

Having Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262



January 2025

Having 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. **I wish you all a Happy, Healthy & Prosperous New Year.**

Sansar Singh Narwal HASWA secretary

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.



HASWA celebrated Lohri on January 15. Lohri is a festival celebrated by lighting bon-fires, eating festive food, dancing, and giving gifts. It is a time to celebrate those who have recently gotten married or had a baby.

Introduction to Dru Yoga



Sitting cross legged NOT required!

Wednesdays 10.00 to 11.30am

Ideal for all ages and abilities including complete beginners and people with joint or back issues – no need to be “flexible” or “bendy”

Only £6 drop in (£5 members)

No need to book or pay for a course

This class is fun, free flowing and easy to do. You will be encouraged to “listen to your own body” and do what feels right for you. Through simple breathing techniques, gentle movement and manageable stretches you will leave feeling refreshed, revitalised and energised.

WE'VE LAUNCHED OUR LOTTERY

- Tickets cost just £1 a week
- Help give our fundraising a boost
- Win up to £25,000

Supporting **HASWA**

PLAY NOW:
SCAN THE QR CODE OR GO TO
www.havinglocalottery.co.uk
AND SEARCH FOR HASWA

GambleAware 18

HASWA members young & old enjoyed Cinderella pantomime, thank you to the Queens Theatre. The theatre put on lovely shows and worth a visit. <https://queens-theatre.co.uk> › *whats-on*

DAY	AM	PM
MONDAY	Drop in Session 10.00 - 12.00 Yoga Class 10.00 -11.30 Chair Yoga 11.45 – 12.45	Drop in Session 12.00 - 4.00 Aquarius Women’s Club 7.30 -10.30 Goldies sing & smile (2 nd Monday of each month) 1.00 - 2.00
TUESDAY	Drop in Session 10.00 - 12.00 HASWA Bollywood Active 10.30 - 11.30	Digital Skills Club 1.30 - 3.30 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 12.00 - 4.00 HASWA Lunch Club 12.00 - 2.00 Bollywood Goldies singing group 2.00 – 3.00
THURSDAY	Drop in Session 10.00 - 12.00 Fitness Fusion 10.00- 11.00	Drop in Session 12.00 - 4.00 Exercise Class 1.30 - 2.45 Punjabi Class (Term time) 6.00 - 7.30
FRIDAY	Drop in Session 10.00 -12.00 Chit Chat 10.30- 12.00 Chair Yoga 12.00 – 1.00	Drop in Session 12.00 – 4.00 South Elm Women’s Club 1.00 – 4.00
SATURDAY	Hall available for Hire	Hall available for Hire
SUNDAY	Hall available for Hire	Hall available for Hire

HASWA DIGITAL CLUB
 Tuesday 1:30-3:30pm £5



'Sing & Smile' at HASWA
 Bollywood Sing & Smile session every Wednesday with Paramjit 2-3pm
 Sing & Smile on the Second Monday of each month


HASWA will be celebrating
 International women’s day on
 Wednesday 12/03/2025



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



HASWA Afternoon Tea
 4 February, 4 March, 1 April
 2:30 - 4pm



HASWA Christmas 2024
 Heartfelt thanks to Father Tom & Vicar Amanda for making Christmas lunch more special



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



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