

Burmantofts

COMMUNITY FRIENDS

Supporting over 55's with social opportunities and community care

Member Update



Search [Burmantofts Community Friends](#)

A Word from The Chair

Denise Ragan



Dear BCF Members,

Summer has finally arrived! I hope you'll make the most of the good weather by going on the many trips we have available (all listed in this newsletter), join us and your friends at BCF to make some wonderful memories.

I'd like to extend a warm welcome to the team to both Sean and Sophie, I know you'll both be excellent in your roles. Soon to join them is Claire who will be managing new members and helping with finance and outreach work. A massive well done to Kelly for winning her award, this is amazing news and shows the work we are doing in Burmantofts is being recognized. You'll see in this newsletter we have been able to offer a supported member holiday again, Sheila is doing an amazing job of arranging this whilst keeping all our other groups going. This holiday is only possible thanks to the kind funding given to us from Sky Cares and Windmill Community Transport, my thanks to both organisations and all the other funders who kindly support our work, Finally, I'd like to highlight 3 new services on offer from BCF - if you would like a weekly call to chat to one of our trained volunteers let Devi know, with in person befriending launching this summer. And we have a supported travel project, if you struggle to travel by bus, taxi or on foot, let us know and we can support you to independence.

Kind regards, Denise Ragan, Chair of BCF.

Thank you to our friend Andy



As many of you know Andy has been helping Burmantofts Community Friends for about 2 years, each and every month making our Wednesday lunch club a delicious meal. Who knows how many potatoes and veg he's peeled! He's been a true gent to us and we couldn't have asked for more. We are really pleased to say Andy has a new fab job, which sadly means we won't see him on Wednesday's anymore but he's promised to pop back and see us.

Thank you Andy from everyone at BCF and all the best!

Meet the Team

Tom
CEO



Sheila
Service
Coordinator



Kelly
Digital
Engagement



Sophie
Community
Worker



Sean
Wellbeing
Worker



Kelly
Food Educator



Devi
Volunteer
Coordinator



Contact any of the team on 0113 248 9191.

Mon 23rd to Fri 27th Sep **HOLIDAY** Price £390 per person

Join Sheila and Devi, volunteers Brenda and Jane for a fantastic holiday to Western-Super-Mare at the beautiful Grand Atlantic Hotel.

£100 deposit required to secure your place.

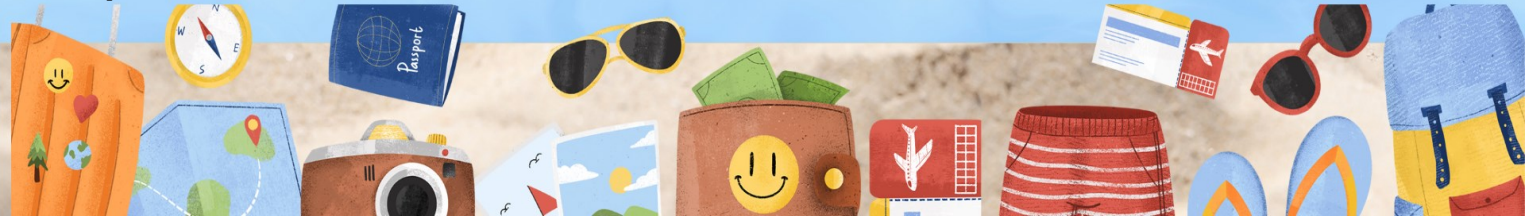
Places are limited and will go fast, be quick to secure your space.



Coach travel from BCF to hotel, day trips, nightly entertainment, breakfast and evening meal included.

Limited number of single, twin and double rooms available.

Thanks to the kind funding from **Sky Cares** and **Windmill Community Transport** we have been able to reduce the cost for members.



WISHING JAMIE AND ALEX GOOD LUCK FOR THEIR SKY WING WALK TO RAISE FUNDS FOR BCF

www.justgiving.com/crowdfunding/jamie-sleightalexsubham



Sky Charity Wing-Walk

She's always been a winner to us!

