

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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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'

SEPTEMBER 2026 Events

Healthy Heart Days:

Two Healthy heart cooking sessions in partnership with Food Club and Can-survive UK to promote cardiovascular health. Both sessions include opportunities to learn about heart health and have blood pressure readings.

Upcoming sessions: **7th Sept (10am-12pm) | 9th Sep (11am-1pm)**

SALFORD CENTENARY HERITAGE WALKS

Celebrate 100 years of Salford becoming a city by joining one of our popular Salford Centenary Heritage Walks. Explore local history, uncover fascinating stories, and discover the people and places that have shaped our community

2nd September | 16th September | 30th September

FREE MONEY MANAGEMENT SESSIONS

In partnership with YBS, we are offering practical monthly money management sessions. Monthly on Thursdays.

 Next session: 10.30am - 12pm , Thursday 24th September, **until 17th Dec.**

ANSWER CANCER SESSIONS (TUESDAYS):

Creative workshops over 8 weeks to explore experiences and messages around cancer, experiment with creative techniques and create artworks that tell stories and raise awareness. | 22nd Sept. – 10th Nov.

- **Woodwork Sessions (11am-12pm) | Art Sessions(1pm-2pm)**

LIVE WELL, AGE WELL COURSE:

5 weeks workshops in partnership with Age Friendly Salford.

Wednesdays, 1:00 – 3:00 PM | sessions: **9 Sept | 23 Sept | 30 Sept. | 6 Oct. | 13 Oct.**

SALFORD THEN & NOW ART WORKSHOPS Six creative arts workshops to create work reflecting Langworthy today. Wednesdays 11am-2pm | Starting 23rd September - 28 October 2026

CORNERSTONE VOICES: 2ND FRIDAY OF EACH MONTH. | 12PM-1PM

Discuss, contribute, feedback openly about how we serve the community. Next date: **Friday, 11th Sept**

MONTHLY BOOK CLUB:

Every **3rd Tuesday of each month. | 11AM-12PM**

Book club for our dearest gentle readers! Next date: **15th Sept**

FREE Blood Pressure Checks until Dec. 2026. ask at Reception



scan for more activities

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.

Salford Centenary Heritage Walks, Wednesday Biweekly, Free

Explore local history, uncover fascinating stories, and discover the people and places that have shaped our community

5th August | 19th August | 2nd September | 16th September | 30th September

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

Relax with Martina in a reiki meditation and relaxation group.

5 Ways to Wellbeing Picnics, Wednesdays, 12-1pm- Free. Ends on 26th August

Join us for relaxed outdoor picnic sessions inspired by the Five Ways to Wellbeing.

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

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

Monthly Money Management Sessions, Thursday, 10:30am - 12pm- Free

In partnership with YBS, we are offering practical monthly money management sessions. Monthly on Thursdays.

 **First session: Thursday 24th Sept, until 17th Dec.**

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)

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. **new spaces available**

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

Adult Social care services: Drop in , Every Friday , 9am -1pm

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

website: 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 - 2PM



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

