

Newsletter

Burmantofts

COMMUNITY FRIENDS

September - January 2027

Supporting over 55s with social opportunities and community care



0113
2489191

Also covering parts of Harehills



info@burmantofts.org.uk

CONTACT US



Burmantofts
Community
Friends
@bcf_leeds

Ageing well as part of the
**Neighbourhood
Networks**





Tom is our **CEO**, proudly supporting the whole team to make Burmantofts the best place to grow older.



Maria is our **Deputy Manager**, supporting the team to ensure BCF services are delivered to the highest standard.



Sheila is our **Services Manager** and makes sure our groups and events are welcoming and well attended.



Sean is our **Wellbeing Lead**, managing our NHS partnership, and weekly Health Hub, ensuring people live healthy, active lives.



Lisa is our new **Engagement Worker**. She looks after our membership, providing digital support and inclusion.



Volunteer Coordinator Emma supports an amazing bunch of volunteers to help run our groups and activities.



Damien is our **Community Cohesion Worker**. He oversees a range of projects, including Community Cooking and Maverick Men.



Our **Charity Coordinator** Michaela makes the BCF offices a welcoming hub, and also runs our Tuesday Drop-In.



Jeff is our **Community Transport Coordinator**. He oversees our pick-ups, keeping our vehicle safe and accessible.



Roxy, our **Finance Worker** makes sure we spend our funds wisely and on the things that matter.



Florence is our brilliant **Cleaner** and makes sure all our office and group spaces are clean, and tidy.

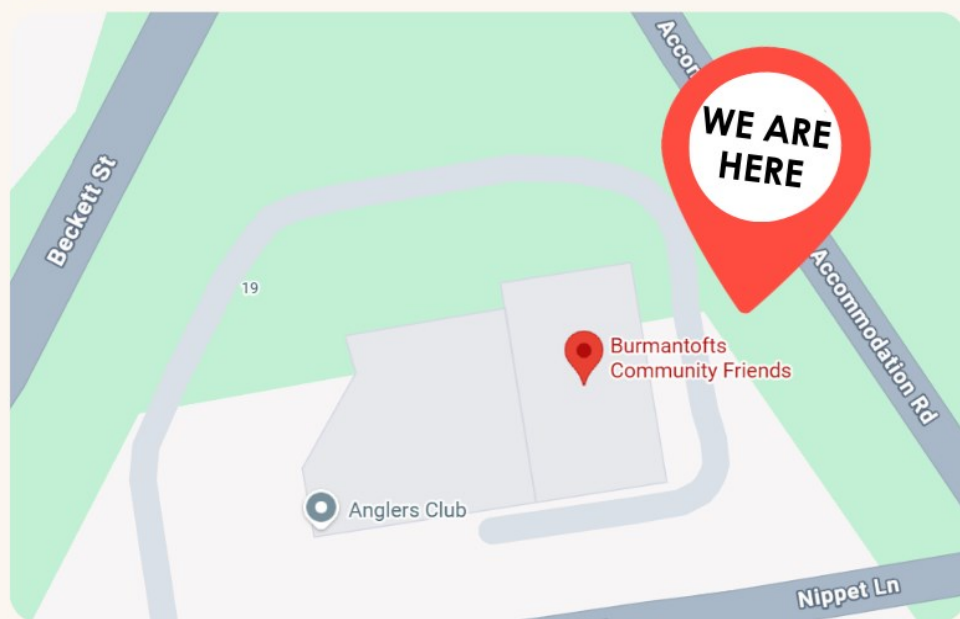
MEET THE TEAM

The people behind the scenes

WELCOME



HOW TO FIND US



Burmantofts Community Friends is the working name of **Burmantofts Senior Action**
Registered Charity No: **1175661**

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

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 - 4pm**



Trips at BCF



Is there a sale?

Junction 32

Outlet shopping centre
Thursday 19th November
Transport - £11

Tong Garden Centre
& Wetherby Whaler
Thursday 3rd December
Transport £11



plant or two?

