

# Havering Asian Social and Welfare Association

Registered Charity Number: 1104919

Company Limited by Guarantee:  
4394262



# HASWA

## Newsletter

### September 2022

#### Her Majesty Queen Elizabeth II - 21st April 1926 - 8th September 2022

HASWA is deeply saddened by the death of Her Majesty The Queen. We offer our sympathy, thoughts and best wishes to members of Royal Family.

Havering 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*

#### HASTING SEASIDE TRIP—6th August 2022



### HAPPY Diwali



#### HASWA Diwali Celebrations

Saturday 5 November  
6:30—10pm

#### Mindfulness & Meditation

Every Friday  
10:00—11:15

A floor/chair based class exploring mindfulness and meditation .  
Open for all ages, abilities and levels of experience!

£4



#### Christmas Lunch

Wednesday

14 December 2021

12 —3.30pm


#### HASWA TEEYAN CELEBRATIONS - 21st July 2022



DAY	AM	PM
<b>MONDAY</b>	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
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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 6.30-7.30
<b>THURSDAY</b>	Drop in Session 10.00 - 12.00 Yoga all levels & abilities 9.30 - 11.15 Fitness Fusion 11.30-12.30	Drop in Session 12.00 - 4.00 50+ Keep Fit class 1:30 - 2.45 Punjabi Class (term time) 6.00 - 7.30
<b>FRIDAY</b>	Mindfulness & Meditation 10.00 – 11.15 Hall available to Hire	Drop in Session 12.00 - 4.00 South Elm Women's Club 1.00 - 4.00
<b>SATURDAY</b>	Hall available to Hire	Hall available for Hire
<b>SUNDAY</b>	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  
 11:30—12:30  
**£4**

**HASWA LUNCH CLUB** - enjoy an Indian vegetarian meal, play antakshari, and socialise with us . **Wednesday 12 - 2pm**  
**£5** 

**HASWA Afternoon Tea on the First Tuesday of each Month, 2:30-4:00 pm** 

**HASWA ICT CLUB**  
 Tuesday 1-3pm **£4** 

**HASWA Bollywood Activity**  
**Tuesday 10:30 - 11:30am**  
**£4** 

**Other facilities/activities:**

**Reading** - 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)**

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