But now it's official!

Kelly has won a national award from our Partners at Sky up.

Recognising her work in supporting local older people on their digital journeys. Let's all give her big round of applause. Well deserved Kelly.



**ROAMING WITH BCF
WE ARE ROAMING ROUND
BURMANTOFTS PROVIDING
SUPPORT FOR ALL YOUR DIGITAL
NEEDS. COME ALONG AND FIND US
AT ONE OF THE VENUES LISTED**



10:30 to 12:30.

ST AGNES CHURCH

6TH JUNE

SHAKESPEARE COURT

20TH JUNE

LOUIS LE PRINCE

11TH JULY

STONEY ROCK COURT

25TH JULY

COMPTON CENTRE

18TH JULY

BELLBROOKE SURGERY

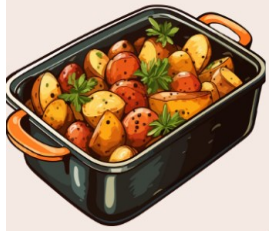
15TH AUGUST

BURMANTOFTS HUB

5TH SEPTEMBER

BCF OFFICE

26TH SEPTEMBER



Cooking Club

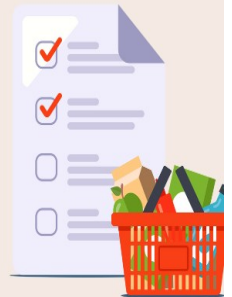


Come along and join our resident foodie & chef Kelly in learning cooking skills at our **NEW** monthly cooking club.

St Agnes Church Hall

£3.50 Per person

- JUNE 27TH
- JULY 11TH
- AUGUST 29TH
- SEPTEMBER 26TH
- OCTOBER 31ST
- NOVEMBER 28TH



Tuesday Lunch Club

@ **Stoney Rock Court**

+ Bingo

Meal, Dessert & Drinks = £3

+ Bingo Charge



Please note: you don't have to live at Stoney Rock Court to join us for this informal and friendly weekly lunch club. **Everyone is welcome.**

Why not join us for our **gentle exercise class** which happens just before at Stoney Rock Court. Great for keeping up with general fitness and make sure you can tackle everyday life. Tutor Susan offers an accessible class.

Live at Stoney Rock Court but don't want to join us? We now offer a meal **delivery option** as well. Meal + dessert dropped off or collection for only £3 - this must be prebooked. Contact the team for details.

New Wellbeing



Enhance



Worker



In the 3rd year of the Enhance programme running it has been a great success.

Leeds Community Healthcare (LCH) have funded this project and refer people to our organisation so that we can help people be more independent when discharged from hospital.

Hi everyone, My name is Sean, I am the new Wellbeing Worker here at Burmantofts Community Friends, thanks to everyone for being friendly.

I work as part of the Enhance programme. I have been in post since March 2023, and want to thank everyone for making me so welcome to this organisation. It has been wonderful to come round and meet you all and get to know you all.



Community Health Hub

Every Wednesday - 13:30 - 15:30

@ Burmantofts Community Friends Office



Pain Clinic

Last month we started our pain clinic in which people waiting to see a consultant can be referred to come see the pain nurse as a pre appointment before seeing the pain consultant. This is a great initiative started here in BCF and will hopefully be initiated all over Leeds. The result is to hopefully reduce waiting times.

Health Hub

Every week we have our Health hubs here in the BCF office. These are referrals based but also you can come a join us and ask the nurse a questions for advice. People receive help with the following and more:

- Simple dressing.
- Stoma management.
- Catheter bag changes.
- Blood pressure checks.

Hubs are set up to bring people together to help and interact in a social setting.



