka@leeds.gov.uk



**ASGHAR KHAN**

0113 378 8815  
07761 230 027  
asghar.khan@leeds.gov.uk

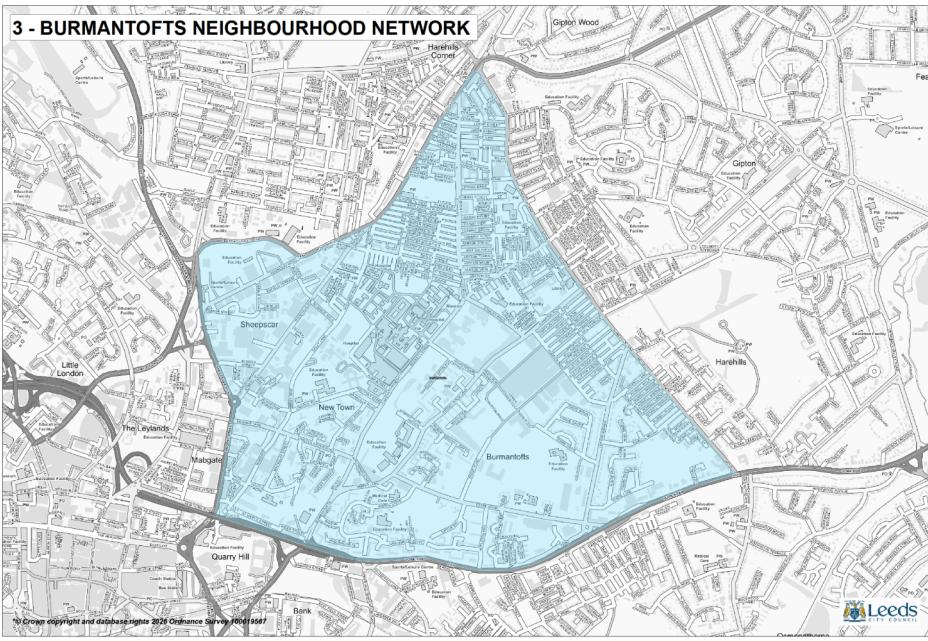


**LUKE FARLEY**  
0113 378 8819  
07407 091 449  
luke.farley@leeds.gov.uk

# IMPORTANT ANNOUNCEMENT



Following conversations with Leeds City Council Adults and Health Team, along with our fellow Neighbourhood Network, Action for Gipton, BCF is pleased to say that Burmantofts Community Friends' area of operation will be expanding to include parts of the Nowells and Harehills. This expansion means we will be able to support more older residents within the community, helping us reach those who may benefit from our activities, trips events and services.



**David Peel, Commissioning Manager Older People, LCC re. the changes:** "Action for Gipton Elderly (AGE) and Burmantofts Community Friends (BCF) are delighted to announce a collaborative change that will strengthen local support for older residents. Working closely with commissioners, both organisations have agreed to realign grant funding to better reflect the city's geography and community needs. From 1<sup>st</sup> Jan 2026, Harehills Lane will become the new boundary between the two areas, with BCF taking on responsibility for areas west of Harehills Lane. BCF and AGE will continue to work closely, backed by commissioners through updated agreements. This positive step will help both organisations focus their efforts where they are needed most."

# THANK YOU

Leeds  
Community  
Foundation

To our partners  
**sky cares**

Leeds  
Older  
People's  
Forum

Leeds Benevolent Society  
for Single Ladies



# Enhance

Leeds  
Older  
People's  
Forum

Forum  
Central

NHS  
Leeds Community  
Healthcare  
NHS Trust



Leeds  
CITY COUNCIL

COMMUNITY  
FUND