

**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'

# JANUARY 2026 Events

## **Monthly Book Club . Free**

Grab your bookmarks and join the club on Tuesday 6th January, 2026 (2:30pm)!

## **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>

## **Walk, Talk, Repeat! Wednesdays by 11:30am - Free (starting In January)**

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

## **Sound Journey by transcend Tribe:**

Join us every Tuesdays from 6-7pm for sound healing meditation sessions.

Booking required. Fill the online form:

<https://forms.cloud.microsoft/e/QYMw3XWSjJ>

## **#WAWC project: Women Into Visual Arts workshops (Free) fully booked**

Free and all are welcome!

Join the online 4-week women's Art workshops. Beginner friendly and open to all. When: Every Fridays from 10AM - 3PM, Starting from 9th January 2026 - 30th January 2026

Register: <https://forms.cloud.microsoft/e/QYMw3XWSjJ>

## **Befriending champions program: (Free) Launching In January**

An inclusive program aimed at reducing isolation and supporting health and wellbeing for all residents of Salford. the program ensures a personalised approach to offering support. Self-referrals or community connector referrals available. 1-1 support included and free!

Visit our website for more information:

<https://langworthycornerstone.co.uk/befriending-champions/>

	Activity/Group	Time	Cost
<b>MONDAYS</b>	<b>JIGSAW CAFÉ</b>	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	<b>ZUMBA GOLD</b>	12:00pm – 12:45pm	£3.20
	<b>TALK ABOUT IT MATE (TAIM)</b>	1pm – 3pm	Free
	<b>SEWING CLASS</b>	10am – 11.30am (booking required)	Free
	<b>WEIGH AHEAD</b>	1:30pm – 2:30pm (booking required)	Free
	<b>KURLING</b>	2pm – 4pm	£3
	<b>HEALTHY COOKING CLASS</b>	4:30pm - 6pm (booking required)	Free
	<b>YOGA</b>	6:30pm - 7:45pm	£6
	<b>ZUMBA WITH BECKY</b>	5.30pm - 6.15pm	£3.20
<b>TUESDAYS</b>	<b>JIGSAW CAFÉ</b>	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	<b>STOP SMOKING SUPPORT</b>	9am – 11am (booking required)	Free
	<b>LANGWORTHY FOODCLUB</b>	10am- 2pm	£3.50
	<b>PILATES WITH SUNNY</b>	12.30pm – 1.30pm	£3
	<b>BOOK CLUB</b>	2 <sup>nd</sup> Tuesday of every Month. 2.30pm	Free
	<b>1-1 MASSAGE THERAPY</b>	2pm – 4:30pm (booking required contact reception: 0161 213 1920)	£10 - £15 (30-45 min time slots)
	<b>MEN'S GAMES GROUP</b>	1.30pm – 3.30pm	Free
	<b>NUTRITION SUPPORT</b>	5-6pm, 6-7pm	Free
	<b>Pilates with transcend</b>	7pm – 7:50pm	£3
	<b>FOODCYCLE FREE COMMUNITY MEALS</b>	6.30pm – 8pm	Free
<b>WEDNESDAYS</b>	<b>JIGSAW CAFÉ</b>	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks/ snacks served till 4pm)	varies
	<b>KNIT &amp; CROCHET</b>	10am-12noon	Free
	<b>JOB CLUB</b>	10am-12noon	Free
	<b>WALK &amp; TALK</b>	11:30am – 1pm	Free
	<b>SALFORD DISABILITY FORUM</b>	2 <sup>nd</sup> Wednesday of every Month. 12.30pm – 2.30pm	Free
	<b>KURLING</b>	2pm – 4pm	£3
	<b>MEDITATION WITH MARTINA</b>	2.30pm – 3.30pm	Free
	<b>BAKE AND BOND</b>	6:30pm - 8pm (booking required)	Free
	<b>KARATE WITH LEE</b>	Sessions: 5 - 6.30 pm & 6.30 - 8pm	TBC, Ages 6+ (limited slots) Contact reception.
<b>THURSDAYS</b>	<b>JIGSAW CAFÉ</b>	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	Varies
	<b>TALK ENGLISH CAFE</b>	9.30am -10.30am	Free
	<b>CHAIR-BASED EXERCISES</b>	11am –12noon	£2
	<b>CHAT THE PAST</b>	10:45am – 11:45am (Fortnightly)	Free
	<b>ELEVATE JOB CAFE</b>	1pm - 4 pm	Free
	<b>CHIMNEY POT CRAFTERS</b>	6.00pm – 8.00pm	Free
	<b>COMPUTERS FOR CHILDREN</b>	6pm - 8pm	TBC
<b>FRIDAYS</b>	<b>JIGSAW CAFÉ</b>	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	<b>WOMEN INTO VISUAL ARTS</b>	9:30am – 12pm (limited spaces. booking required)	Free
	<b>ANCESTRY</b>	10am-12noon (Advanced booking required. contact reception: 0161 213 1920)	£3
	<b>SALSA</b>	10am – 12noon	£7 (£6 for beginners)
	<b>SPORTING MEMORIES</b>	10.30am-12noon	Free
	<b>BINGO FRIDAYS</b>	2:15 – 3.30pm	£2 for a bingo ticket with Tea and cake included
	<b>TAI CHI, TAO YOGA AND BREATHING</b>	1.30pm-3.00pm (1.5 hrs)	£10
	<b>JSTAR ACADEMY FRIDAY DANCE</b>	Classes from 4:30pm – 8pm	TBC
	<b>COMPUTERS FOR CHILDREN</b>	6pm - 8pm	TBC



## All Weekly Activities and Groups

### **Zumba Gold: Mondays 12.00pm-12:45pm 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](mailto: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](mailto: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](mailto: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.**

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



**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.

**I-I Massage Therapy with Sunny: Tuesdays 2pm - 4:30pm (Book on reception) , COST: £15 per session Fully booked**

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

**Book Club, 2<sup>nd</sup> Tuesdays of each month, 2:30pm. Free**

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

**Food Cycle: Tuesdays, 6.30pm Start - Free**

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

**Nutrition and Healthy Eating education: Tuesdays 5pm-6.40pm COST- Free.**

Get support on healthy eating and weight management, lifestyle changes, in welcoming supportive group with the nutrition professional. Register via: <https://forms.cloud.microsoft/e/QYMw3XWSjJ> or contact our reception for help.

**Sound Journey with Transcend Tribe: Tuesdays 6pm-7pm COST- £5**

Join Transcend tribe for Sound bath Meditation sessions to improve your wellbeing and relaxation.

**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, Repeat! Wednesdays by 11:30am - Free (starting In January)**

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.

**Women into Visual Arts, Fridays 10:00am - 3pm, Free**

Creative workshops for women starting January 9<sup>th</sup>, 2026.

**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 - £8**

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](mailto: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](http://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](mailto: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](mailto: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](mailto:cornerstonemedicalpractice@nhs.net),  
[www.salfordcarecentres.co.uk](http://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 & 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**



*The REAL  
SPIRIT of  
Coffee*



## 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



**citizens  
advice**

**Salford**

**Salford City Council**