BCF Members Gallery



Easter Party



Thanks Volunteers



York Shopping





Mad Hatters Party



**Irish
Breakfast**



Leeds University Talk

**M&S
Archive**



See more pictures on our Facebook Page

WEEKLY ACTIVITIES

Please call the office for more details - 0113

MONDAY

Breakfast & Browsers

Starts 10.00am

Finishes 12:00pm

Cost from £1.50

@ BCF Offices



TUESDAY

Drop in Advice and IT Session

Starts 10.00am

Finishes 2.00pm

Cost FREE

@ BCF Office



WEDNESDAY

Warm Lunch

Starts 11:30am

Finishes 1:30pm

Cost £4.00 +

@ Anglers C

Line Dancing

Starts 2:00pm

Finishes 3:30pm

Cost £4.50

@ Anglers C

NHS Commun

Starts 1:30pm

Finishes 3:30pm

Cost FREE

@ BCF Office



Fitness Group

Starts 10:15am

Finishes 11:15am

Cost £2.50

@ BCF Office



Lunch Club

Starts 11:30am

Finishes 1:30pm

Cost £3.00 + bingo charge

@ Stoney Rock Court



Home Visits - Thursday between 10am and 2pm by appointment

Whilst we encourage everyone to visit the BCF offices, we understand sometimes this is not possible and we do offer home visits. On a home visit we can help by listening and looking at areas we can work with you. For your appointment call the BCF office and speak to a member of the team.

S @ BCF - join us

248 9191 or email info@burmantofts.org.uk

TUESDAY

Club

am

0pm

- bingo charge

Club Games Room



m

0pm



Club Main Room

ity Health Hub

n

pm



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stand

home visit,

ou. To book

the team.

THURSDAY

Monthly Cooking Club



Join Kelly once a month to learn and share recipes. Cost is £4 but you'll get to eat whatever we come up with. Dates will be depend on other BCF activities,.

Trips & Events



BCF hosts regular trips and events on Thursdays, contact the office for more details, costs, and how to book.

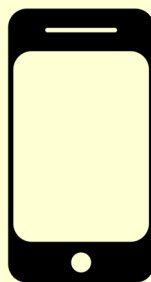
Roaming IT Support

Starts 10:00am

Finishes 12:00pm

Cost FREE

@ various locations



FRIDAY

Arts & Crafts Group

Starts 10:00am

Finishes 12noon

Cost £1

@ BCF Office



Want to join us but it's your first time? Don't worry we will make sure you get a warm welcome. Just call the office and have a chat with a member of the team, and we can answer any questions you may have and support you to come along, and make new friends.

HEARING AID CLINIC

**Burmantofts Community Friends
75b Stoney Rock Lane
LS9 7TB**

**We can help with re-tubing,
batteries and hearing aid advice
for people with hearing aids
from NHS Leeds Teaching
Hospital only.**

**Tuesday 20th Aug 2024
Tuesday 19th Nov 2024**

10:00am till 12:00pm

**Contact us for
further information
Tel 0113 288 5750
Mobile 07809 200309
Email**

Leedsinfo@bid.org.uk



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

Email leedsinfo@bid.org.uk

Website: www.bid.org.uk/leeds

A charity promoting choice and independence.

Registered in England Charity No. 1053184



We are on social media!
Look for BID Leeds and BID Services





BINGO BASH



Come and join us for another round of BINGO BASH !

Lots of prizes to be won, food and friendship and lots of laughs .

THURSDAY 25TH JULY
ST AGNES CHURCH HALL
£6.00 PER PERSON



Please contact the office to book.

0113 248 9191



MEANWOOD FARM

Come with us on a trip to Meanwood Valley Farm. We are looking forward to seeing the animals, the spring flowers blooming and having a coffee in their lovely on site café.

MONDAY 24TH JUNE

CONTACT THE OFFICE FOR
PRICES AND BOOKING.

0113 248 9191



TRIP TO ILKLEY

Come along and join us as we visit the beautiful sights of Ilkley.



