

Activities Fitness **Health & Wellbeing** Art Exhibition space
Dance **Room Hire** Information and Advice **Volunteering** Café



451 Liverpool Street, Salford. M6 5QQ

**Take a look inside at our latest activities,
or why not pop in for a brew and a bite to eat?
We'd love to see you.**

****Centre Open hours: weekdays, 9am - 8pm**

CONTACT INFO



reception@langworthycornerstone.co.uk



0161-213-1920



www.langworthycornerstone.co.uk

SOCIAL MEDIA: @LangCornerstone



@LangworthyCornerstone

Langworthy Cornerstone Association is a Registered Charity & Co Ltd by
Guarantee Registered in England and Wales Company No 05626422
Charity Registration No 1114637
Vat Registration Number: 164 0748 09
'Working to improve the health and wellbeing of the people of Salford and
especially those of Seedley & Langworthy'

OCTOBER

2025 Events

Monthly Book Club . Free

Grab your bookmarks and join the club on Tuesday 14th October, (2:30pm)! This week's Read and discussion: **The Seven husbands of Evelyn Hugo.**

Nutrition Consultation: Free

our Nutrition Consultations sessions started at the end of September, in collaboration with Transcend Tribe. Join us every Tuesdays from 5-7pm for 1-1 support/Group support sessions. Booking required. Fill the online form: <https://forms.cloud.microsoft/e/QYMw3XWSjJ>

#WAWC project: What Makes Salford Great. Free

10 sessions diving into history/heritage of Salford using Storytelling, heritage walks/tours with professionals. started on 25th September. The schedule can be found on our Social media and website pages, Register via: <https://forms.cloud.microsoft/e/QYMw3XWSjJ>

Chimney Pot Crafters. Free

Join the community group and enjoy the art of crafts, learning and knitting in social and friendly gathering.

Jigsaw Cafe Celebrates Black History Month

Join us at the cafe to celebrate Black history Month on select days, enjoy Authentic African-cuisine such as Jollof Rice, etc

more details TBC

Pilates: cost: £3

Our wonderful Pilates Sessions are on every Tuesday 12:30pm-1:30pm (posture assessments and targeted exercises included) with another pilates Class offered same day by Transcend Tribe from 7pm - 7:50pm

	Activity/Group	Time	Cost
MONDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	ZUMBA GOLD	12:15pm – 1:00pm	£3.20
	TALK ABOUT IT MATE (TAIM)	1pm – 3pm	Free
	SEWING CLASS	10am – 11.30am (booking required)	Free
	WEIGH AHEAD	1:30pm – 2:30pm (booking required)	Free
	KURLING	2pm – 4pm	£3
	HEALTHY COOKING CLASS	4:30pm - 6pm (booking required)	Free (Coming soon) TBC
	YOGA	6:30pm - 7:45pm	£6
	ZUMBA WITH BECKY	5.30pm - 6.15pm	£3.20
TUESDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	STOP SMOKING SUPPORT	9am – 11am (booking required)	Free
	LANGWORTHY FOODCLUB	10am- 2pm	£3.50
	PILATES WITH SUNNY	12.30pm – 1.30pm	£3
	BOOK CLUB	2 nd Tuesday of every Month. 2.30pm	Free
	1-1 MASSAGE THERAPY	2pm – 4:30pm (booking required contact reception: 0161 213 1920)	£10 - £15 (30-45 min time slots)
	MEN'S GAMES GROUP	1.30pm – 3.30pm	Free
	FOODCYCLE FREE COMMUNITY MEALS	6.30pm – 8pm	Free
WEDNESDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks/ snacks served till 4pm)	varies
	KNIT & CROCHET	10am-12noon	Free
	JOB CLUB	10am-12noon	Free
	WALK & TALK	11:30am – 1pm	Free
	SALFORD DISABILITY FORUM	2 nd Wednesday of every Month. 12.30pm – 2.30pm	Free
	KURLING	2pm – 4pm	£3
	MEDITATION WITH MARTINA	2.30pm – 3.30pm	Free
	BAKE AND BOND	6:30pm - 8pm (booking required)	Free
	KARATE WITH LEE	Sessions: 5 - 6.30 pm & 6.30 - 8pm	TBC, Ages 6+ (limited slots) Contact reception
THURSDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	Varies
	TALK ENGLISH CAFE	9.30am -10.30am	Free
	CHAIR-BASED EXERCISES	11am –12noon	£2
	FOODCYCLE FREE COMMUNITY MEALS	6.30pm – 8pm	Free
	CHAT THE PAST	10:45am – 11:45am (Fortnightly)	Free
	ELEVATE JOB CAFE	1pm - 4 pm	Free
	CHIMNEY POT CRAFTERS	6.00pm – 8.00pm	Free
	COMPUTERS FOR CHILDREN	6pm - 8pm	TBC
FRIDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	ANCESTRY	10am-12noon (Advanced booking required. contact reception: 0161 213 1920)	£3
	SALSA	10am – 12noon	£7 (£6 for beginners)
	SPORTING MEMORIES	10.30am-12noon	Free
	BINGO FRIDAYS	2:15 – 3.30pm	£2 for a bingo ticket with Tea and cake included
	TAI CHI, TAO YOGA AND BREATHING	1.30pm-3.00pm (1.5 hrs)	£10
	JSTAR ACADEMY FRIDAY DANCE	Classes from 4:30pm – 8pm	TBC
	COMPUTERS FOR CHILDREN	6pm - 8pm	TBC

