

Burmantofts

COMMUNITY FRIENDS

Supporting over 55's with
social opportunities and
community care!

What's on at BCF this Autumn!



0113 248 9191

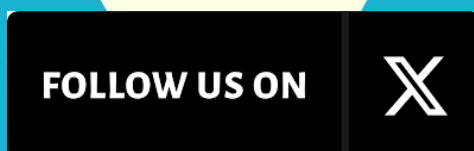


October 2024



“BCF is my
greatest joy!”

Pauline, 86



Search Burmantofts Community Friends

Who are Burmantofts Community Friends (BCF)?

Burmantofts Community Friends is a registered charity supporting older people aged 55+ with weekly social groups, special events, trips around the city (and wider afield), outreach, support, help with health and wellbeing, digital inclusion and more. We are here to help when you need us, no matter the problem.



We
make
smiles



What do BCF do?

Being a member of Burmantofts Community Friends costs nothing, all we need is your permission to be included on our database so we can send you our newsletters (like this one you're reading now!). The newsletter has all the information on the different services, for example, if you want to get out of the house? We have over 20 different groups happening each and every week and we always promise you a warm welcome. Need help with bills, benefits or budgeting? We offer office appointments or home visits to help. Have some time to spare and want to volunteer? We've got you covered. Not sure? Speak to a member of the team for a casual chat about your options.

MEET THE BCF TEAM



TOM



SHEILA



SOPHIE



DEVI



SEAN



KELLY



CLAIRE



KELLY



DENISE

BCF is managed by a board of Trustees

Denise - Chair
Elaine - Vice Chair
Donald - Treasurer
Tricia - Secretary

Paul, Moira
Jean, Alganesh
Farooq
Cllr Khan

Any member of the team can be contacted on 0113 248 9191 or

info@burmantofts.org.uk

Roll up, roll up! W



Breakfast and Browsers

Come join us for breakfast and a cuppa, here we can help and support all of your digital needs too!

- 10am till 12pm
- Anglers Club
- £1- £3, depending on your food order

NEW Dancercise Class!

Come show us your moves at our all new dancercise class, with our professional teacher Susan!

- 1pm till 2pm
- Anglers Club
- FREE all of October
- £4 per session

Outreach & Digital Drop In

Anything digital and bills, benefits, travel passes and forms - come in for a cuppa and advice!

- 10am till 2pm
- BCF Offices
- Free



Gentle Exercise Class

Chair based exercises with a professional super Susan!

- 10:15am till 11:15am
- Stoney Rock Court
- £2.50

Light Lunch & Bingo

2 course lunch and bingo.

- 11:30am till 1:30pm
- Stoney Rock Court
- £3 lunch, 50p bingo book



Warm Lunch

2 course lunch with

- 11:30am till 1
- Anglers Club
- £4 plus bingo

Health Hub

Join us for a cuppa in [partnership with neighbourhood

- 12:30pm till 3
- BCF Offices

Office Appo

Book with Claire, too big or small!

Weekly Activities!

ally do
something
yone!

NEW



Art Group



Get creative for your weekend ahead with the lovely Sheila!

- 10am till 12pm
- BCF Offices



h Club

with friends.
:30pm



Winter Warmer Drop In

Helping you stay well this winter, see page 22.

- 11am till 1pm
- Every 2 weeks
- BCF Offices
- Free



Telephone Befriending

Fancy a chin wag over the phone; Sign up for our lovely telephone befriending service. Calls from 1 till 3pm.



o charge

ba and a chat
with our NHS
eam!

3:30pm



Home Visits

We understand visiting our office isn't always possible. Call to arrange a home visit with Claire on Thursdays.

ointments

no problem
Claire can help!



Sophie's Spectac

Weekly

Swimming Group

Get your goggles at the ready!

- The Forum Leisure Centre, Quarry House, meet there or at BCF.
- Cost £4
- 10am till 11:30am



Call the office on
0113 248 9191 to speak
to Sophie and confirm
your spot/enquire
about any groups!

Fortn

Talk Abouts! Wellbeing Gr

- Thackery Museum
- 11am till 1pm
- FREE!

