

CONNECT GROUPS



Walking Group:

Join our Holdsworth walking group on Mondays from 10am–12pm. Whether you're an experienced walker or just starting out, everyone is welcome to join.

Why join us?

- **Fitness & Fun:** Walking is a great way to stay active and healthy.
- **Community connection:** Meet local individuals and build friendships as we explore our community.
- **Nature & Fresh Air:** Connect with nature and our surroundings.
- **Supportive Environment:** Our groups offer encouragement and support every step of the way.
- **Variety of Walks:** From two groups to choose from, we offer walks for your pace and preference.



Tai Chi

Join Holdsworth and Rejuvenate Your Mind, Body, and Spirit with Tai Chi. We believe in the transformative power of this ancient Chinese martial art. Tailored for individuals of all ages and fitness levels, Holdsworth provides a supportive space to cultivate balance, flexibility, and serenity.

Here's what you can expect:

Gentle Movements, Profound Results: Experience the graceful flow of Tai Chi forms designed to promote relaxation, improve posture, and enhance overall health.

Mindful Practice: Embrace mindfulness as you synchronize movement with breath, fostering mental clarity, and reducing stress.

Strength in Community: Forge meaningful connections with fellow practitioners as you share in the journey of self-discovery and personal growth.

Expert Guidance: Learn from experienced volunteer dedicated to nurturing your Tai Chi practice with patience, encouragement, and expertise.



Craft Group

Join our craft group to encourage creativity and community. At Holdsworth, we welcome individuals of all skill levels, from beginners to seasoned artists. Whether you're passionate about knitting, painting, drawing, or any other craft, there's a place for you here.

Why join us?

- **Engaging Workshops:** Enjoy a variety of workshops led by our experienced volunteers who will guide you through exciting projects and techniques.
- **Social Connection:** Nurture friendships and meaningful connections with fellow craft enthusiasts who share your interests and passions.
- **Creative Inspiration:** Stimulate your imagination and ignite your creativity in an encouraging and supportive setting.
- **Fun and Relaxation:** Take a break from your everyday life and immerse yourself in a relaxing and enjoyable pastime.

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IT Support

Empower Your Digital Journey with Our Holdsworth Community IT Support Group.

Join our IT support group tailored to empower individuals of all levels with the knowledge and tools needed to navigate the world of technology with confidence.

Why join us?

- **Guidance:** Gain access to seasoned IT volunteers who provide practical solutions to your IT challenges.
- **Interactive Workshops:** Participate in engaging workshops and hands-on tutorials covering a wide range of topics, from how to operate your phone, multitasking when on our phone or sending a photo.
- **Stay Updated:** up to date with trends and developments in the tech industry, ensuring you're equipped to adapt to technological advancements with ease.



Memoir Writing

**currently accepting expression of interests*

Let us help tell your story with our Memoir Writing Group.

At Holdsworth, we believe that everyone has a unique story to tell. Whether you're a seasoned writer or just starting your literary journey, our warm and inclusive community provides the perfect environment to explore your memories, emotions, and aspirations through the art of memoir writing.

Why join us?

- **Supportive Environment:** Engage in a nurturing and non-judgmental space where you can freely express yourself.
- **Personal Growth:** Explore your past, celebrate your achievements, and navigate your challenges as you embark on a writing journey of self-reflection.