

Hasving Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262

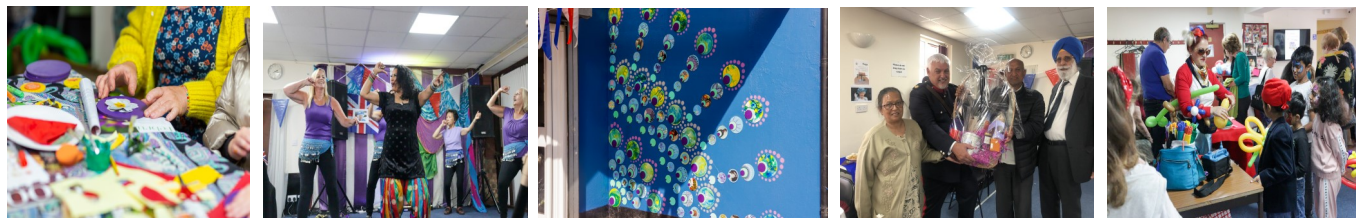


July 2022

Hasving Asian Social and Welfare Association (HASWA) is an Asian community-led charity which provides a wide range of activities to all, regardless of age, gender, religion or background. HASWA understands and acknowledges cultural diversity and now works to reduce social disadvantage, promote independence and encourage healthier lifestyles, provision of equal access to information, advice, guidance and services as well as support and representation to all. *Sansar Singh Narwal HASWA secretary*

HASWA celebrated the Queen's Platinum Jubilee on Wednesday 1st June 2022 from 12:00-4:00 pm.

200 people from the local community enjoyed the activities including food, live music, Bollywood dancing, Mendhi, face painting and the balloon modelling. Bluerskies Mindful Creatives worked with both adults and children to make a Mandala which has taken pride at the HASWA entrance.



HASWA

**PICNIC AT
HORNCHURCH COUNTRY PARK
WEDNESDAY 13th July 2022**

Large country park that has a good mix of heritage and ecology.



Squadrons Approach, Hornchurch, RM12 6TS
12:00—2:30pm

HASWA

**HASWA
Teeyan Festival**




**Thursday 21 July 2022
12:30 - 4:30pm
£7**

HASWA

Bollywood Active
Tuesday 10:30 - 11:30am

£4




**HASWA celebrated VAISAKHI on 23rd April 2022
(The harvest festival of Punjab)**



HASWA LUNCH CLUB - enjoy an Indian vegetarian meal, play antakshari, and socialise with other like-minded people.
Wednesday 12 - 2pm £5



HASWA ICT CLUB
Tuesday 1-3pm



| DAY | AM | PM |
|------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MONDAY | Drop in Session 10.00 - 12.00 Yoga Class 10.00 - 11.30 | Drop in Session 12.00 - 4.00 Goldies sing & smile(2nd Monday of each month) 1:00 –2:00 Aquarius 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 - 4.00 ICT club 1.00 - 3.00 Sahara Group (Carers' Social Group) 2.00 - 3.00 Afternoon Tea(1st Tuesday of each month) 2:30 –4.00 Zumba 7.15 –8:15 |
| WEDNESDAY | Drop in Session 10.00 - 12.00 Yoga Class 10.00 - 11.30 | Drop in Session 2.00 - 4.00 HASWA Lunch Club 12.00 - 2.00 Bollywood Goldies Sing & Smile Session 2.00 - 3.00 Yoga/Pilates Class 6.15-7.15 |
| THURSDAY | Drop in Session 10.00 - 12.00 Yoga all levels & abilities 9.45 - 11.15 Fitness Fusion 12.00 - 1.00 | Drop in Session 12.00 - 4.00 50+ Keep Fit class 1:30 - 2.45 Punjabi Class (term time) 6.00 - 7.30 |
| FRIDAY | Drop in Session 10.00 -12.00 Hall available to Hire | Drop in Session 12.00 - 4.00 South Elm Women's Club 1.00 - 4.00 |
| SATURDAY | Hall available to Hire | Hall available for Hire |
| SUNDAY | Victory of Faith 10:30—1:30 | Hall available for Hire |

'Sing & Smile' at HASWA 

Bollywood Sing & Smile session every Wednesday 2-3pm with Paramjit Ghuman.
Goldies Sing & Smile on the Second Monday of each month, 1-2pm with Col Mark Bryant DL

Yoga - All Levels
 Every Monday and Wednesday
 10 – 11:30am
£4

Fitness Fusion
 Every Thursday
 12:00 - 1:00
£4
 Fun & varied exercise class for
 Toning, Flexibility, Inch Loss,
 Core Strength & Cardiovascular health

HASWA Annual Seaside Trip HASTINGS

ON SATURDAY 6th August 2022
 Leaving HASWA - 9:00am
 Leaving HASTINGS - 5:00pm
£16.00 Per Seat (first come first served)

HASWA Afternoon Tea
 Every 1st Tuesday of each month
 2:30– 4:00 pm


Other facilities/activities:

Reading - Asian newspapers, magazines and literature

Laptops & Computers - come and browse the internet, look for jobs, CV writing, etc.

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