Mavericks Me

- Emmaus Commu
out and about! V
- FREE!
- 12pm till 2pm
- Every 2 weeks



ular **NEW** Groups!

ightly

Women's Group



en's Social

community room + trips
We love a room!



Monthly

Coming Soon! - Carers Group

An opportunity to connect with other Carers within the local community. Plenty of tea and biscuits too of course!

- Location and time to be confirmed.

Cooking Club

Joined by our fully trained chef Kelly. Chop, stir, eat and take home a hearty meal!

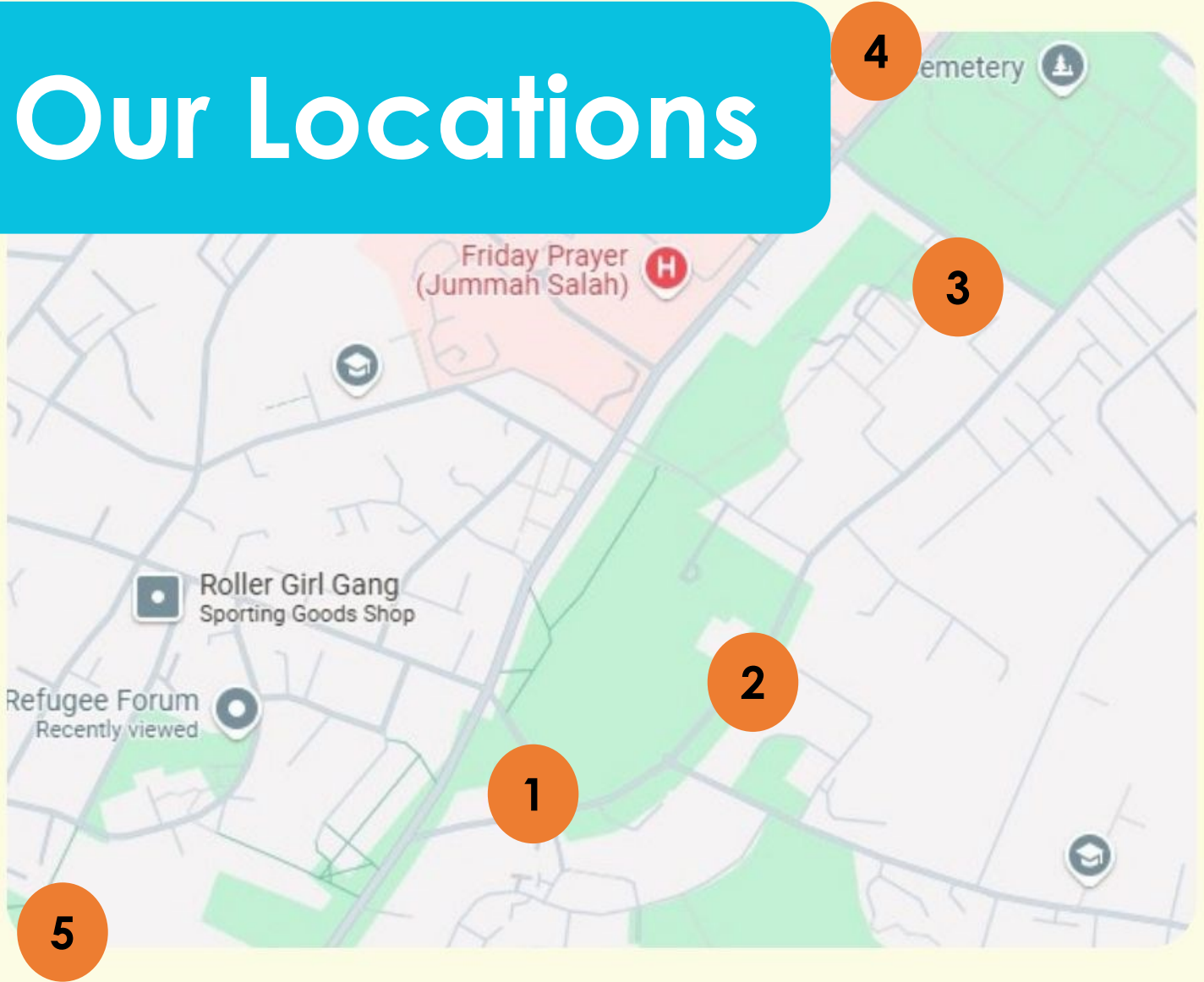
- Twice a month
- St Agnes Church/plus a 2nd location
- 11am till 1pm
- Cost £3



Movie Afternoon (with Popcorn) Join us for a movie matinee!

