

Burmantofts

COMMUNITY FRIENDS

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

All the news from BCF!



0113 248 9191

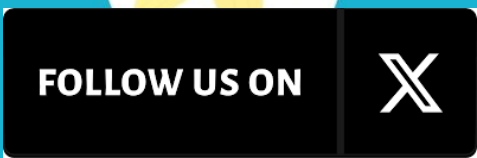


February 2025

Search Burmantofts Community Friends



'Everything about BCF makes it a special place for me!' Rita



≡ Welcome ≡

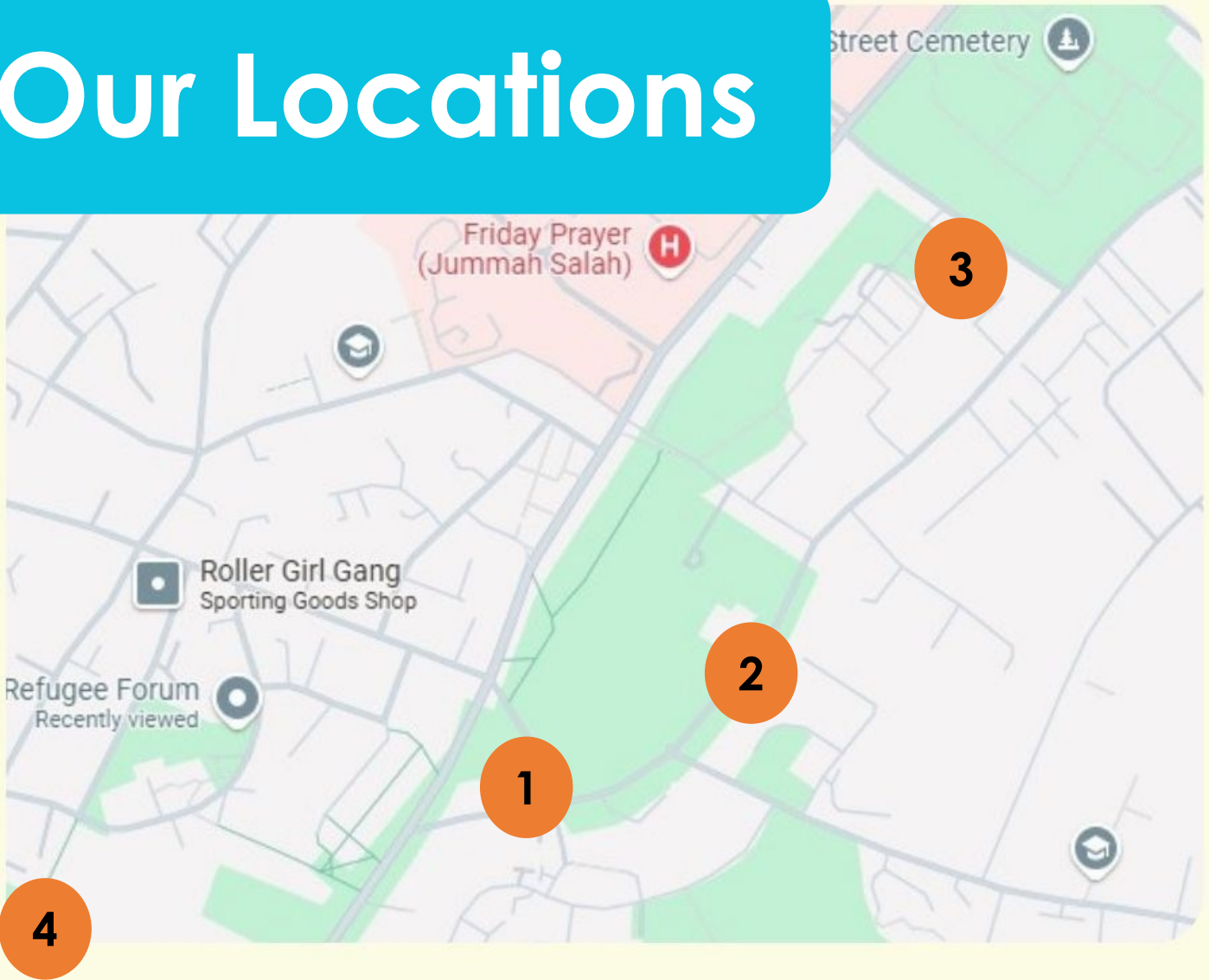
Who we are BCF? Burmantofts Community Friends (or you can call us BCF) is a charity based in LS9, East Leeds. We have been working in the community for 30 years and provide support to people aged over 55. We run weekly social opportunities, celebrations, trips, events, help with bills, benefits, digital inclusion, volunteering opportunities, befriending and more!