**BOOK NOW,
FILLING UP FAST!**



Bury Market

Friday 11th December
Transport - £14



Where's the deals!



Who, what where?

Batley Mill

Thursday 21st January
Transport - £11



We have other trips to be confirmed. Call for details and to check availability: **0113 2489191**





Bingo Bash

Thursday 15th October

Thursday 26th November

Thursday 14th January 2027

11.30am -
1.30pm

Stoney Rock Court

£6 per person £1 lunch



Christmas Party

Thursday 17th December

Anglers Club
£6 per person

11am - 2pm



New Year Party

Thursday 28th January 2027

Anglers Club
£6 per person

11am - 2pm



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Checklist

☐

Paid and booked onto
Junction 32 shopping centre

☐

Paid and booked onto
Tong Garden and Whaler

☐

Paid and booked onto
Bury Market

☐

Paid and booked onto
Batley Mills

☐

Paid and booked onto
Bingo Bash

☐

Paid and booked onto
Christmas Party

☐

Paid and booked onto
New Year Party



BCF aims to be a safe, welcoming space. Our doors are open 10am to 4pm Mon to Fri. If you are struggling over the Christmas period when we are closed please call [Age UK's free Silver Line Helpline](https://www.ageuk.org.uk) on 0800 4 70 80 90



safeTALK
suicide alertness

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**

Sociable Folk

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

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



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, thrillers and many more!

Friday 20th November Friday 12th February

Friday 18th December Friday 23rd April

Friday 15th January



Walking Group

Join us for enjoyable walks around local landmarks, parks, and historic places of interest. A good way to 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 6th November

Friday 26th February

Friday 4th December

Friday 9th April

Friday 15th January



Cooking Club



Join us **Thursdays 11am to 1pm** for our free cooking group. Explore new recipes, get hands-on cooking, and enjoy eating the fruits of your labour - always served with a side of good conversation! Weekly at Nowell Mount Community Centre. Booking Essential.



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 13th November

Friday 27th November

Friday 11th December

Friday 8th January

Friday 22nd January

Friday 5th February

Friday 19th Feb

Friday 5th March

Friday 19th March

Friday 2nd April

Friday 16th April

Friday 30th April



Music Memories

Relive the songs, artists, and moments that shaped our lives through the decades - plus a fun music quiz. Not to be missed! This runs monthly on Thursday - phone the office on 0113 2489191 for times and location.



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



Volunteer with us!



Ring 01132489191 and ask for Emma or email Volunteer@burmantofts.org.uk



Travel Buddy

We are seeking volunteers who can support more isolated members to feel more confident with things like shopping. Get in touch if you'd like to know more.

Breakfast & Browsers

Help prepare a delicious breakfast and welcome our lovely guests. Our volunteers can prepare or serve food, serve drinks, or share basic tech skills and support our members with digital access.



Mondays, 9:30am-12pm



Lunch Club

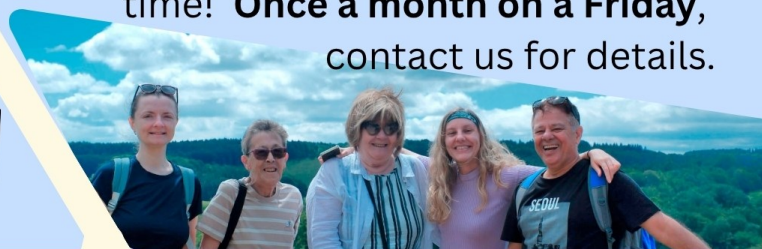
Our weekly lunch club is a busy, vibrant social group with a big dollop of bingo! Our volunteers help serve food, make drinks, and enjoy a friendly chat with our members.

Wednesdays, 10am-2pm



Walking Group

Support our members with a monthly walk, encouraging movement and social connection. The location changes each time! **Once a month on a Friday**, contact us for details.