All Weekly Activities and Groups

Zumba Gold: Mondays 12.15pm-1pm COST- £3.20

Modified Zumba, recreated original moves at lower intensity

Talk About It Mate (via Referrals only): Mondays: 1pm - 3pm, Cost: Free

A safe space for men to connect and talk. For referral, please contact Mike: 07592812944/ Talkaboutitmate@gmail.com

Sewing Class: Mondays 10am- 11.30am, Cost- Free.

Join a new beginner sewing class. booking required via Salford Health improvement Team: Health.Improvement@salford.gov.uk or phone: 08009521000 (option 2)

Weigh Ahead, Mondays 1.30pm- 2.30pm, Cost-Free

A Healthy weight management support program, Join the weigh ahead support. Contact: Health.Improvement@salford.gov.uk or 08009521000 (option 2)

Kurling: Mondays & Wednesdays 2pm-4pm, Cost- £3

New Age indoor Kurling suitable for all abilities.

Healthy Cooking Class: Mondays 4:30pm - 6pm, Cost - Free. 6 weeks started on 22 Sept.2025

Learn How to cook East and healthy meals. contact Health.Improvement@salford.gov.uk or 08009521000 (option 2)

Zumba with Becky: Mondays 5.30pm-6.15pm COST- £3.20

Adult dance-based fitness - a fusion of Latin and International rhythms with easy-to-follow moves.

Yoga : Mondays 6.30pm-7:45pm, COST- £6

Blends the energising and strength building Vinyasa style yoga with the mindful awareness of cooling Yin. Suitable for all levels of experience.

Stop Smoking Support: Tuesdays, 9am - 11am. Cost-Free

1-1 Support with professional assistance towards smoking, contact: Health.Improvement@salford.gov.uk or 08009521000 (option 2)

Book Club, 2nd Tuesdays of each month, 2:30pm. Free

For all book lovers! Connect to your love for reading.

Langworthy Food Club: Tuesdays, 10am-2pm, Cost- £3.50 for a large bag of food items

Our Food bank/pantry initiative to support cost of living crisis, get a bag full of variety of fresh food items and available toiletries.

Men's Games Group: Tuesdays 1.30pm-3.30pm - Free

Men's social group with darts, games, quizzes etc. Ages 50+

Pilates with Sunny: Tuesdays 12.30am-1.30pm COST-£3

Join Sunny in sessions of Mat/ Floor Pilates, suitable for beginners. Free posture assessment included.

1-1 Massage Therapy with Sunny: Tuesdays 2pm - 4:30pm (Book on reception), COST: £10-£15 per session.

Targeted muscle, and body massage treatment, lymphatic drainage, Clinical assessment, and Posture assessment included between 30-45mins per session. booking required.

Food Cycle: Tuesdays/Thursdays 6.30pm Start - Free

Join us for a free community meal using surplus food that would otherwise be wasted.

Nutrition Consultation: Tuesdays, slots available btw 5pm-6.40pm COST- Free. Booking required.

Get 1-1 support on healthy eating and weight management, lifestyle changes, etc. Register via: <https://forms.cloud.microsoft/e/QYMw3XWSjJ> or contact our reception for help.

Pilates with Transcend Tribe: Tuesdays 7pm-7.50pm COST- £3

Join Transcend tribe for Pilates sessions to improve muscle tone, balance and general fitness.

Knitting & Crochet: Wednesdays by 10am-12 noon - Free

Social group held in the LCA Centre at no charge

Walk & Talk, Wednesdays by 11:30am - Free

A friendly group walk that boosts both wellbeing, body and mind!

Meditation with Martina: Wednesdays, 2.30pm-3.30pm - Free

Relax with Martina in a reiki meditation and relaxation group.

Bake and Bond Wednesdays, 4.30pm-6pm - Free. Fully booked

Destress, connect and improve wellbeing in a community baking class, suitable for beginners. Limited slots, book on reception.

Talk English: Thursdays, 9.30am-10.30am - Free

Practice your English language skills in a relaxed, informal environment.

Chat the Past (Fortnightly): Thursdays 10.45am-11.45am - Free

Social group for those who love to reminisce on history and past experiences.

