



Havering Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262

JULY 2021

Every Vaccination give us hope

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. We should take advantage of free, rapid COVID-19 testing that is now available across Havering.

HASWA AGM MEETING ON WEDNESDAY 4th August 2021 @ 2:00pm

	WEEKLY ACTIVITIES		
MONDAY	Drop in Session Yoga Class	10.00 - 12.00 10.00 -11.30	Drop in Session Sunshine Children Yoga beginners Sunshine Children Yoga Advance Aquarius
			10.00 - 5.00 4.00 - 5.00 5.00 - 6.00 7.30 - 10.30
TUESDAY	Drop in Session HASWA Bollywood Active	10.00 - 12.00 10.30 - 11.30	Drop in Session Sahara Group (Carers' Social Group) HASWA ICT Club Zumba
			12.00 - 5.00 2.00 - 3.00 1.00 - 4.00 7.15 - 8.15
WEDNESDAY	Drop in Session Yoga Class	10.00 - 12.00 10.00 - 11.30	Drop in Session HASWA Lunch Club Yoga/Pilates Class
			12.00 - 5.00 12.00 - 2.00 6.30 - 7.30
THURSDAY	Drop in Session Yoga all level & abilities	10.00 - 12.00 10.00 -11.30	Drop in Session Fitness Fusion Bounce Fit
			12.00 - 5.00 12.00 - 1.00 7.45 - 8.45
FRIDAY	Drop in Session Mindfulness Meditation With Pranayam	10.00 - 12.00 10.30 - 12.00	Drop in Session The South Elm Women's Club Ashtanga Yoga
			12.00 - 5.00 1.30 - 4.00 6.30 - 7.30
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



Improve Your Health and Quality of Life!



Yoga

10:00 - 11:30am

Monday & Wednesday

£4

HASWA

Bollywood Active

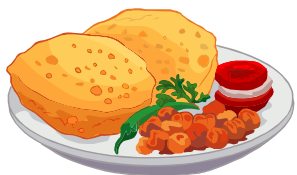
Tuesday 10:30 - 11:30am



£4

HASWA Lunch Club

Come socialise with us & enjoy a variety of activities!



Wednesday 12 - 2pm

£5

HASWA ICT Club



Every Tuesday

1 - 4pm

Fitness Fusion



Every Thursday

12:00 - 1:00

£4



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

Havering Council useful contact Numbers:

Main Switchboard: 01708 434343

Covid helpline: 0800 368 5201

covid19support@havering.gov.uk

Age UK support Service

(for older people & carers): 01865 411288

Adult Social Services: 01708 432000

Children Social Services: 0178 432000

Council Tax: 01708 433997

Council Tenants/Advice: 01708 434000

Citizen Advice Consumer Helpline:

0808223112

Environment/Street care: 01708 432563

Housing Benefit: 01708 433996

Housing Services (Rent/Repairs) 01708
434000

Housing solutions/Homelessness: 01708

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