Community Drivers

Enjoy driving? We would love to hear from you!

Help vulnerable people access activities they would otherwise miss.

Full training.

Various days available.



Befriending

Befrienders give their time and company to people who might struggle to get out and about. We seek Telephone Befrienders on

Thursdays, or in-person on a day to suit you. Get in touch for info!



Volunteer Stories

Brenda Morris & Frank Kay

Members can volunteer with BCF too!
Whether you'd like to get stuck in, or just chip in, there's a place for everyone.



Breakfast & Browsers



Sporting Memories



Maverick Men

Frank Kay

BCF has been a lifeline for me. I joined as a member and became a volunteer a short while ago. I basically do the "Meet & Greet" activity at the start of a session along with the room preparation and teas & coffees, that sort of thing along with that good domestic activity I am well used to - doing the tidy-up at the end!

As a member/ volunteer I get the best of both worlds, so that where there is food, coffee and a natter, you'll find me there. Everyone is kind, welcoming, helpful and friendly. An extended family and friends as it were.

"When I started volunteering nearly 30 years ago, I never thought I'd still be there. BCF is like a second family to me, and they look after their volunteers. We are going from strength to strength."

Brenda Morris xxx



"You're never too old to try something new!"

Brenda xx

Explore our We



Breakfast & Browsers

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



Dancercise

- 1PM till 2PM
- BCF Office

Only £1 per person!



Advice Hub and Digital Drop-in

Coffee, chat, advice and digital support 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**

Please book
Weds Lunch
week
advan



Warm Lunch Club

- 11AM till 1:30PM
- Anglers Club
- **£5 per person**
- **week in adv**
- **50p per bingo**

Due to popularity
contact the office
like to start attend

NHS Wellbeing H

Join us for a cup
chat in partnersh
NHS neighbourh

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



Weekly Activities!

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Everyone is
welcome!

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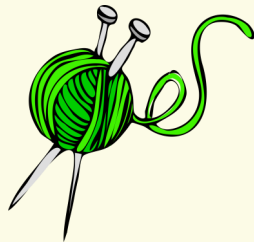
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THURS

Craft Group

Get creative for your weekend ahead with the lovely Sheila!

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



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Trips, Events & Community Groups



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

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!

Hub
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hip with our
ood team.
M



Our Door to Door Transport

Somewhere over the rainbow . . .
our Wheelchair Accessible Vehicle -
“The WAV” is here for you! Jeff, our
Community Driver, can pick you up
and drop you off at all BCF activities!



Transport on offer

- Lunch clubs
(Tues and Weds)
- Breakfast and Browsers
- Events and Trips

Wheelchair Friendly

Every Monday Fish and Chips

Delivered to your door
Call 0113 2489191
to book your slot
£6 - Wow, bargain!

Assisted shopping on the following Thursdays

22nd October
12th November
10th December

“Oh no, I forgot them last bits!”
“I need to get some presents for family.”
“If I go this Thursday I will be okay for food
till next week...”



How much
is it, Jeff?

£2 return within
a 1 mile radius or
£4 return over a
1 mile radius



Get Out with Friends

Explore Leeds and beyond!

Travel With Confidence and join us for trips and adventures. We can help you plan journeys and stay connected with ongoing support.

For a while I found it hard to get out, but after a few trips out with BCF there is no stopping me on the bus, and I get out regularly
-Kev, participant



Get out on public transport



Build confidence & independence



Explore great places



Make new friends



Contact Damien on
0113 2489191

or email: info@burmantofts.org.uk

Leeds Older People's Forum

Funded by

Motability Foundation
Making all journeys accessible



Get Ready for Winter

Green Doctor



Join the Green Doctor for free, impartial advice about energy saving and staying well.

Tues 27th October in BCF Activity Room
11am for group talk, 12 noon - 2pm for drop-in

Winter Support

If you are struggling to stay warm and well in the colder months, please let us know. We can offer advice and support with bills, benefits, Warm Home Discount applications and more.

