

Graham Ringwood Treasurer of our Kurling club and martial arts enthusiast shares his story.



Graham is a Salford lad who is now retired from a career in electrical wholesale. Unfortunately, Graham was hospitalized in January 2011 for six weeks and when discharged found he had been made redundant. He felt he really needed something to occupy himself now he was no longer working and by chance was handed a leaflet in Eccles in 2012 from the Health Improvement Team. The leaflet had advertised our Kurling classes so Graham decided to pop in to see us and sign up. Whilst here he noticed a Basic Cookery course being advertised and so put his name down for that too. To his surprise a cancellation meant he could start this the following Monday. He has attended our Basic Cookery course and currently attends our Kurling class (where he is now the Treasurer) and Tai Chi classes.

Graham now leads a very active life taking part in classes here at the Cornerstone and elsewhere.

Graham attended our recent World Cup Cornerstone Day and won a prize in our raffle. Kind hearted Graham has donated his prize – a sweetie tree – to the children’s ward at Salford Royal Hospital. Graham enjoyed the day and felt it was well organised, very lively and with plenty going on

Graham feels that by attending activities at the Cornerstone he has made new friends, is able to exercise and keep fit and have a laugh.

Graham always knew the Cornerstone existed, but before he joined us “didn’t know we did so many activities”.

He feels that the Cornerstone is a “real good centre for the area”.