New to BCF? Don't worry, we're super nice, promise! Here's how to get involved. Firstly, give us a call on **0113 248 9191** and a member of the team will arrange a call or home visit to chat about how we can help you. On your first visit a member of the team will support you and introduce you to new friends.

Have Problems with transport or travel? We can help here too! Call and speak to Sabs about our active travel program ran with Leeds Older Peoples Forum.



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**
4. **Emmaus Leeds, St Mary's St, Leeds, LS9 7DP**

HOW TO FIND US!



Burmantofts Community Friends

www.burmantofts.org.uk



TRIPS!

Trinity Walk Shopping Centre & Lunch at Wetherby Whaler!

- Thursday 13th March 2025
- 9:30am start, return to Burmantofts by 4pm, pick-ups to be confirmed
- Transport cost: £8 per person



Cleveleys & Fleetwood!

- Thursday 27nd March 2025
- 9:30am start from Anglers Club, 4pm return
- 47 seater coach (with lift)
- £12 per person



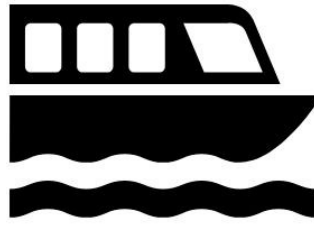
Canal Boat Trip on 'The Spirit of Endeavour' in Skipton

- Thursday 10th April 2025
- 9am start, pick-ups to be confirmed
- Transport cost: £10 per person, canal boat trip cost: £10 per person



Trip to Liverpool!

- Thursday 24th April 2025
- 9:30am start from Anglers Club, 4pm return
- 47 seater coach (with lift)
- £12 per person



Trip to Southport!

- Thursday 29th May 2025
- 47 seater coach (with lift)
- 9:30am start from Anglers Club, 4pm return
- £12 per person

Oswaldtwistle Shopping Centre!

- Thursday 5th June 2025
- 9:30am start from Anglers Club, 4:15pm return, pick-ups to be confirmed
- Transport cost: £10 per person



BOOK NOW
They fill up fast!

Events!

New faces always welcome!

Anniversary Drop In Planning Session!

Friday 28th March 2025,
10 till 12! We need your ideas and memories of Burmantofts to make our 30th anniversary special!



BCF 30th Anniversary Party!

- Thursday 15th May 2025
- Details coming soon!



Mavericks Men's Social Leeds City Museum Trip

- Meet at BCF office, time to be confirmed
- Friday 21st February
- Free trip!



Bingo Bash!

- Thursday 3rd April 2025
- 11:30am to 2:30pm
- Stoney Rock Court Community room
- £6 per person

Hearing Aid Clinic

- 20th May 2025
- Burmantofts Community Friends Office
- Call Sean on 0113 248 9191 to confirm times

Easter Celebrations!

- Monday 14th April to 18th April 2025
- Celebrations at groups all week!



Community

Cooking to film to carers group! There's something for everyone in our community groups, new faces are always welcome!

Create Your Plate

A free session where we come together to share new foods and conversation! BCF office activity room 12 till 2pm.

- **Thursday 13th March**
- **Thursday 10th April**
- **Thursday 8th May**



Carers Group

Ran in partnership with Carers Leeds come along to our free Carers group! 2:30 till 4pm at the BCF office.

- **Monday 24th February**
- **Monday 31st March**
- **Monday 28th April**



Mavericks Men's Social

Any 55+ man welcome! 12 till 2pm at Emmaus, call in advance as we may be out and about!

- **Friday 21st February**
- **Friday 7th March**
- **Friday 21st March**



Groups

Cooking Club

All abilities welcome! Join us at St Agnes' Church, 11am till 1pm, £3 per person (includes x2 portions of food and any leftover ingredients!)

- **Thursday 27th February**
- **Thursday 20th March**
- **Thursday 17th April**



Film Club

Join us for a film and some popcorn at the BCF office, matinee starts at 12:30, interval included!

£1 per person.

- **Friday 14th February**
- **Friday 14th March**
- **Friday 11th April**

Activity Together

Have a friend or relative currently in hospital? Enquire about our closed group for patients hosted weekly at St James' hospital. Call the office on 0113 248 9191, Sophie can give you more info!