Chair Based Exercises: Thursdays 11am-12pm, COST- £2

Chair-based exercise class for healthy Hips & Hearts.

Job Cafe Thursdays 1pm-4pm - Free

Assistance with Job Search, Interview prep, CV writing and employment support. Drop-in sessions.

Ancestry: Fridays, 10am-12 noon, COST- £3 (book in advance at reception)

1-1 hourly ancestry sessions to trace family history and genealogy.

Salsa: Fridays, 10am-12 noon, COST - £7

Exhilarating and entertaining Latin Dance class, improvers and beginners (£6 cost) are welcome.

Sporting Memories: Fridays, 10.30am-12noon - Free

Share sporting memories and discuss current sporting topics

Tai Chi, Tao Yoga & Rapid Breathing: Fridays 1.30pm-3pm - £10

Beginners welcome. Contact wan-ley@lishi.org for more info

Next 4 week course start dates

Bingo Fridays , 2:15 - 3:30pm Bingo ticket cost: £2

Entertaining Bingo sessions with refreshments(Tea and Cake) included.

Children's Activities

Sensory Room: Every weekday 9am - 4pm, Free

enquire at the family hub. <https://www.mybestlife.org.uk/Salford-Family-Hubs>

Baby Socials (Tuesday): 1.30pm-2.30pm - Free

for non-mobile babies.

Drop-in sessions at the children's centre/ family hub. No need to book.

Other family Hub activities can be found via the website:

<https://www.mybestlife.org.uk/Salford-Family-Hubs>

Sovereign House, Computers for Children (Thursdays- Friday): 6pm-8pm - TBC

For children in Salford aged 7-14 years. Contact Sovereign House for more info. 0161 759 1255 or email: contact@sovereignhousegh.com

Karate with Lee: Wednesdays 5pm-6.30pm and 6.30pm-8pm , COST: TBC

Martial arts for ages 6+. Few slots for Adult Karate classes also available. Classes for beginners and advanced.

J Star Dance Academy

(www.j-star-academy-of-performing-arts.class4kids.co.uk):

Tots, Juniors and Teens, 45 min - 1hr sessions each (Friday): 4.30 - 8pm - TBC

Other Services

Job Club: Wednesdays 10am-12 noon - Free

Drop-in sessions run by Claremont and Weaste Opportunities Club. Get support on all things work related.

Salford Disability Forum: 2nd Wednesday of every month. 12:30Pm-2:30pm - Free

Signposting, advice, computer support. Contact chair@salforddisabilityforum.com

CanSurviveUK : Wednesdays from 11am-1pm

Can-Survive UK Wellbeing and Support for People living with or affected by Cancer. A safe and confidential space in which you can meet other people, share experiences and take part in a range of free wellbeing and therapeutic activities. call: 01612321286 or email: info@can-survive.org.uk

Family Hub: Mon- Fri

Children's play group, Baby socials, etc. The Family Hub Services include support for during pregnancy and after birth, child health, targeted early help, relationships and parenting, SEND provision, Perinatal parent infant mental health services (PPIMHS) and support for young people. Activities can be found via the website: <https://www.mybestlife.org.uk/Salford-Family-Hubs>

Cornerstone GP Surgery:

Contact surgery for opening times.

Email:- cornerstonemedicalpractice@nhs.net,
www.salfordcarecentres.co.uk , call: 0161 213 1980

ABOUT US

We are a vibrant community-led charity and Healthy Living Centre in the heart of Salford. We serve the M6 communities including Seedley, The Quays, Charlestown, Pendleton, Th' height, Weaste, and Langworthy.

Within the centre is our Jigsaw Café, Living Well GMMH service, CanSurvive UK, a GP surgery, Family Hub and Salford Disability & d/Deaf Community. We work closely with local partners to ensure our services continue to meet the changing needs of our community.

LCA offers a wide variety of free and affordable services including English and Job skills classes, Fitness and Dance sessions, Men's Health, Community groups, Food Club access, and free community meals twice a week. We also provide Room Hire, inclusive Art Exhibitions, Creative workshops, and volunteer opportunities.

By reducing isolation, building resilience, and fostering connection, we make Salford a healthier, more hopeful and inclusive place for all. Everything we do is rooted in compassion and powered by community spirit.



JIGSAW CAFÉ

Our offers:

- 50p Breakfast of Toast/Crumpets + hot drink for Seniors (Age 55+)
- 3 course meal for £4.50 (Thurs)
- Breakfast and Lunch Specials
- Loyalty Discounts.
- Free Wifi and Parking

OPEN WEEKDAYS: 9AM - 4PM



Travelling via Public Transport?

Buses 10, 50 and 52 stops are in front/across our building.

Langworthy Metrolink Tram stop is also within 5 minutes walk.

Our Partnerships



Salford City Council