

# Hasvering Asian Social and Welfare Association

Registered Charity Number: 1104919  
Company Limited by Guarantee: 4394262



**January 2026**

Hasvering 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*

### 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.



HASWA celebrated Lohri on 14 January. Lohri is a special day to celebrate the union of newlyweds or the birth of a baby. The festival becomes a joyous, expression of gratitude and joyous celebration.

**4<sup>TH</sup> MARCH 12-3PM**  
**INTERNATIONAL WOMEN'S DAY**

Doctor led wellness event with health checks, well-being educational advice, refreshments, food and some entertainment.

**Guest Speakers**  
 Councillor Stephanie Nunn & Superintendent Sharon Brind

Free entry!  
 Come and join us.




**HASWA Afternoon Tea**  
Every first Tuesday of each month  
2:30 - 4pm  
3 February, 3 March, 7 April, 5 May,  
2 June & 7 July 2026

**Bollywood Sing & Smile session every Wednesday, 2-3pm with Paramjit.**  
**Sing & Smile on the Second Monday of each month**

1 *'Sing & Smile'* at **HASWA** 🎵

**HASWA**  
**Bollywood Active**



**Tuesday 10:30 - 11:30am**

DAY	AM	PM		
MONDAY	Drop in Session	10.00 - 12.00	Drop in Session	12.00 - 4.00
	Yoga Class	10.00 - 11.30	Aquarius Women's Club	7.30 - 10.30
	Chair Yoga	11.45 - 12.45	Goldies sing & smile (2 <sup>nd</sup> Monday of each month)	1.00 - 2.00
TUESDAY	Drop in Session	10.00 - 12.00	Digital Skills Club	1.30 - 3.30
	HASWA Bollywood Active	10.30 - 11.30	Sahara Group (Carers' Social Group)	1.00 - 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	Drop in Session	12.00 - 4.00
	Yoga Class	10.00 - 11.30	HASWA Lunch Club	12.00 - 2.00
			Bollywood Goldies singing group	2.00 - 3.00
		Children Bollywood dance class	5.00 - 6.30	
THURSDAY	Drop in Session	10.00 - 12.00	Drop in Session	12.00 - 4.00
	Fitness Fusion	10.00 - 11.00	Punjabi Class (Term time)	6.00 - 7.30
FRIDAY	Drop in Session	10.00 - 12.00	Drop in Session	12.00 - 4.00
	Chair Yoga	12.00 - 1.00	South Elm Women's Club	1.00 - 4.00
SATURDAY	Hall available for Hire		Hall available for Hire	
SUNDAY	Church Group	10.00 - 12.00	Hall available for Hire	
	Hall available to Hire			

### SUPPORTING YOUNG PEOPLE OF HAVERING THROUGH VOLUNTEERING

The Volunteer Service within London Borough of Havering's Early Help Service currently have a number of volunteering opportunities on offer that involve supporting young people in Havering. If you have a few hours spare each week or month, alongside a passion for improving the lives of children and young people please do get in touch.

Our volunteering opportunities include:

- Befriending young people in care and care leavers
  - Mentoring young people
- Supporting Children's Centre activities or youth groups
  - Attending youth justice panels

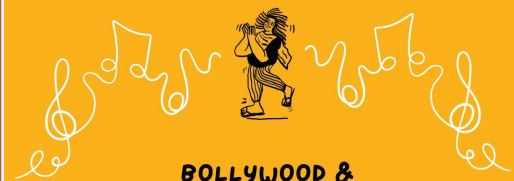
For information on these roles please visit our website here: [website](#)

Or contact us at: [Earlyhelpvolunteer@havering.gov.uk](mailto:Earlyhelpvolunteer@havering.gov.uk)

### Romford Diwali Exhibition

21st March 2026

Save the date



**BOLLYWOOD & BHANGRA CLASSES**

FOR AGES 5+  
EVERY WEDNESDAY  
STARTING 4 FEBRUARY  
5:00 PM - 6:30 PM @ HASWA

BOOK YOUR FREE PLACE  
BY PHONING OR EMAILING US!  
01708 522789 / OFFICE@HASWA.ORG.UK

HAVERING ASIAN SOCIAL WELFARE ASSOCIATION  
GREENFIELDS, KILMARTIN WAY, ELM PARK, RM12 5NB



### Live power cut information: London, East Anglia, South East England | UK Power Networks

The website offers live, up-to-date information - the same as our call advisors provide over the phone. For the quickest and easiest way to get help, updates, and information, we recommend checking online first.

Please call us on [0800 31 63 105](tel:08003163105) or [105](tel:105) if you're in danger, notice any damage to our equipment, or are unable to use our online services.

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



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