- Once a month @ BCF Office
- Cost £1 / film starts at 1pm

Our Locations



1. **Anglers Club, 75 Stoney Rock Lane, LS9 7TB**
2. **Stoney Rock Court, LS9 7HT - off Stoney Rock**
3. **St Agnes Church, 23 Shakespeare Close, LS9 7UQ Lane**
4. **Thackray Museum, Beckett St, Harehills, LS9 7LN**
5. **Emmaus Leeds, St Mary's St, Leeds, LS9 7DP**

HOW TO FIND US!



Burmantofts Community Friends

www.burmantofts.org.uk

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 19th Nov 2024
Tuesday 18th Feb 2025

10:00am till 12:00pm
To book call
0113 248 9191



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. 1053154



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



www.burmantofts.org.uk

We have a wonderful new website!



Come along to Breakfast and Browsers on Monday 21st October where Tom will introduce you to our new website and it's new features and functions! And of course some light refreshments, including coffee and cakes!

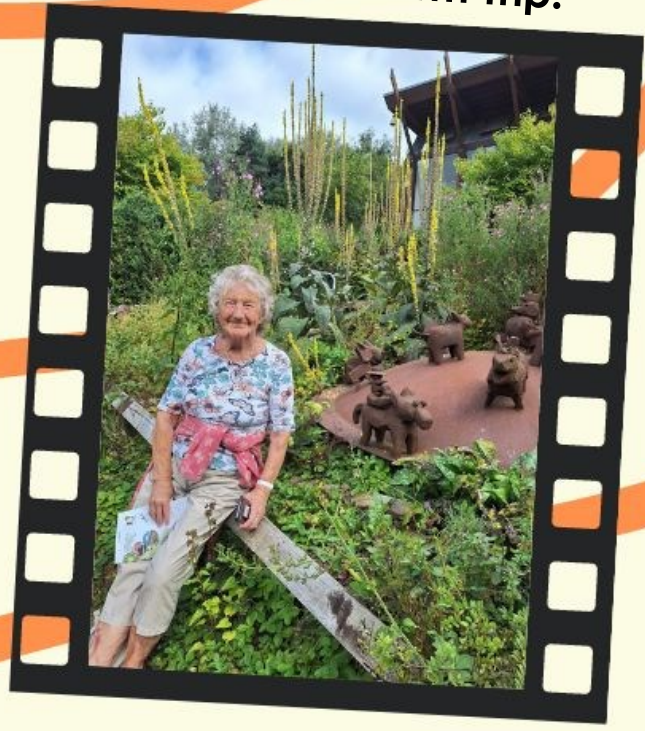
Burmantofts Gala!



Velma & Eeyore



Meanwood Farm Trip!



Men's Social





Art Group



Sky Wing Walk!



TRIPS!

Owlco
Fish &

Friday 1

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Burmantofts
COMMUNITY FRIENDS

**ates Shopping Centre then
& Chips at the Wetherby**

Whaler!

8th October, £7 for minibus

**ld Twistle Mills Shopping
age Christmas Meal &
Entertainment!**

ay 21st November, £30 for
meal & entertainment,
£10 minibus.

Trip to Junction 32!

day 16th January, £7 for
minibus

Batley Mills!

Thursday 14th November
£7 for minibus

Bury Christmas Market!

Friday 13th December, £12
for coach (with lift)

**Keep track of what you've
booked and paid for with the
tick boxes!**



**Contact Sheila on
0113 248 9191 to book!
Places are limited!**

**BOOK NOW
They fill up fast!**





Evening

Get Online Week!

14th—20th October

- Speak to Digital
- Kelly about what special events we have for Get Online Week!

Website Launch

- **Monday 21st October**
- Special evening Breakfast Club to celebrate our new website



Annual General Meeting

- **Wednesday 13th November**
- Anglers Club
- 10:30am till 1:30pm
- FREE lunch

Bingo Bash!