THURSDAY 27TH JUNE

£7.00 PER PERSON

MINIBUS



Seaside BRIDLINGTON



THURSDAY 5TH SEPTEMBER

£12.00 PER PERSON

COACH (WITH LIFT)

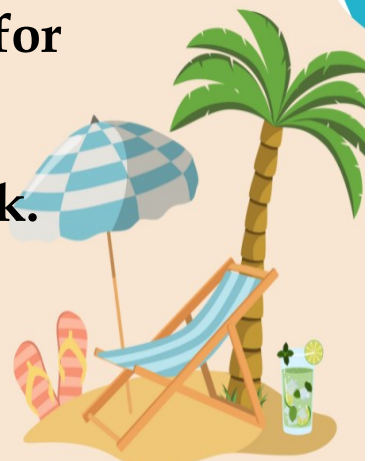
PICK UP TIME 9:30AM FROM THE ANGLERS CLUB .



Please note all trips to be paid for when booking.

Please contact the office to book.

0113 248 9191





WETHERSPOONS/ WHITEROSE



Fancy some breaky at Wetherspoons?

Join our Breakfast and Browser group on a trip to the white rose Wetherspoons.



MONDAY 12TH AUGUST FROM 9:30 AM
Call the office for more info 0113 248 9191



KIRKSTALL SHOPPING TRIP

Come along and join us for a fun filled day of retail therapy and lunch.

THURSDAY 8TH AUGUST

£7.00 PER PERSON

MINI BUS



SKIPTON MARKET TRIP

FRIDAY 23RD AUGUST

£12.00 PER PERSON

COACH (WITH LIFT)

PICK UP FROM ANGLERS AT 10AM

Please contact the office to book.

0113 248 9191



BCF WEEKLY EVENTS

MONDAY

BREAKFAST AND BROWSER GROUP -

Come along and join us for a Hot Sarny and a Cuppa as we learn basic digital skills. 10-12pm

TUESDAY

GENTLE EXERCISE CLASS - come along and join our lovely tutor Susan for some seated gentle exercises from 10:15am followed by light lunch at Stoney Rock.

WEDNESDAY

HOT LUNCH – Come and join us for a hot meal and some bingo every Wednesday @ The Anglers club. £4 per person please book the week before at the office.

LINE DANCING – get your Yeehaw on with tutor

THURSDAY

TRIPS AND EVENTS DAY

FRIDAY

ART CLUB - Are you feeling creative? Artistic? Or just enjoy a natter? Then this group is perfect for you. Every Friday @ the BCF offices 10am-12pm

NOTICE

All event/trip bookings must be paid for in full to guarantee your place. We cannot hold places without payment as BCF needs to pay for coach hire, room hire, catering and other expenses. If a trip or event is fully booked, BCF will operate a waiting list and spaces offered on a first come/first served basis if they become available.

Thank you for your understanding and support.

Where to Find Us - Our Locations



1

**Anglers Club, 75 Stoney Rock Lane,
LS9 7TB**

2

**Stoney Rock Court, LS9 7HT - just off
Stoney Rock Lane**

3

**St Agnes Church, 23 Shakespeare
Close, LS9 7UQ**

Would you like a weekly phone chat?



Every Thursday our trained volunteers call BCF members for a casual chat and catch up, calls can last 2 to 20 mins, whatever works for you. It's a great way for you to have the chance to talk and create a new friend. Give it a try!

For more information, contact Devi on 01132489191 or email to volunteer@bsaleeds.org.uk



**Sorry
WE'RE
CLOSED**

For 1 week - 10th to 14th June we won't be hosting any groups or activities, instead we are having a spring clean of the office. But don't worry everything will be back on the following week, Monday 17th. Don't miss us too much.

CLOSEDOWN WEEK - 10th to 15th June

LET'S GO!