Visit our Tuesday and Wednesday drop-ins 10am to 2pm for hot drinks, advice and company.

Important Dates & Information

From 14th December we will be getting festive! Look out for our Christmas themed events and activities.

Please note our activities finish on 22nd December.

Our office closes on:
Thurs 24th Dec at midday

We reopen on:
Monday 4th Jan at 10am

Top Tips for Winter



Make sure you already have the things you need at home - medicines, blankets etc



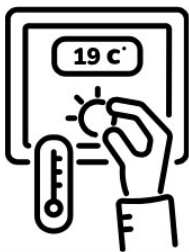
Watch the news, weather and social media for forecasts and information



Get your vaccinations and boosters, ask your GP for advice if you need to



Ask your landlord or energy provider to check your boiler so it's working well



If you have central heating set your thermostat at a minimum of 18 degrees



Wear lots of layers of thinner clothing to keep warm



Keep your body moving. Stick a tune on and have a good dance!



Wellbeing with Sean



Leeds Sensory Services Hearing Aid Clinic Burmantofts



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

17th November
2026

10am till
12pm



SCAN HERE

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



Registered Charity in England 1053184

Health Hub

Our Health Hub runs every Wednesday at Burmantofts Community Friends' offices.

We also welcome people from the Chapeltown Neighbourhood area.

Drop in for coffee, a chat or advice and support. You can also spend time with our **Sociable Folk** group - play games and meet new people!



Every Weds
at BCF



10am to 2pm

We've reached

600

Members!

A huge thank you to our amazing members - you make BCF what it is. Together we are building a stronger, kinder community.

Remember to introduce your friends to BCF. Call us on 0113 2489191



Check in on friends and neighbours. A quick phone call or text can make a difference. Let's look out for each other this winter.



Tuesday Advice and Drop-in



Need some advice, support or digital help?

Whether you have a question, need help with a form, or just fancy a coffee and a chat - pop in!

No appointment needed!



Every Tuesday



10am to 2pm



BCF Offices



0113 2489191

Members Gallery



Axe throwing!



Jenga



Cheers



Smiles



Games

**Our Summer Party
hit the bullseye!**



And...



lots of...



Winners!

It's been a year of friendship and fun!



Crown Green Bowling



Sunny days out



Cooking up a weekly treat



Local events



Bingo!



Linda made us a mascot!

Find us on social media:



Facebook: search 'Burmantofts
Community Friends'



Instagram and TikTok:
@bcf_leeds

In Loving Memory

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

Roy Pearson

Liubov Timanova

Ian Cristine

Keith Harding

If you know someone who has passed away and would like them to be mentioned, please call us on 0113 248 9191

Do not stand by my grave and weep
I'm not there, I do not sleep.

I am the thousand winds that blow

I am the diamond glints on snow

I am the sun of ripened grain

I am the gentle autumn rain

When you awaken in the mornings hush

I am the swift uplifting rush of quiet birds in circle flight

I am the soft stars that shine at night

Do not stand by my grave and cry

I am not there



Member Reviews

"I'm glad I went to BCF. I've made some good friends there, and I enjoy going on the trips." - Robert

"I wanted to thank everyone for making me feel welcome... it was something out of my comfort zone and really appreciate it."
- Barry



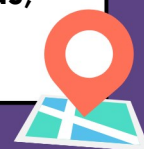
MEET YOUR LOCAL COUNCILLORS

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

Our work is only possible thanks to the kind funding and support of our incredible partners. Thank you from all of us at BCF – our staff, trustees and members.



THANK YOU

Leeds
Older
People's
Forum



100%
Digital
Leeds



Persimmon

Together, we make your home

Leeds
CITY COUNCIL

Leeds Benevolent Society
for Single Ladies



Enhance

Leeds
Community
Foundation

Leeds
Older
People's
Forum



NHS
Leeds Community
Healthcare
NHS Trust