

Burmantofts

COMMUNITY FRIENDS

NEWSLETTER

JUNE-SEPTEMBER, 2026

Supporting over 55s with social opportunities and community care



Also covering parts of Harehills



0113 248 9191

CONTACT US



info@burmantofts.org.uk



'Burmantofts Community Friends'



@BSA_Leeds9

Ageing well as part of the



Neighbourhood
Networks

BCF LATEST NEWS

Update from Tom

A huge thank you to all our BCF members for the amazing support you continue to give our groups and services — we really couldn't do it without you!

Got a friend who'd enjoy BCF? Bring them along and help us make even more new friendships.

We're also saying goodbye to some team members as they head off to new adventures, while giving a big BCF welcome to Michaela, Emma, and more new faces joining us soon!

And finally — don't forget our trips fill up fast, so book early to avoid missing out. Your place is only confirmed once payment has been made.

Chair of Trustees, Denise

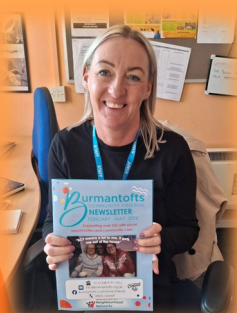
At BCF, the Trustees and Leadership Team are working hard to keep our existing groups running while also creating new ones — no small task with rising demand and tight funding!

We're incredibly grateful to our funders, partners, amazing staff team, and of course our members for your ongoing support and for making such great use of everything we offer.

>Welcome to the Team

BCF is super excited to announce Michaela and Emma have joined our wonderful team. Please join us in welcoming them.

June 2026

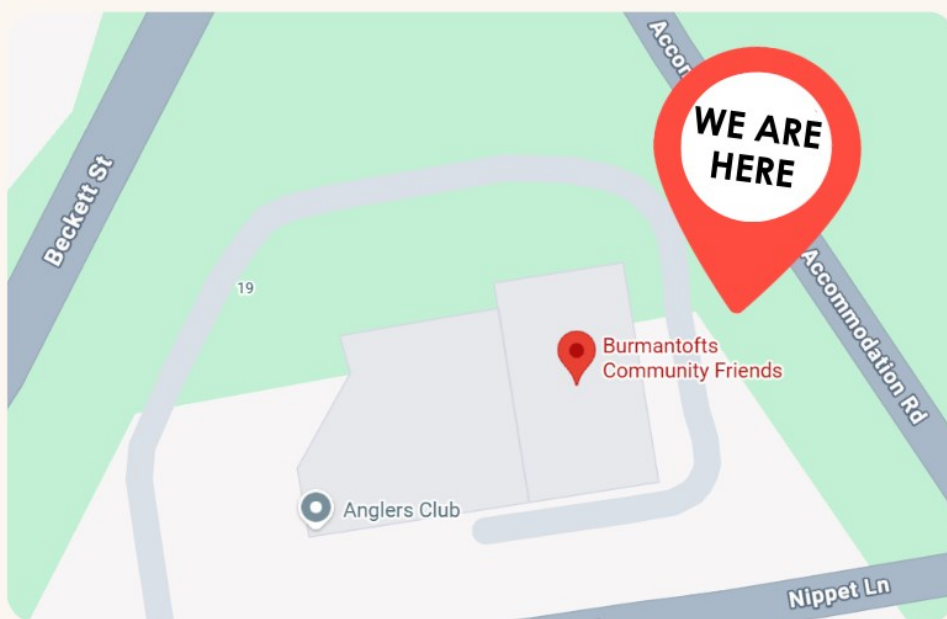


Please check our Facebook page for all the latest updates and news – search **"Burmantofts Community Friends"** and click like.

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



What's for after?

Harrogate & Murgatroyd's Fish and Chips!

- Thursday 18th June 2026
- Transport £11 per person
- Cost of 3 course lunch to be confirmed

Street Life Museum Hull

- Thursday 16th July
- Transport £11 per person



Tickets please?

**BOOK NOW,
FILLING UP FAST!**



Ripon Market - Ripon Cathedral

- Thursday 6th of August
- Transport £11 per person



Blessed be!



By'eck it's warm

Cleveleys

- Thursday 10th of September
- Transport costs £14 per person



UP
COMING

An orange event card for 'Bingo Bash' featuring three bingo balls with numbers 6, 1, and 3. The card has a decorative banner at the top with blue and green pennants.

Bingo Bash

Thursday 2nd July 2026

Stoney Rock Court

£6 per person £1 lunch

A purple event card for 'Bingo Bash' featuring a yellow star and three bingo balls with numbers 19, 35, and 7.

