

HaVering Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262

HASWA Newsletter

January 2023

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. HASWA wishes everyone a Happy, healthy & prosperous New Year.

Sansar Singh Narwal HASWA secretary

Lohri is known as a famous Punjabi festival. It is a welcoming event for the starting of spring and farewell time for winter. First Lohri is very important for the newly wed and the new born babies as it marks fertility. Traditional Punjabi songs were sung and everyone joined in the dancing. *Makki-ki-roti* and *Sarson-ki-saag* and *kheer* (pudding) was enjoyed by everyone.

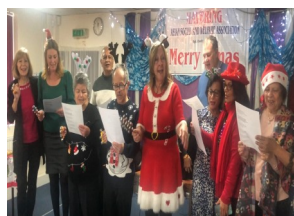


HASWA Membership Renewal

Please renew your membership by the end of January. HASWA appreciates your contribution, loyalty to continue to help HASWA deliver its services and activities. Life membership is £100 and yearly membership £10.

Thank you for your support.

Christmas was celebrated at the HASWA centre on the 14th December. The celebrations started at 11:30 with everybody enjoying a few snacks and samosas before moving into the main hall. Everybody joined in singing the Christmas carols, Bollywood songs and dancing before tucking into a traditional Christmas lunch. Mr. Sansar Singh Narwal wished everyone a Merry Christmas and Happy New Year and asked everyone to respect and enjoy each others faiths and cultures.



HASWA
Bollywood Active
Tuesday 10:30 - 11:30am



£4



HASWA ICT CLUB
Tuesday 1-3pm

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



DAY	AM	PM
MONDAY	Drop in Session 10.00 - 12.00 HASWA Yoga Class 10.00 - 11.30	Drop in Session 12.00 - 4.00 Sunshine Childrens Yoga 4.00 - 5.00 Aquarius Women's Club 7.30 - 10.00
TUESDAY	Drop in Session 10.00 - 12.00 HASWA Bollywood Active 10.30 - 11.30 Mindfulness and Meditation 12:00 - 1:15	Drop in Session 12.00 - 4.00 Sahara Group (Carers' Social Group) 1.00 - 2.30 HASWA IT club 1.00 - 3:00
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 HASWA Fitness Fusion 12.00 - 1.00	Drop in Session 12.00 - 4.00 50+ Keep Fit class 1:30 - 2.45 HASWA Punjabi Class (term time) 6.00 - 7.30
FRIDAY	Drop in Session 10.00 - 12.00	Drop in Session 12.00 - 4.00 South Elm Women's Club 1.00 - 4.00 Yoga/Pilates Class 6.15-7.15
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.
Sing & Smile on the Second Monday of each month 13 February, 13 March, 10 April,
8 May, 12 June, 10 July 1-2pm with Col Mark Bryant DL

Yoga - All Levels

Monday and Wednesday



10 — 11:30am

£4

HASWA Afternoon Tea



Every first Tuesday of each month

7 February, 7 March, 4 April

2:30 - 4pm

Fitness Fusion



Every Thursday

12:00 - 1:00

£4



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

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