NHS
The Leeds Teaching Hospitals
NHS Trust

Getting Along @ BCF

We Promise To:

- ◆ **Treat members with dignity and respect.**
 - ◆ **See you all as individuals.**
- ◆ **Be understanding and compassionate.**
 - ◆ **Be non-judgemental and listen.**
 - ◆ **Embrace diversity and difference.**
- ◆ **Be inclusive and welcoming to all.**

In Return, we ask all members:

- **Respect each other and be polite.**
- **Always follow staff instructions.**
- **Welcome new people and be friendly.**
 - **Stay safe, well and positive.**

If any of the above guidance is not followed this may result in your invitation to attend BCF groups or events being withdrawn.

Please also note: seats cannot be reserved at BCF events however we will try to accommodate reasonable requests best we can.



Burmantofts

COMMUNITY FRIENDS

Trip Checklist



Trinity Walk Shopping Centre & Lunch at Wetherby Whaler!



Trip Cleveleys & Fleetwood!



Canal Boat Trip on 'The Spirit of Endeavour' in Skipton!



Trip to Liverpool!



Trip to Southport!



Oswaldtwistle Shopping Centre!



Roll up, roll up! W



Breakfast and Browsers

Anglers Club

10 till 12pm

Breakfast from
£1 to £3

Dancercise

BCF Office

1 till 2pm

£3 per person

Chair-Based Exercise

Stoney Rock Court
Activity Room

10:15 till 11:15am

£2.50 per person

Everyone welcome!

Light Lunch & Bingo

Stoney Rock Court
Activity Room

11:30 till 1:30pm

£3 per person

50p
per
bingo
book



Lunch Club

Anglers Club
Room

11:30 till 1:30

£4 per pers

50p per bin

Due to pop
you must c
office, if yo
start attend
group



Weekly Activities!

ally do
something
yone!



Trips/Events/ Community Groups

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



Craft Group
BCF Office
10 till 12pm
£1 per person



o and Bingo

ub Games

0pm

on

ngo book

ularity,

ontact the

u wish to

ling this



Meet your new Volunteer Coordinator - Sabs!

"As a local, I'm thrilled to have both our current and new volunteers join us in supporting our amazing members and staff. I'm a huge fan of films, crocheting & my dog Stripe, so don't hesitate to stop by and chat!"



Volunteering at BCF



Want to make a difference in your community? Got some free time to help? Contact the BCF office at 0113 248 9191 and ask for Sabs to learn about our volunteering opportunities. We need you!



Find out more on the next page about our volunteer run projects!

- **Travel Project** - Be out and about!
- **Friendly Faces** - Friendship at home...
- **Call Companions** - Chat and connect!

Check out these projects!

Travel Project: Empowering Independent Travel for Over 50s

We help those over 50 regain confidence and independence in travel. Whether by bus, train, taxi, bike, or foot, a Volunteer Travel Buddy will support you every step of the way.

Friendly Faces: Enjoy weekly home visits from a volunteer for tea, reading, or friendly chats.

Call Companions: Stay connected with weekly phone check-ins for companionship and meaningful conversations.

Have a chat with us if you're interested!



Volunteer Voice: Each newsletter we speak to one of our fantastic BCF volunteers - *meet Alisa!*

I'm Alisa from Ukraine. I've been drawing Ukrainian motifs for many years and participating in competitions abroad. I love traveling and experiencing new cultures.

I started volunteering in August 2024, and this is my first experience in the UK. I'm glad to be part of the BCF family. My coach at the job centre recommended volunteering. I also practice English at the club, which is important to me since it's not my first language. The club feels like family.

The BCF offers great support and advice, and there are many events for everyone to enjoy.





We're Celebrating 30 YEARS of Burmantofts Senior Action/ Community Friends!



Did you know **Burmantofts Senior Action** was set up by a group local residents to aid the community in **1995, 30 years ago!** I know we still look 21! To celebrate we're having a week long celebration, with a **BIG party** to finish it off. Week commencing **12th May** all our groups and activities will have a celebration theme to look back at all the great memories we've made! The **BIG party** will be on **Thursday 15th May**, get your dancing shoes on and be ready for a jam packed day full of joy, memories and celebration!

Quiz how well do you know Burmantofts?



Quiz Questions

Question 1: What decorative art was Burmantofts world famous for from 1800's to 1957 when the company producing it closed its doors?

Question 2: What year did the Anglers Club first open, was it -

- A. 1956
- B. 1967
- C. 1995



Question 3: Sir Montague Burton opened the world famous Burtons factory in 1922, at its height how many people worked there? Was it -

- A. 5,000
- B. 10,000
- C. 15,000



Question 4: St James is Europe's largest teaching hospital, what was the name of the TV show filmed there and shown on ITV between 1987 and 1996?

Questions 5: Who starred in the 1995 film Braveheart which just so happens to be the same year BCF started!