Bingo Bash

Thursday 13th August

Stoney Rock Court

£6 per person £1 lunch

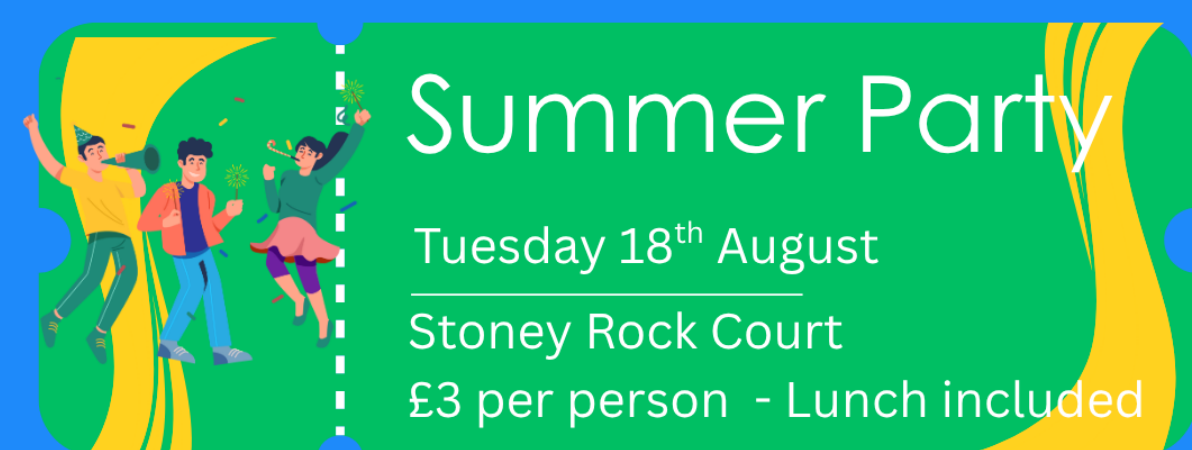
A dark blue event card for 'Bingo Bash' featuring two bingo balls with numbers 24 and 13, and a large ball with the number 16.

Bingo Bash

Thursday 17th September

Stoney Rock Court

£6 per person £1 lunch

A green event card for 'Summer Party' featuring an illustration of three children playing and throwing confetti.

Summer Party

Tuesday 18th August

Stoney Rock Court

£3 per person - Lunch included

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BCF

CHECKLIST

☐

**Paid and booked onto
Harrogate & Murgatroyds!**

☐

**Paid and booked onto
Street Life Museum Hall!**

☐

**Paid and booked onto
Ripon Market!**

☐

**Paid and booked onto
Cleveleys!**

☐

**Paid and booked onto
Bingo Bash!**

☐

**Paid and booked onto
the Summer Party!**



Community Groups



Sporting Memories

Share your favourite sporting moments, good memories and enjoy weekly games and quizzes.



From die-hard Leeds fans to casual sports followers - everyone's welcome. Join us every Tuesday, 2-3:30pm in BCF Activity Room.

Gardening Group

Ran by MAFWA, come join Damien every Wednesday for

- Lovely morning outdoors,
- Planting seeds,
- Digging in our planter or simply having a cuppa.

Meet at the BCF office at 10am, we walk to Roxby Close.



Film Club

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

We only show the films you want to see.

Westerns, comedies and thrillers and many more

Friday 5th June **Friday 28th August**

Friday 3rd July **Friday 25th September**

Friday 31st July **Friday 23rd October**



Walking Group

New to BCF. Join us for regular enjoyable walks around local landmarks, parks, and historic places of interest.

Stay active, meet new people, and discover more of what Leeds has to offer. Suitable for all fitness levels, with a focus on good company, fresh air, and local exploration.

Friday 19th June

Friday 17th July

Friday 14th August

Friday 11th September

Friday 9th October





Sociable Folk

Join us for a weekly cuppa and chat. We love to play games. We meet to unwind, explore new games.

Join us every Wednesday at the BCF Office from 10am-12pm. Call Damien on 0113 2489191.



Food!

Cooking Club



Join us **Thursday's** our free cooking group exploring all things cooking and trying new foods always served with a side of conversation. Booking Essential.

We meet every 2 weeks at the warm and spacious Nowell Mount Community Centre.



Mavericks Men's Social

Join us for our Men's Social at Emmaus fortnightly 12 til 2pm. We meet up for regular activities with trips planned throughout the year.

We love getting out and about.

Friday 12th June

Friday 26th June

Friday 10th July

Friday 24th July

Friday 7th August

Friday 21st August

Friday 4th September

Friday 18th September

Friday 2nd October

Friday 16th October



Music memories

Relive the songs, artists, and moments that shaped our lives through the decades - plus a fun music quiz too Not to be missed! Join us at Emmaus - This is a new group. Phone the office on 01132489191 for times and location



Discover friendship, support,
and fun in your local community
group.





