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

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'

NOVEMBER 2026 Events

Langworthy Cornerstone

LANGWORTHY CORNERSTONE'S 25TH ANNIVERSARY!
Wednesday 11th November | 12pm–3pm
FREE Registration link: https://www.eventbrite.co.uk/e/2001232499277
Join us to celebrate our 25 Years in the heart of the community.

LIVE WELL CAFE
Mondays | 12pm–1pm | £2
Enjoy a freshly prepared three-course meal, connect with others and take time for your wellbeing. Monthly Thrive wellbeing sessions will also take place on the first Monday of each month.

LIVE WELL, AGE WELL COURSE:
5 weeks workshops in partnership with Age Friendly Salford.
Wednesdays, 1:00 – 3:00 PM

MONEY MANAGEMENT SESSIONS: THURSDAYS MONTHLY | 10.30AM - 12PM
In partnership with YBS, we are offering practical monthly money management sessions. Monthly on Thursdays.
📅 **Next session: 26th November | Final session: 17th December**

LANGWORTHY MAPS:
Monday, 11am-12pm on 2 November
Join us to create maps for local area, mapping different aspects of the community. All the information from the sessions will be transformed by an artist into beautiful new maps! Open to all

FREE ART CLASSES
Tuesdays, 17 November–22 December | 2pm–4pm
Explore your creative side, learn new techniques and enjoy making something alongside others. No experience needed!

ACTING & VOICE-OVER TASTERS
Acting: 26 November | Voice-over: 3 December | FREE
Curious about acting or voice-over? Try a free taster session, have fun and discover our upcoming four-to-five-week workshops.

SEATED ACUPRESSURE MASSAGE:
Fridays | slots from 10am–12.45pm | £10 per 25-minute session
Enjoy a relaxing seated acupressure session with a qualified professional. Advance booking is required. 📞 Call reception on 0161 213 1920.

scan for more activities

MONDAYS

Sewing Class: 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)

Langworthy Maps: 11am-12pm, Cost: Free, Dates: 5 October | 19 October | 2 November
Three fun upcoming sessions to design maps for local area, mapping different aspects of the community, a chance to contribute local knowledge for art maps of Langworthy!

Zumba Gold: 12.00pm-12:45pm Cost- £3.20
Modified Zumba, recreated original moves at lower intensity

Talk About It Mate (via Referrals only): 1pm - 3pm, Cost: Free
A safe space for men to connect and talk. For referral, please contact Mike: **07592612944** | Talkaboutitmate@gmail.com

Weigh Ahead, 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, 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: 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: 5.30pm-6.15pm COST- £3.20
Adult dance-based fitness - a fusion of Latin and International rhythms with easy-to-follow moves.

Yoga: 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.

TUESDAYS

Stop Smoking Support: 9am - 11am. Free
1-1 Support with professional assistance towards smoking, contact:
Health.Improvement@salford.gov.uk or 08009521000 (option 2)

Langworthy Food Club: 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.

Answer Cancer Creative workshops: 8 weeks from 22nd Sept. – 10th Nov.
Art Sessions(11am-12pm) | Woodwork Sessions (1pm-2pm)
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. Open to all.

Pebble Painting: 12pm-1.30pm, Cost: 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: 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.

Free Art Class: 2pm- 4pm, Cost: Free
Enjoy a relaxing creative session with Faith. Explore new ways to boost your creative mind. Open to all. Beginner friendly

Men's Games Group: 1.30pm-3.30pm , Free
Men's social group with darts, games, quizzes etc. Ages 50+

Food Cycle: 6.30pm Start, Cost: Free
Join us for a free community meal using surplus food that would otherwise be wasted.

Pilates with Transcend: 6pm-7pm COST- £3
Join Transcend tribe for Pilates sessions to improve muscle tone, balance and general fitness.

WEDNESDAYS

Knitting & Crochet: 10am-12 noon, Free
Social group held in the LCA Centre at no charge

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

Salford Then and Now Art workshops: 11am–12pm, Cost: Free | 23rd Sept - 28 Oct.
Join us for a creative six-week journey exploring Salford past and present, with different themes and creative activities including collage, drawing, painting and photography.

Meditation with Martina: 11am-12pm - Free
Relax with Martina in a reiki meditation and relaxation group.

Kurling: 2pm-4pm, Cost- £3
New Age indoor Kurling, suitable for all abilities.

THURSDAYS

Talk English: 9.30am-10.30am - Free
Practice your English language skills in a relaxed, informal environment.

Monthly Money Management Sessions, 10:30am - 12pm- Free
In partnership with YBS, we are offering practical monthly money management sessions.
Monthly sessions:
Dates: 26 November | Final session: 17 December

Chat the Past (Fortnightly): 10.45am-11.45am - Free, 8th October
Social group for those who love to reminisce on history and past experiences.

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

Chair Based Exercises: 11am-12pm, Free
Chair-based exercise class for healthy Hips & Hearts. Contact:
Health.Improvement@salford.gov.uk or 08009521000 (option 2)

FRIDAYS

Ancestry: 10am-12 noon, Cost- £3 (book in advance at reception)
1-1 hourly ancestry sessions to trace family history and genealogy.

Salsa: 10am-12 noon, Cost - £8
Exhilarating and entertaining Latin Dance class, improvers and beginners (£6 cost) are welcome.

Sporting Memories: 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. Discuss, contribute, feedback openly about how we serve the community.

Tai Chi, Tao Yoga & Rapid Breathing: 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

FREE Blood Pressure Checks until Dec. 2026.
Speak to our reception team: 0161 213 1920

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, 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.



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

Wellbeing Matters

Family Hub

Salford CVS
Making a difference in Salford

LIVING WELL Salford
Your Journey, Your Plan

FareShare
fighting hunger, tackling food waste

CanSurviveUK
Supporting people living with or affected by cancer

citizens advice Salford

Salford City Council

Greater Manchester Integrated Care Partnership

Salford Disability Forum

FOODCYCLE
NOURISHING COMMUNITIES