

Havering Asian Social and Welfare Association

Registered Charity Number: 1104919
Company Limited by Guarantee: 4394262

HASWA Newsletter

June 2026

Havering Asian Social and Welfare Association (HASWA) is an inclusive, community-led charity that supports people of all ages and backgrounds. By recognising and celebrating cultural diversity, HASWA works to reduce social isolation and disadvantage, promote independence and wellbeing, and encourage healthier lifestyles. The organisation is committed to providing equal access to information, advice, guidance, and services, while offering support and advocacy for the wider community.

- **Sansar Singh Narwal HASWA secretary**

We celebrated VAISAKHI (the harvest festival of Punjab)

HASWA Vaisakhi was celebrated on Saturday 25 April. Vaisakhi is traditionally celebrated annually on 13/14 April. It is seen as a spring harvest celebration primarily in Punjab and Northern India.



I would like to thank you for your support, participation and co-operation and would like to thank the Committee, staff and volunteers for all their hard work and help.

Sansar Singh Narwal, HASWA Honorary Secretary

Thank you to all our Members for renewing their membership, if you have not please renew it as soon as possible. Thank you for your support.

HASWA Southall trip Tuesday 16th June

Explore Southall Broadway: This main street is lined with shops selling everything from gold jewellery and Bollywood DVDs to colourful textiles and spices. It's a great place to browse for a new outfit, people-watch, or enjoy a plate of chaat from a street stall. Also Southall Market for unique items.

Visit the Sri Guru Singh Sabha: One of the largest Sikh temples outside of India, this architectural gem is a must-see for those interested in Sikh culture.

Cultural Experiences: Southall is known for its vibrant South Asian heritage, offering a unique experience within the capital. Visitors can enjoy Bollywood music, fresh jalebis, and traditional clothing in rich silks and embroideries.

Meet at Romford Station

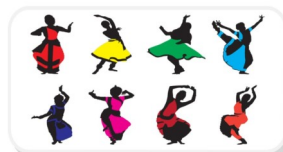
10:30am to Southall

Meet at Southall Station

4pm to Romford

HASWA Bollywood-Bhangra

Children Classes



Wednesday 16:30 - 17:30

£5.50

HASWA PICNIC AT HORNCHURCH COUNTRY PARK WEDNESDAY 17th June 2026

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



Squadrons Approach, Hornchurch, RM12 6TS

12:00—3pm


Including Lunch £8

To book a place contact HASWA

Greenfields, Kilmartin Way, Elm Park, RM12 5NB
Tel: 01708 522789
Email: office@haswa.org.uk

Charity No: 1104919
Company Ltd By Guarantee: 4394262

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 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 IT 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
THURSDAY	Fitness Fusion 10.00 - 11.00 Tai Chi 11:15—12:15	Drop in Session 12.00 - 4.00 Punjabi Class (term time) 6.00 - 7.30
FRIDAY	Chit Chat 10:00 -12:00 Chair Yoga 12:00 - 13:00	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	Ade Church Group 10:00—12:00	Hall available for Hire

HASWA LUNCH CLUB 

Wednesday 12 - 2pm £5


Enjoy an Indian vegetarian meal (HOT), play antakshari, and socialise with other like-minded people.

'Sing & Smile' at HASWA 

Bollywood Sing & Smile session every Wednesday 2-3pm with Paramjit Ghuman.

Sing & Smile on the Second Monday of each month 8 June, 13 July, 10 August , 1-2pm with Col Mark Bryant DL

Yoga - All Levels

 10 –11:30am

£5

HASWA Afternoon Tea

Every first Tuesday of each month
7th July, 4th August, 1st September

2:30 - 4pm

 **Fitness Fusion**

Every Thursday 10 - 11am

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

£5

Having Asian Social and Welfare Association (HASWA)
Greenfields, Kilmartin Way, Elm Park,
Essex RM12 5NB
Telephone: 01708 522789 Email: office@haswa.org.uk
Charity No: 1198859 Company (VAT) Registration #938202



Other facilities/activities:

Reading - newspapers, magazines and literature in Punjabi/English/ Hindi.

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