- **Thursday 5th December**
- Stoney Rock Court
- £6.00 for bingo and lunch
- 12pm till 2:45pm

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Club to

our shiny

te!

Bingo Bash!

- **Thursday 24th
October**
- St Agnes' Church
- £6.00 for bingo and lunch
- 12pm till 2:45pm



Christmas Party!

- **Thursday 19th
December**
- Anglers Club
- 11:30am till 2:30pm
- £3.00

New Year Party!

- **Thursday 23rd
January**
- Anglers Club
- 11:30am till 2:30pm
- £3.00



What's New in the World of Wellbeing...



General Wellbeing

Wellbeing is the state of your current happiness, health and comfort. If you are struggling with any of these things, or need help improving any of them please give Sean a call! He is always up for a chat and a joke or two!

Health Hub and Pain Clinics

Health hub runs every **Wednesday 12:30 till 15:30** in our very own activity room at the BCF office! The hub is in collaboration with Leeds Community Healthcare.

Enhance Project

The enhance project is funded by Leeds Community Healthcare in partnership with Leeds Older Peoples Forum and offers 1-to-1 support with wellbeing such as access to food, befriending, social interaction and home environment.

Annual General Meeting



Join the staff team and trustees to hear all about the financial year 2023, what we achieved as a charity and our plans for the future.

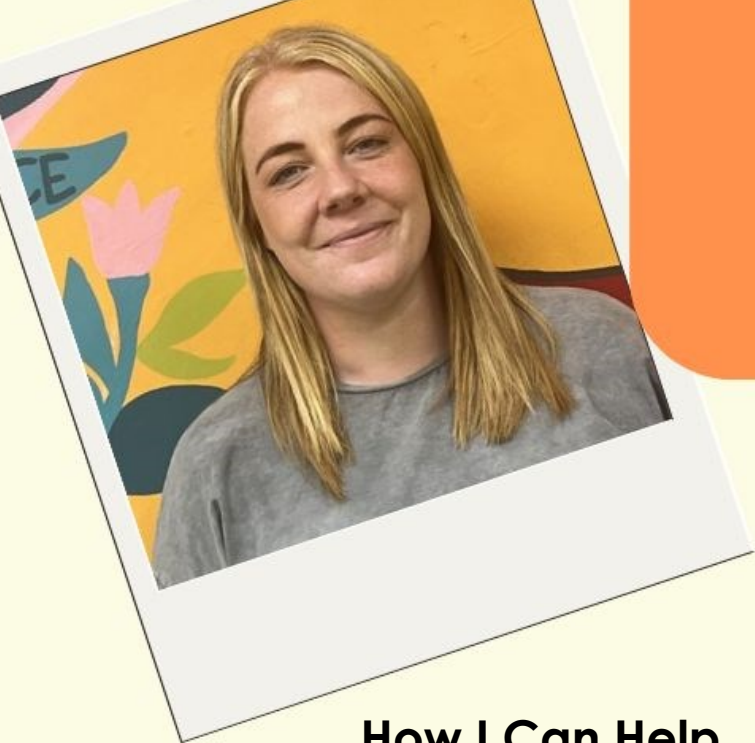
FREE BUFFET LUNCH. Followed by prize bingo. **Booking Essential.**

DATE: Wednesday 13th November

TIME: 10:30 to 13:30

LOCATION: Main Room, Anglers





Meet Claire! Outreach Extrodinaire!

Hi, I'm Claire! Here's a bit about me; My greatest passions are psychology and helping people. I enjoy walking my 2 dogs Lacy and Coco and am always kept busy on weekends with my children!

How I Can Help...

As the outreach worker I can help you with lots of different things such as applying for benefits, pension credit, attendance allowance and much more! I can also help with any housing issues such as repairs, raising banding priority or even finding you a window cleaner!

- Tuesdays: Drop in to the office 10am till 2pm
- Wednesday: Office appointments (book in advance) 10 till 12
- Thursdays: Home visits (book in advance) 10 till 2

IMPORTANT INFORMATION - Do you Claim Pension Credit?