BCF VOLUNTEER



COMMUNITY CAR DRIVER

Are you a driver with some free time?

Would you like to help our members get to activities, attend trips, do their shopping, and more? Make a real difference to their lives - volunteer by driving our community car! Talk to Emma or Jeff!



WHAT VACANCIES HAVE WE GOT?

- Gardening Group Volunteer
- Community Driver Volunteer
- Sociable Folk Volunteer
- Walking Group Volunteer
- Befriender Volunteer

Even if you'd just like to pitch in occasionally, there's something for everyone!



GET INVOLVED WITH BCF!

Whether you're interested in becoming a BCF volunteer or would like to receive a friendly phone call or home visit, we'd love to hear from you. Simply call our office on **0113 248 9191** or email us at **volunteer@burmantofts.org.uk**



Call Companions & Friendly Faces



Fancy a weekly chat with a volunteer?



Our befriending services pair you with a friendly volunteer for a weekly chat, which you can enjoy over the phone or in the comfort of your own home!



Thursday morning or afternoon for a phone chat



Home befriending will be on a day that suits you and the volunteer



If interested, please chat to Emma to arrange!



Want to brighten the day of a BCF member?



If you have a free hour to spare a week and would like to make a difference, why not enjoy a chat and a cuppa with one of our lovely members? 😊



Enjoy a chat in person or over the phone



Phone befriending -Thursdays
Home befriending - Flexible



Full training and on going support!

Explore our We

MON

Breakfast & Browsers

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



Dancercise

- 1PM till 2PM
- BCF Office

Only £1 per person!



TUES

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
- £4 lunch per person



**MUST BOOK
YOUR W
LUNCH A
IN ADVA**

WE

Warm Lunch Club

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

Due to popularity contact the office to start attending.

NHS Wellbeing

Join us for a cuppa in partnership with the neighbourhood team

- 10AM till 2PM
- BCF Offices
- **FREE**

Weekly Activities!

BOOK
WEDS
WEEK
ANCE!

Everyone is
welcome!

FRI

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THURS

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, you must
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Hub

ba and a chat
n our NHS
eam.



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 - Emma can arrange
that for you with one of our
lovely telephone befriending
volunteers!

Craft Group

Get creative for your
weekend ahead with the
lovely Sheila!

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



DOOR TO DOOR TRANSPORT AVAILABLE!

Do YOU need some assistants attending our groups and activities - then we have your transport needs covered!

Jeff our Community Driver can pick you up and drop you off at all BCF activities!



Every Monday - FISH AND CHIPS

We now deliver to your door - £6
Pre-ring your order the week before and Jeff will deliver with a smile!



Current Transport offer:

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

Call to Book!

Wheelchair Friendly



New Assisted Shopping

Do you need help with your shopping?
We have an opportunity to do trips to local food shops - interested?
Contact Jeff for information

0113 2489191



**£2 RETURN WITHIN 1 MILE RADIUS
OR £4 RETURN OVER 1 MILE RADIUS**





CALL
0113 2489191

Travel with Confidence, Travel with Friends!

**Do you want to get out with friends using
public transport to go to places of
interest within Leeds and beyond**

Do you want to,

- Boost your confidence
- Get out and about
- Make friendships
- Plan your journey
- Stay connected with ongoing support.

Then this is for **YOU!**

We have dedicated volunteers who can assist you to use public transport or taxis across Leeds.



'I VERY MUCH ENJOYED TRAVELLING AS A GROUP. I GET STRESSED WHEN I'M ON MY OWN. CANT WAIT TO GET OUT AGAIN'

**ROBERT
BCF MEMBER**
In Partnership with

Leeds
Older
People's
Forum

Funded by



**Motability
Foundation**

Making all journeys accessible



**CONTACT DAMIEN ON
0113 2489191 OR EMAIL**



www.burmantofts.org.uk | info@burmantofts.org.uk | 0113 248 9191



Wellbeing with Sean

What have we been doing?

We are continuing to support our members.

Our Health Hub on a Wednesday is going from strength to strength, and is supporting members from the Chapeltown Neighbourhood area.

We have most recently helped set up a befriending match through the Enhance project - supporting a member in the area who only speaks Russian and is in their 90s, who faces isolation.



SEAN ON OUR
ASSISTED
HOLIDAY WITH
MEMBER BARBRA

Dying Matters week!

Last month we held our Dying Matters Week, where we shared a helpful checklist covering important future planning and personal preparations. We spoke with many members and offered guidance and support to help make these arrangements easier and more reassuring for individuals and families. If you would like any further information or support, please contact us on 0113 248 9191



Transport update!