SHEILAS WHEELS

YOUR
TICK LIST

EVENTS

BOOKED/PAID

MEANWOOD FARM - MONDAY 24TH JUNE

ILKLEY – THURSDAY 27TH JUNE - £7.00

BINGO BASH – THURSDAY 25TH JULY - £6.00

KIRKSTALL SHOPPING CENTRE THUR 8TH AUG £7

WHITEROSE/WHETHERSPOONS – MONDAY 12TH AUG

SKIPTON MARKET – 23RD AUGUST – £12.00

BRIDLINGTON – THURSDAY 5TH SEPTEMBER - £12.00

HOLIDAY – MON 23rd to 27th SEPTEMBER - £12.00

Please note all trips to be paid for when booking.

Please contact the office to book.

0113 248 9191

Meet Sophie!

**NEW
Community
Cohesion
Worker**

Hello, how are you? I'm Sophie and I'm Burmantoft's new Community Cohesion worker. I'm a big music fan; anything from Bill Withers to Adele, I'm happy! I'm a keen reader and have a goal to read 25 books this year... Wish me luck!



Over the next few weeks, I plan to set up more fun and interactive groups for Burmantofts Community. Whatever our community wants, we will try our best to support! Email, call or pop into the office!
community@burmantofts.org.uk | 0113 248 9191

IN LOVING Memory



Many of you will know Margaret from her many years of volunteering and coming to Burmantofts activities. Margaret sadly passed away and will always be remembered for her smile, friendly nature and having time for everyone.

We have also sadly lost the following members:

Ron Duffield

Margaret Kennedy

Paul Wright

Ian Everton

Our condolences to their friends and families from everyone at Burmantofts Community Friends.



Join Our Destination: Independence Project

If you struggle with getting out of the house, whether by foot, bus, taxi or other means. This is the project for you.

For more information on how this works contact Devi 01132489191

or email to volunteer@burmantofts.org.uk



VOLUNTEER VOICE

“Fifteen years of volunteering at Burmantofts Community Friends-which is really long and definitely sweet!”

It all started with a tip from a buddy at Angler’s Club, and since then, I’ve been dialing up joy as a telephone befriender and lending a hand wherever I can.

At the Men’s Club, bumping into an old friend was like hitting the jackpot-talk about a blast from the past!

As the unofficial cheerleader and ambassador of the Men’s Club, I’m here to keep the party going and the smiles shining bright. Here’s to many more years of laughs, friendship and maybe a *tad* less sugar !



BCF would like to thank the following partners for their support and funding:



Windmill Community Transport



Trinity
Academy
Leeds



CLARION
FUTURES



Leeds
CITY COUNCIL



Sir
George
Martin
Trust



Three.co.uk



Wade's Charity

AT THE HEART OF LEEDS

skycares



**COMMUNITY
FUND**

**Leeds
Community
Foundation**



**emmaus
Leeds**

working together to end homelessness



Enhance



**Leeds Benevolent Society
for Single Ladies**

**100%
Digital
Leeds**

Heartfelt thanks from everyone at Burmantofts
Community Friends.

Your Local Councillors

Burmantofts & Richmond Hill Ward

Please get in touch if you need help or advice.