If you receive a state pension or are due to start in 3 months time, you could be eligible for financial support with dental costs, council tax, rent, winter fuel payment and more! PLEASE don't hesitate to make an appointment with Claire - It takes 15 minutes to whizz through an application. We all need a bit of extra help - especially as the winter fuel allowance is changing this year and is now linked to pension credit. Contact us for more details.

FREE

NEW DANCERCISE

Join us at the Anglers club every Monday 1 till 2pm for an exciting way to keep active! Have a boogie to some great classics where you are always welcome to go at your own pace. Sessions are a great opportunity to socialise and make friends.

All of October FREE! £4 normal price.



- *Breakfast & Browser* Every Monday from 10am till 12pm, The Anglers Club. Enjoy sandwiches starting at £1.00.
- *Digital Drop-In* Every Tuesday from 10am to 2pm, BCF Offices

Kelly is always up for any digital challenge! Whether it's setting up a new device, navigating online services, or simply improving your computer skills. Don't miss out on these fantastic opportunities to enhance your digital knowledge and skills in a friendly and supportive environment.

Keep Warm This Winter!

BCF can help you stay safe and well.

[Held at BCF Offices](#)

[Every 2 weeks in Nov to Feb 11am till 1pm](#)

This year, our dedicated digital and outreach team are organising a series of 'Keep Warm This Winter' events. We will be able to provide free items such as hats, gloves and hot drinks alongside the usual outreach and digital support. Call the office on 0113 248 9191 for more information!



MERRY Christmas

FROM EVERYONE AT BCF

All of our groups and activities will have a Christmas theme week commencing Monday 9th December. See staff for details.

Join us for our Christmas party on Thursday 19th December. Booking essential, see our events page for more details!

PARTY

Please note: the BCF offices will close on Tuesday 24th December and reopen Thursday 2nd January.

How much did Santa pay for his sleigh?

Nothing – it was on the house.



Do you want to give back to your community? Do you have some spare time in your week and would like to do something to help others? Look no further! Call the BCF office on 0113 248 9191 and ask for Devi to talk through all of our volunteering opportunities and current projects!

We are very flexible to our volunteers needs! Check out Birgit's experience of being a volunteer with us on the next page...



Volunteer Led Projects

Travel Project

- Supports over 50's to return to Independent travel.
- Help achieve travel goals. By bus, train, taxi, bike or foot!
- Provides/become a Travel Buddy.

Home Befriending

- Weekly flexible home visits.
- Read books, play games and have a brew with your new friend!

Telephone Befriending

- Weekly casual chat/catch ups.
- Every Thursday afternoon.
- Lovely trained volunteers.
- Create a new phone friend!



All at BCF want to say a massive thank you to Jamie and Alex From Sky!

On the 17th August our Jamie and Alex took to the skies to raise money to support all the different services. We are hugely grateful for Sky's continuous support and in this case - their bravery!

It was surely a hair-raising challenge for them but they did us proud! Members, volunteers and staff all joined together to support them. A great day out was had by all.

A whopping £1450 was raised towards our transport project, thank you Sky!



Volunteer Voice!

We are delighted to introduce Birgit, one of our dedicated volunteers! Birgit has volunteered with BCF for 18 months and enjoys meeting new people and getting involved with our different volunteering opportunities.



Birgit says the best part of volunteering is building positive relationships with members and listening to their stories. Birgit has a passion for baking and made 'Quarkhasen' (a German sweet treat) for our members, which they all loved! Thanks for helping Birgit, you're amazing!

**THANK
YOU**
from BCF

**Leeds Benevolent Society
for Single Ladies**



**Age
Friendly
Leeds**



**COMMUNITY
FUND**



**Leeds
Community
Foundation**



Windmill Community Transport



Thank You



for your support

Burmantofts Community Friends is only possible thanks to the kind generosity of our partners and stakeholder. From everyone at BCF, our members, trustees staff and volunteers, thank you.

