

**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'

# FEBRUARY 2026 Events

## **Befriending champions program: NOW LIVE!**

An inclusive program aimed at reducing isolation and supporting health and wellbeing for all residents of Salford is now Live, it was Launched on Feb 2nd, 2026. The program ensures a person-centred approach to offering support. Self-referrals or community connector referrals available.

Visit our website for more information:

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

## **In her Colours Art Competition for Women: Free**

Inclusive Art competition for women in Salford, offering an opportunity to showcase in an grand exhibition at Manchester Library in the Summer.

starting **6th Feb 2026 - 6th March, 2026**

Contact [Dominic.bell@langworthycornerstone.co.uk](mailto:Dominic.bell@langworthycornerstone.co.uk).

Learn more via our website:

<https://langworthycornerstone.co.uk/event/inhercolours/>

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

Join us every Tuesdays from 7-7:50pm for sound healing meditation sessions.

Booking required. Fill the online form:

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

## **Pilates with transcend Tribe: New Schedule**

Join us every Tuesdays from 6-7pm for Pilates sessions. Booking required. Fill

the online form: <https://forms.cloud.microsoft/e/QYMw3XWSjJ>



scan for more activities

	Activity/Group	Time	Cost
MONDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	SEWING CLASS	10am – 11.30am **	Free
	ZUMBA GOLD	12:00pm – 12:45pm	£3.20
	TALK ABOUT IT MATE (TAIM)	1pm – 3pm	Free
	WEIGH AHEAD	1:30pm – 2:30pm **	Free
	KURLING	2pm – 4pm	£3
	HEALTHY COOKING CLASS	4:30pm - 6pm **	Free
	ZUMBA WITH BECKY	5.30pm - 6.15pm	£3.20
	YOGA	6:30pm - 7:45pm	£6
TUESDAYS	JIGSAW CAFÉ	Kitchen opens from 9.00am – 2.00pm (Hot and cold drinks, snacks served till 4pm)	varies
	STOP SMOKING SUPPORT	9am – 11am **	Free
	LANGWORTHY FOODCLUB	10am- 2pm	£3.50
	PILATES WITH SUNNY	12.30pm – 1.30pm	£3
	BOOK CLUB	2 <sup>nd</sup> Tuesday of every Month. 2.30pm	Free
	MEN'S GAMES GROUP	1.30pm – 3.30pm	Free
	PILATES WITH TRANSCEND	6pm – 7pm	£3
	FOODCYCLE FREE COMMUNITY MEALS	6.30pm – 8pm	Free
	SOUND JOURNEY	7pm – 7:50pm	£5
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
	BEFRIENDING CHAMPIONS	<b>Mon-Fri: Contact:</b> <a href="mailto:Ian.Welch@langworthycornerstone.co.uk">Ian.Welch@langworthycornerstone.co.uk</a> or <b>call 0161 213 1921</b>	1 <sup>st</sup> LCA activity session free
	SALFORD DISABILITY FORUM	2 <sup>nd</sup> Wednesday of every Month. 12.30pm – 2.30pm	Free
	KURLING	2pm – 4pm	£3
	MEDITATION WITH MARTINA	2.30pm – 3.30pm	Free
	WALK, TALK, REPEAT	5pm - 6pm	Free (starting 25 <sup>th</sup> Feb)
	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
	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 (booking required)	£3
	SALSA	10am – 12noon	£8 (£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 5pm– 6pm	TBC
	COMPUTERS FOR CHILDREN	6pm - 8pm	TBC

\*\* : To be booked with Salford Health Improvement Team 08009521000 (select option 2)

## 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.

**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.

**Pilates with Transcend Tribe: Tuesdays 6pm-7pm COST- £3**

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

**Sound Journey with Transcend Tribe: Tuesdays 7pm-7.50pm COST- £5**

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

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

Social group held in the LCA Centre at no charge

**Walk, Talk, Repeat! Wednesdays, 5-6pm - Free**

**(starting on Feb 25th )**

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.

**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 - £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 (Friday): 5pm - 6pm - 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 & 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+)
- 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



**Salford City Council**

