

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'

APRIL 2026 Events

Salford Centenary Celebration

Join us in celebrating Salford's rich history and community spirit!

20th – 24th April

- Exhibition all week
- Guided heritage walks 20th - 24th
- Main Celebration Event: 24th April, 11am–2pm

Cornerstone Voices

A relaxed space to share ideas and shape activities together.

Every 2nd Friday of the month, Next: Friday 10th April

12–1pm

Meditation

Martina's Wednesday meditation session now run: 11am – 12pm

Growing Together: Community Garden

Growing Together is a partnership with Holy Family RC Primary School, towards creating a vibrant garden for children, families, and local volunteers.

Next Steering Group meeting: **16th April 1-2PM** at Holy family School, Salford, M6 5WX. to plan the project

Befriending champions program:

An inclusive program aimed at reducing isolation and supporting health and wellbeing for all residents of Salford. Self-referrals or community connector referrals available.

Visit our website for more information:

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



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 (starting 20 th April)
	KURLING	2pm – 4pm	£3
	BUDGET BITES: COOKING CLASS	4:30pm - 6pm **	Free (starting 20 th April)
	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	TBC, planning meeting : 21 st April, 11am	Free (starting 21 st April)
	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
	MEDITATION WITH MARTINA	12pm – 1pm	Free
	BEFRIENDING CHAMPIONS	Mon-Fri: Contact: ian.Welch@langworthycornerstone.co.uk or call 0161 213 1921	1 st LCA activity session free
	SALFORD DISABILITY FORUM	2 nd Wednesday of every Month. 12.30pm – 2.30pm	Free
	KURLING	2pm – 4pm	£3
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**	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 (booking required)	£3
	SALSA	10am – 12noon	£8 (£6 for beginners)
	SPORTING MEMORIES	10.30am-12noon	Free
	CORNERSTONE VOICES	2 nd Friday of every month. 12pm -1pm	Free
	TAI CHI, TAO YOGA AND BREATHING	1.30pm-3.00pm (1.5 hrs)	£10
	BINGO FRIDAYS	2:15 – 3.30pm	£2 for a bingo ticket with Tea and cake included
	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

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) **starting 20th April**

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 or 08009521000 (option 2) **starting 20th April**

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)

Langworthy Food Club: Tuesdays, 10am-2pm, Cost- £3.50

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

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

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

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

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

Holistic Massage: Tuesdays between 2pm -4pm, cost - £15

New 45min-1hr, slots available from June 2026

Book holistic massage sessions (Swedish, Deep Tissue, Facials, Targeted muscle therapy) with sunny, a professional masseuse and physio specialist with years of experience. **Bring your own large body towel.**

Befriending Champions Program: Mon-Fri

New handholding support to combat isolation and improve wellbeing. Referral-based program. self-referral allowed. contact ian.welch@langworthycornerstone.co.uk. or call 01612131921 for more details.

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: Tuesdays 7pm-7.50pm COST- £5

Join relaxing sound bath meditation sessions. **Bring your blanket and pillow.**

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

Social group held in the LCA Centre at no charge

Meditation with Martina: Wednesdays, 12pm-1pm - 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- Free

Chair-based exercise class for healthy Hips & Hearts. Contact: Health.Improvement@salford.gov.uk or 08009521000 (option 2)

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

Cornerstone Voices: Every 2nd Friday of the month, 12-1pm

Monthly community discussion, A relaxed space to share ideas and shape activities together.

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 (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

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+)
- 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