Councillor Asghar Khan

Phone: (0113) 378 8819

Email: asghar.khan@leeds.gov.uk

Mobile: 07761 230 027



Councillor Nkele Manaka

Phone: (0113) 378 8819

Email: nkele.manaka@leeds.gov.uk



Councillor Luke Farley

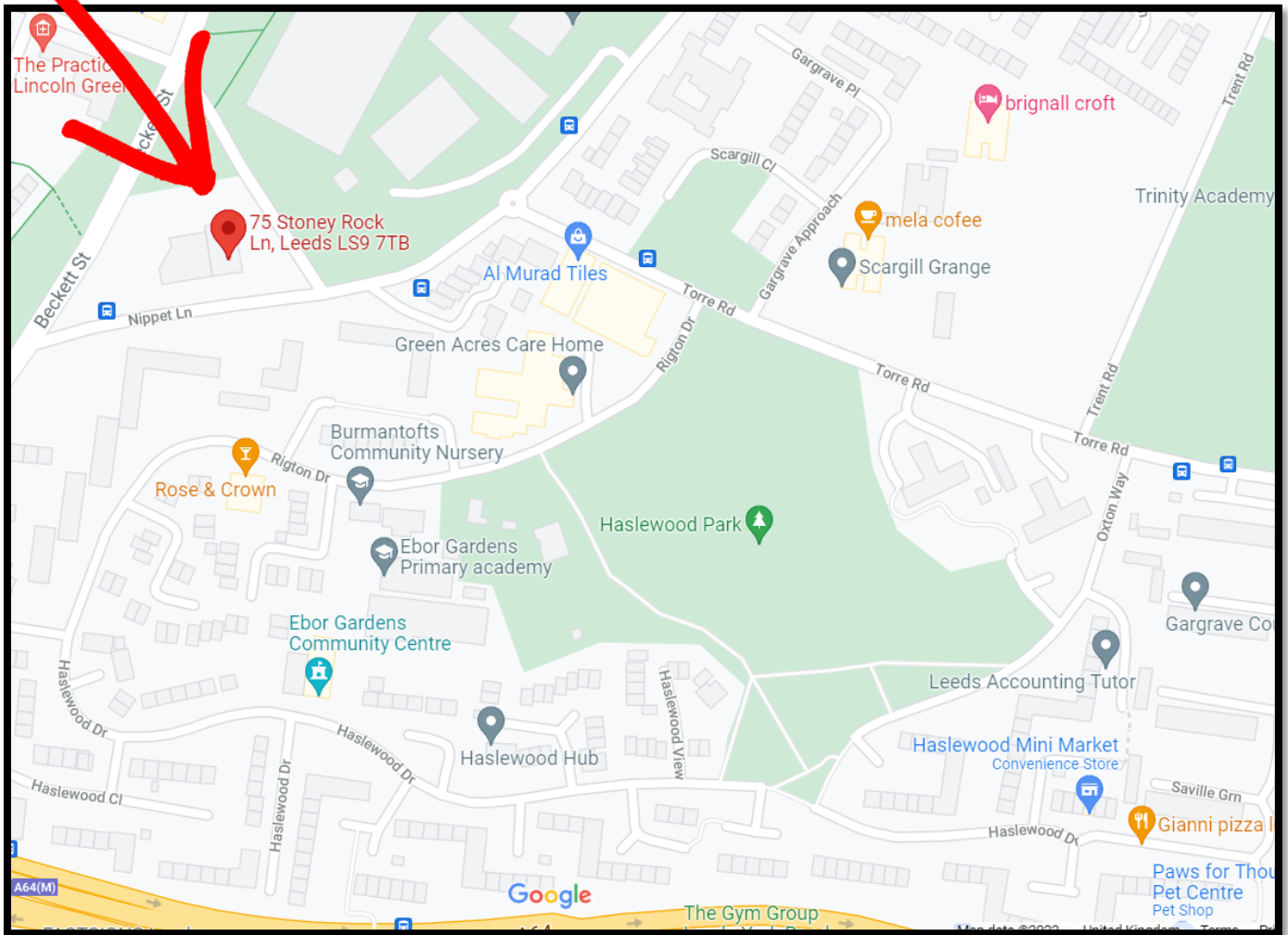
Phone: (0113) 378 8819

Email: luke.farley@leeds.gov.uk

Mobile: 07407 091 449

Regular councillor surgeries are held at The Vinery Centre, Leeds, LS9 9LR, St Vincents Centre, 4 Berking Avenue, Leeds, LS9 9LF, Burmantofts Community Hub, Rigton Lawn, Burmantofts, LS9 7QA . More information available here: <https://democracy.leeds.gov.uk/>

Where are the BCF offices?



Find us

Burmantofts Community Friends

Anglers Club

Lower Ground Floor

75B Stoney Rock Lane,

Leeds, LS9 7TB

Telephone: 0113 248 9191

Email: info@bsaleeds.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 **10 till 2.**