Your Local Councillors

Burmantofts & Richmond Hill Ward



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

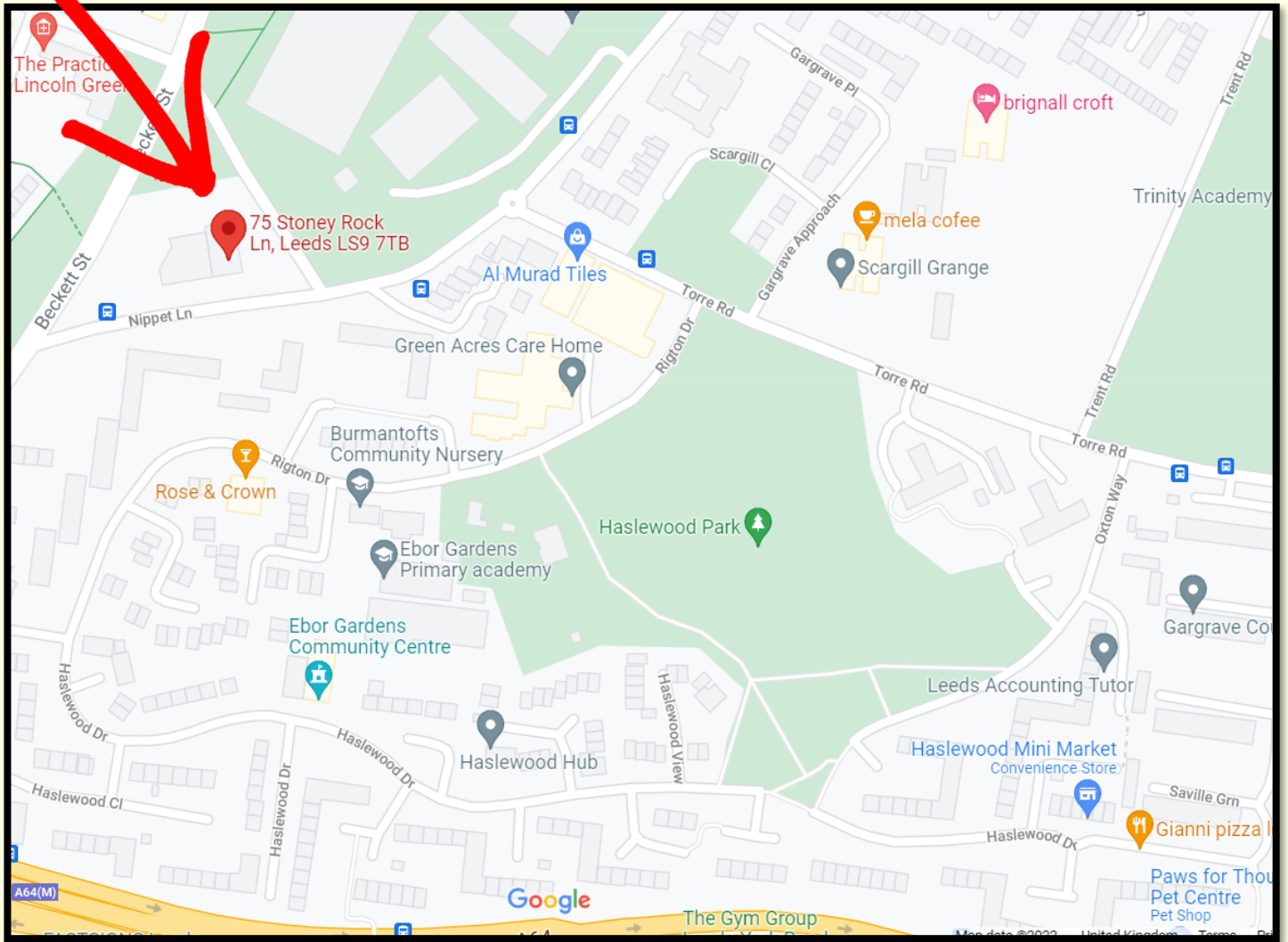


Regular councillor surgeries are held at The Vinery Centre, Leeds, LS9 9LR, St Vincents Centre, 4 Berking Avenue, Leeds, LS9 9LF, Burmantofts Community Hub, Rigton Lawn, Burmantofts, LS9 7QA .

More information available here:

<https://democracy.leeds.gov.uk/mgUserInfo.aspx?UID=6662>

BCF Office, come find us!



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 **10am till 2pm**

