



Havering Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262

MAY 2021

Every vaccination gives us hope.

I know that the success of the vaccine roll-out and the subsequent fall in hospital admissions and deaths could lead to some people thinking that we have beaten COVID-19. The reality with the appearance of variants of the virus is that we must continue to follow all the guidelines for tackling COVID-19.

Vaccines are only part of the answer to keeping infection rates low. We must continue to follow the "hands, face, space and fresh air" rules, and we should take advantage of free, rapid COVID-19 testing that is now available in fifty places across Havering.

	STARTING MONDAY 17th MAY		
MONDAY	Drop in Session 10.00 - 12.00 Yoga Class 10.00 -11.30		Drop in Session 10.00 - 5.00 Sunshine Children Yoga beginners 4.00 - 5.00 Sunshine Children Yoga Advance 5.00 - 6.00 The South Elm Women’s Club 7.30 - 10.00
TUESDAY	Drop in Session 10.00 - 12.00 HASWA Bollywood Active 10.30 - 11.30		Drop in Session 12.00 - 5.00 Zumba 7.15 - 8.15
WEDNESDAY	Drop in Session 10.00 - 12.00 Yoga Class 10.00 - 11.30		Drop in Session 12.00 - 5.00 HASWA Lunch Club 12.00 - 2.00 Yoga/Pilates Class 6.30 - 7.45
THURSDAY	Drop in Session 10.00 - 12.00 Yoga all level & abilities 10.00 -11.30 Fitness Fusion 12.30 - 1.30		Drop in Session 12.00 - 5.00 Bounce Class 7.45 - 8.45
FRIDAY	Drop in Session 10.00 - 12.00 Mindfulness Meditation With Pranayam 10.30 - 12.00		Drop in Session 12.00 - 5.00
SATURDAY	Bounce Fit 9.00 - 10.00		Hall available for Hire
SUNDAY	Victory of faith Christian 10.30 - 1.30		Hall available for Hire

This is your community centre, the success and future of it depends on the community’s participation and physical contribution. We are here to cater for your needs. Join us/renew your membership and become members of the

HAVERING ASIAN SOCIAL and WELFARE ASSOCIATION (HASWA)

Greenfields, Kilmartin Way, Elm Park Essex RM12 5NB

Tel: 01708 522789 Email: office@haswa.org.uk

Website: www.haswa.org.uk

Cost: £10.00 for one year £100.00 for Life Membership





HASWA



Sunshine Children's YOGA



Every Monday
Beginners class 4—5pm
Advance class 5—6pm
Block booking 6 weeks £20

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Essex RM12 5NB
Telephone: 01708 522789 Email: office@haswa.org.uk
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HASWA



Bollywood Active

Tuesday 10:30 - 11:30am



£4

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HASWA

Fitness Fusion



Every Thursday
12:30 - 1:30



Fun & varied exercise class for
Toning, Flexibility, Inch Loss,
Core Strength & Cardiovascular health

£4

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Mindfulness, Meditation, Pranam with light Yoga

Every Friday starting from 4th June 2021
10:30—12:00

Mindfulness is a simple, practical tool for a quieter mind, improved sleep, increased focus, more energy, greater health, increased happiness and a more balanced life.

Pranam are simple breathing exercises that both energises and relaxes the body.

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HASWA lunch club

EAT, RELAX & ENJOY
Come socialise with us & enjoy a variety of activities!



Every Weds 12 - 2pm
£3.50

Vegetarian Food, Tea & Coffee

PLEASE PHONE or EMAIL TO BOOK in ADVANCE!!

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Having your second Covid-19 vaccination

In Barking and Dagenham, Havering, and Redbridge

For maximum, long-lasting protection, you need to have both doses of a Covid-19 vaccine. It is important that the same vaccine is used for both doses, preferably at the same place.

How did you book or where did you get your first dose?	How you will be contacted to book your second dose	What action can you take if you are not contacted?
Booked online or through 119 at one of the large scale centres – haswam at ECL, London, Westfield Shopping Centre at Stratford or Changfold Leisure Centre, or a pharmacy	When you booked your first dose you will have booked your second dose at the same time and got an email or text message confirming the date	If you walked in to one of the sites, or you need a reminder of your appointment or want to change the date you can do so on the national booking service at https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination-book-coronavirus-vaccination/ or by calling 119
Vaccinated at a hospital	Before the 77th day after your first dose (11 weeks), you will be phoned or texted using the contact details you provided when you had your first dose	If it has been more than 77 days since your first dose, email the hospital you attended with your name, date of birth, date of your first dose and preferably your NHS number: • Queen's or King George Hospital: hrout.dh.covidvaccine@nhs.net • Barley Court, Goodmayes: barleycourtvaccinationreferrals@nhs.uk
Responded to a text or booked at a primary care site* or booked a pop up or outreach clinic (for instance a church or a mosque)	Before the 77th day after your first dose (11 weeks), you will be phoned or texted using the contact details you provided when you had your first dose	If it has been more than 77 days since your first dose, email or phone with your name, date of birth, preferably your NHS number, and the date and site you attended depending on where you live: • Barking and Dagenham Broadway Theatre or Barking Hospital: barkingdagcovid19together@nhs.net Parsons Avenue: email.barkingdagcovid19together@nhs.net or tel 020 8594 0212 • Havering Hornchurch Library: c19vaccinationouthp@nhs.net Raphael House: Email.Raphael.seconddovaccine@nhs.net • Redbridge Town Hall or Oakley Hall: Email.info@healthbridgedirect.co.uk or tel 020 4536 8833 Fullwell Cross: Email.covid198610@nhs.uk or tel 020 8500 0240 Please do NOT contact your GP