

Activities

Fitness

Health & Wellbeing

Art Exhibition space

Dance

Room Hire

Information and Advice

Volunteering

Café



**Langworthy
Cornerstone**

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

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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'

JULY 2026 Events

"In Her Colours" Women Into Visual Art (WIVA) Exhibition:

This Summer (from 13th July -23rd September) the Exhibition opens at Manchester Central Library featuring amazing artworks from Nigerian women and Local female Artists in Salford. [Register on Eventbrite](#)

 Open day: 11am-2pm on 13th July 2026 |  Free Entry |  Manchester Central Library

Kids Healthy Holidays Club - FREE

Our exciting *Kids Summer Holiday Club* back with exciting activities from games, visits, sports, dance, cooking classes, etc

For children aged 4–14 yrs, Eligible for free school meals.

 **Mon-Fri from 27th July - 28th August, 2026**

 **10AM – 3PM**

Booking: Via Eequ: <https://eequ.org/book/cornerstone-healthy-holidays-club-with-langworthy-cornerstone-26411>

Jigsaw Cafe activities: Pop in and say hello!

Join us at Jigsaw Café for a full week of community activities, great conversations, and cosy café vibes

-  **50p Breakfast Offer:** Toast or crumpets or warm Porridge + hot drink for seniors (55+).
- **Daily : Quiz Mondays** (£3 incl. pie, peas, gravy & a drink) | **Pebble Painting**
Creative Tuesdays (FREE) | **Wednesdays** Chatty Café Coffee Morning (FREE) | **Thursdays** Board Games Club (FREE) | **Bingo Fridays** (£2 incl. brew & cake)
- Help shape the Future of our cafe, share your feedback here:

Cornerstone Voices

A relaxed space to share ideas and shape activities together. special community consultation to discuss and shape the future of the Jigsaw cafe

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

 **12–1pm: special segment on Jigsaw cafe community consultation**

Monthly Book Club:

Every 3rd Tuesday of each month. 11-12pm

Newly relaunched book club for all book lovers. Next meeting date: **21st July**



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
	QUIZ MONDAYS	2:30pm – 3:30pm	£3 (pie, peas, gravy and a drink included)
	BUDGET BITES: 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)
STOP SMOKING SUPPORT		9am – 11am **	Free
LANGWORTHY FOODCLUB		10am- 2pm	£3.50
WALK, TALK, REPEAT		10am -12pm	Free
PEBBLE PAINTING		12 – 1.30pm	Free
BOOK CLUB		Every 3 rd Tuesday of the month, 11am -12pm	Free
PILATES WITH SUNNY		12.30pm – 1.30pm	£3
MEN'S GAMES GROUP		1.30pm – 3.30pm	Free
PILATES WITH TRANSCEND		6pm – 7pm	£3
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)
	KNIT & CROCHET	10am-12noon	Free
	JOB CLUB	10am-12noon	Free
	MEDITATION WITH MARTINA	11am – 12pm	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
	BOARD GAMES CLUB	10.00am-11.30am	Free
	CHAIR-BASED EXERCISES	11.00 am –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

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)

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, Free

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

Weigh Ahead, Mondays 1.30pm- 2.30pm, 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.

Quiz Mondays

Mondays 2:30-3:30pm. Cost: £3 per person, includes pie, peas, and gravy.

Fun, social quiz and games activity for all abilities. Can attend alone or as a group. Teams of 2-4 people. There will be a prize for the winning team.

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)

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. 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 the cost of living crisis, get a generous bag full of variety of fresh food items and available toiletries.

Walk, Talk, Repeat! : Tuesdays, 10am-12pm, Free

Join us for a relaxed friendly group walk to boost your wellbeing. We go walking for 1 hour and meet back for a social hour at the cafe.

Monthly Book Club: Every 3rd Tuesday of each month. 11-12pm, Free

Dearest Gentle Readers! Join our newly relaunched book club for all book lovers. Open to all.

Pebble Painting: Tuesdays 12pm-1.30pm , Free

Free and open to everyone, offering a relaxing, therapeutic sessions to decorate pebbles that will later be placed in our local school/community garden

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

Join Sunny in sessions of Mat/ Floor Pilates, suitable for beginners. *Any new comers over 50yrs, who attends the Pilates class 4 consecutive times will receive Sunny's holistic massage treatment without queuing.*

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

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

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.

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

Social group held in the LCA Centre at no charge

Chatty Cafe-Coffee mornings: Wednesdays, 10am-11.30pm. Free
Come in for a brew and chat, open to all.

Meditation with Martina: Wednesdays, 11am-12pm - 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.

Board Games Club Thursdays: 11am-12.30pm
Board games, Card games, and a great chance to meet new people.

Chair Based Exercises: Thursdays 11am-12pm, 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 and 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 & 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