We are making great use of our wheelchair accessible vehicle (WAV), with all staff now trained thanks to Sean's support. This helps us continue supporting weekly groups and activities.

We are also continuing our fish and chip delivery service every Monday - if you would like to be added to the list, please get in touch.



Supporting wellbeing and helping everyone stay safe, connected, and supported every day.

Don't forget we have a hearing aid drop-in service
Next one - 18th August
If you have NHS hearing aids only

Leeds Sensory Services
Hearing Aid Clinic
Burmantofts



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

 17th May 2026
18th August 2026
17th November 2026

 10am till 12pm





 Phone: 0113 288 5750
Text/Facetime: 07702 940 888
Email: Leedsinfo@bid.org.uk

 **B-I-D**
SERVICES

Registered Charity in England 1053184

STAY COOL OVER SUMMER



DRINK PLENTY OF WATER

Keep hydrated throughout the day

STAY IN THE SHADE

Avoid direct sun during the hottest hours

WEAR LIGHT CLOTHING

Choose loose fabric where possible

KEEP ROOMS COOL

Close curtains and open windows carefully

EAT LIGHT MEALS

Fresh Fruit and Salads can keep you cool!

LOOK AFTER OTHERS

Check in on your neighbours

Here is some simple tips to stay cool in Summer

Need help with

- Benefit forms
- Support with Bills
- Accessing online applications
- Parking permits
- Anything digital

Michaela offers friendly support in a relaxed and welcoming environment. Call for an appointment

0113 2489191



Tuesday DROP-IN CENTRE

10am to 2pm
BCF OFFICE



Pop in for
coffee and a
chat





Partner Feature
**Leeds Stop
Smoking Services**

**INSPIRE
NORTH**

Breathe Better, Live Brighter



Leeds Stop Smoking Service provides specialised support for people living with long term health conditions and/or common mental health conditions.

We offer up to 12 weeks of personalised behavioural support, designed to help you quit for good.

If you want to stop smoking, our friendly and flexible service is here for you. Appointments can be face-to-face or on the telephone.

To register for the service and book your first appointment, please get in touch on the number below, or scan the QR code to visit our website.

Phone: 0113 336 7978

www.leedsstopsmoking.co.uk



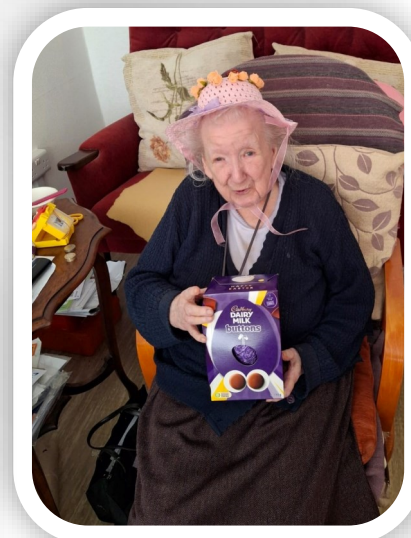
Members Gallery - out and about at BCF



Sporting Memories

Join us on Tuesday's

Thank you to Sabs & Mary



Happy Easter
Kathleen



Arizona and Emma @

Leeds Uni Event



See more pictures on our Facebook Page

Looks fun? right, well come along!

Happy Easter Pat

Zee visiting Pauline



Joanna enjoying our member holiday to Skegness.



Sociable Folk
at Compton
Centre

Search "Burmantofts Community Friends"

In loving memory

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

Gill Simpson

Josie Brown

Ann Foy

Sylvia Mitchell

Michael Silverwood

Moira Mole

Keith Harding

Patrick Conroy

Kenneth Star

Maurine Greaves



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

0113 248 9191

BCF Member Review



If it wasn't for you, I really don't know where I would be
The support I've had has been great-like a second family,
always there for you, always ready to listen and help with
positive comments.

They let you know you have a purpose to keep going
when you think you can't.

big thank you.
Cath

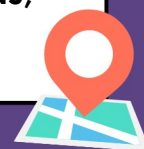
MEET YOUR LOCAL COUNCILLORS

Burmantofts & 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	Burmantofts Community Hub, Rigton Lawn, Burmantofts, 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



Leeds
Older
People's
Forum

Leeds
CITY COUNCIL

THANK YOU

To our partners

Leeds
Community
Foundation

skycares

Dying
Matters



COMMUNITY
FUND

'Let's talk
about it'



Landsec



Persimmon

Together, we make your home



Souter

CHARITABLE TRUST

Leeds Benevolent Society
for Single Ladies

CHARLES
HAYWARD
FOUNDATION



Enhance