TRAVEL CONNECTIONS



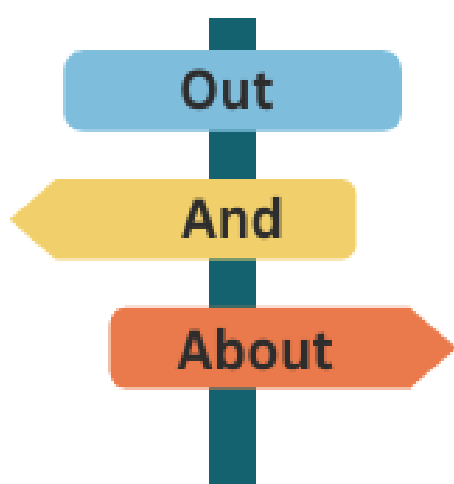
Funded by
Motability Foundation
Making all journeys accessible



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!

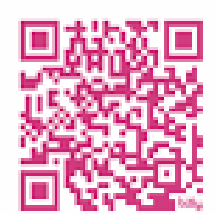
For more information contact Sabs at Burmantofts Community Friends:

Tel: 07454 404580

E: volunteer@burmantofts.org.uk

www.burmantofts.org.uk

Scan Me



HEARING AID CLINIC



At Burmantofts Community Friends -
75b Stoney Rock Lane, LS9 7TB

✓ We can help with re-tubing, batteries
and hearing aid advice for people.

✓ Only Hearing aids from
Leeds Teaching Hospital.

Tuesday's
18th Feb 2025
20th May 2025
19th August 2025
18th Nov 2025

Phone
For general enquiries
Tel 0113 288 5750
Mobile 07702 940888
Email
leedsinfo@bid.org.uk

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

Website
www.bid.org.uk/leeds



Quiz Answers

Answer 1: Burmantofts is world famous for Burmantofts pottery.
Find out more information here: https://en.wikipedia.org/wiki/Burmantofts_Pottery

Answer 2: the Anglers Club first opened in 1956.

Answer 3: 10,000 people were employed at the Burtons its peak.
More information here: <https://welcometoleeds.co.uk/article/tailored-made-burton-factory/>

Answer 4: Jimmy's was the name of the TV show shown on ITV
between 1987 and 1996? Watch the intro here: <https://www.youtube.com/watch?v=2ngODxiExyU>

Answer 5: Mel Gibson, starred as William Wallace in
Braveheart, he also directed the film.

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



NHS Enhance Project



Every
Wednesday
we have our
Health Hub
Time - 1:30-3:00



The enhance project is funded by the Leeds Community Healthcare in partnership with Leeds Older Peoples Forum. This services offers one to one support to members for a 6-12 week period. If you would like to be referred or know someone who could do with support, they can ask anyone who works for LCH to do the referral.

How to manage your own wellbeing at home?

- **Eat a balanced diet.** Make sure to eat plenty of fruits, vegetables, and whole grains.
- **Get regular exercise.** Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Get enough sleep.** Most adults need around 7-8 hours of sleep per night.
- **Manage stress.** Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.

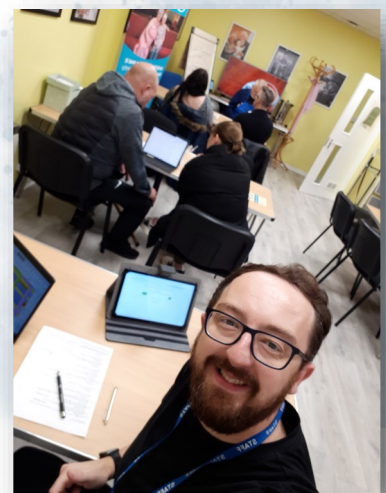
Services in Leeds

- **Leeds Mental Wellbeing Service:** This service provides a range of mental health support, including therapy and self-help resources.
- **MindWell:** This website provides information and resources on mental health, including local services.

Let us know if you would like more information.

"Happiness is not something ready made. It comes from your own actions."

Dalai Lama



Help

Outreach Extrodinaire!



**Our Golden Rule is to support members
and to encourage your independence**

What do Outreach services look like?

- They connect people with resources and support they need.
- They educate people about important topics, like health, safety, and education.
- They advocate for people and help them get their needs met.
- They help you get the support you need.

Our Outreach service can help you with lots of different things such as applying for benefits, pension credit, attendance allowance and much more!

Some services we can refer you to.

- **Green Doctor**, practical solutions and help with energy bills
- **Leeds Homeshare**, share your second bedroom with a home sharer who can provide support or companionship.
- **Healthwatch Leeds**, signposting and advice for health and social care services in Leeds.
- **Care and repair**, Home Plus (Leeds) supports individuals and households to identify their needs while also recognising and addressing any barriers to accessing support.



**GREEN
DOCTOR**

Any many more services we can help to refer.

Outreach services at BCF

Monday - Afternoon Digital drop-in

Tuesday - Outreach drop-in 10am till 2pm

Wednesday - Office Appointments 10am till 1pm

Thursday - Home visit (booked in advance) 10am till 2pm - contact the office for details.



**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, sincerely 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

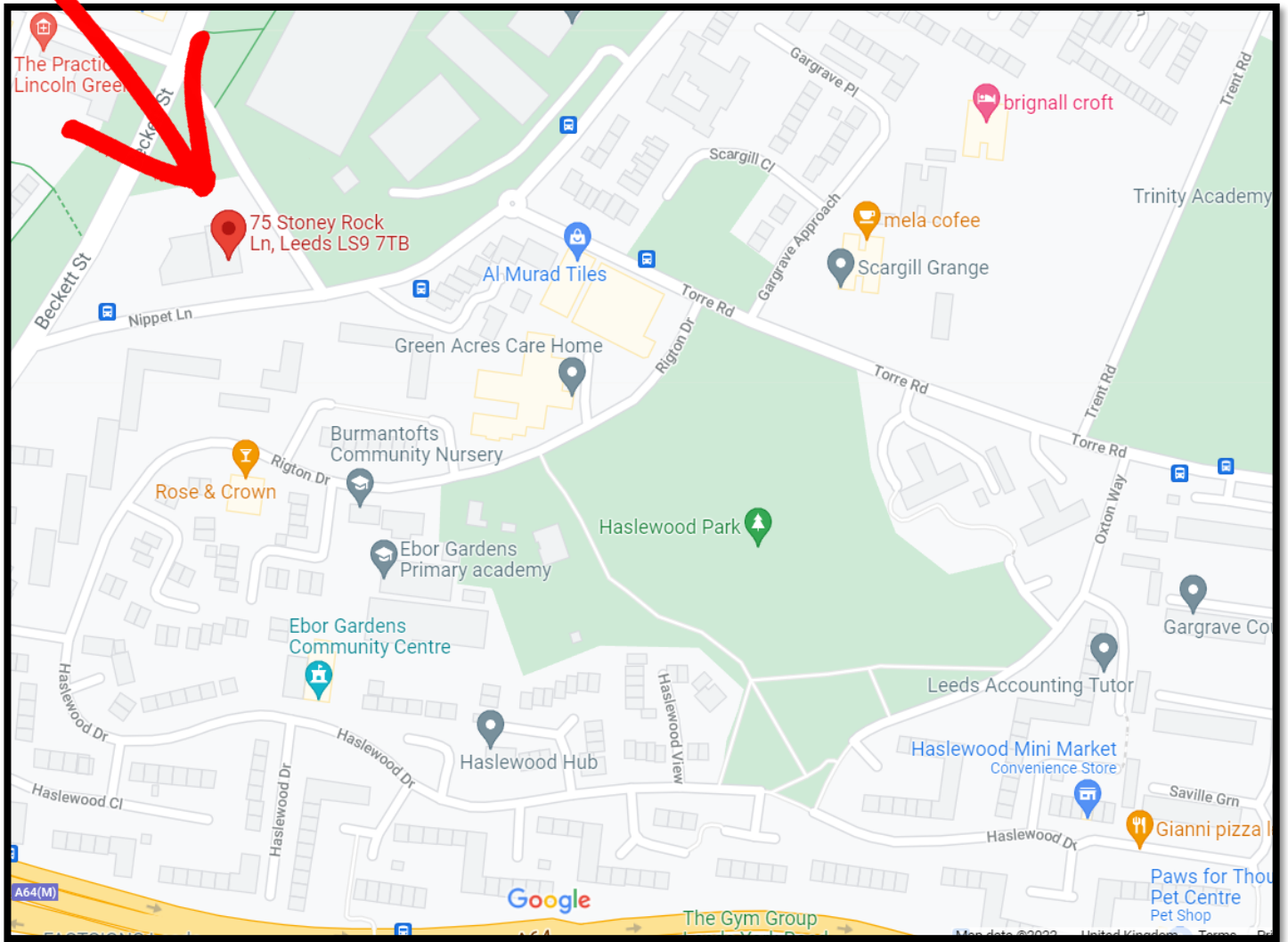


Regular councillor surgeries are held at The Vinery Centre, Leeds, LS9 9LR, St Vincents Centre, 4 Berking Avenue, Leeds, LS9 9LF, Burmantofts Community Hub, Rigton Lawn, Burmantofts, LS9 7QA .

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@burmantofts.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

