

# Having Asian Social and Welfare Association

Registered Charity Number: 1104919  
Company Limited by Guarantee: 4394262



**September 2023**

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.

*Sansar Singh Narwal HASWA secretary*

## HASWA DIGITAL CLUB

Tuesday 1:30-3:30pm



## HASWA

## Bollywood Active

Tuesday 10:30 - 11:30am



£4 for members

£5 for non-members

**WE ARE  
MACMILLAN  
CANCER SUPPORT**



HASWA hosted coffee mornings to raise money for the Macmillan Cancer Support, from 21st-28th September. Overall, we raised £750 for Macmillan, thank you for all your contributions and support!

## CHRISTMAS LUNCH

Wednesday 13th December 2023

12 ~ 3.30pm

at

**HASWA**

with traditional Xmas meal and much more!!

Cost £15.00



HAVING ASIAN SOCIAL AND WELFARE ASSOCIATION (HASWA)  
Greenfields, Kilmartin Way, Elm Park Essex RM12 5NB  
Tel: 01708 522789 Email: office@haswa.org.uk www.haswa.org.uk  
Registered Charity Number: 1104919 Company Limited by Guarantee: 4394262



*HASWA*  

# Diwali

## CELEBRATIONS

Saturday 25th November 2023

Bollywood & Bhangra Music

Lots of Entertainment

Three course meal!!

**6:30 - 10:30pm**

Tickets - £17 Adults (On the door £20)  
£8 Children (5-12yrs)  
Under 5's FREE

Please contact HASWA for tickets

Having Asian Social and Welfare Association (HASWA)  
Greenfields, Kilmartin Way, Elm Park, RM12 5NB  
For more info call: 01708 522789 Email: office@haswa.org.uk  
Registered Charity: 1104919 Company Ltd by Guarantee: 4394262

**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
<b>MONDAY</b>	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 <sup>nd</sup> Monday of each month) 1.00 - 2.00
<b>TUESDAY</b>	Drop in Session 10.00 - 12.00 HASWA Bollywood Active 10.30 - 11.30	Digital Skills Club 1.00 - 3.00 Sahara Group (Carers’ Social Group) 2.00 - 3.00 Afternoon Tea (1st Tuesday of each month) 2.30 – 4pm Zumba 7.15 - 8.15
<b>WEDNESDAY</b>	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 Hall available for hire
<b>THURSDAY</b>	Drop in Session 10.00 - 12.00 Yoga all level & abilities 9.45 - 11.15 Fitness Fusion 12.00 - 1.00	Drop in Session 12.00 - 4.00 Exercise Class 1.30 - 2.45 Punjabi Class (Term time) 6.00 - 7.30
<b>FRIDAY</b>	Drop in Session 10.00 -12.00 Chair Yoga 12.00 – 1.00	Drop in Session 12.00 – 4.00 South Elm Women’s Club 1.00 – 4.00
<b>SATURDAY</b>	Hall available for Hire	Hall available for Hire
<b>SUNDAY</b>	Hall available for Hire	Hall available for Hire

### Teeyan 2023

HASWA celebrated Teeyan on the 17th August, this festival brings women together as the event is all about honouring females. All the ladies sing, share stories and dance altogether.



### Other facilities/activities:

## ‘Sing & Smile’ at HASWA

Bollywood Sing & Smile session every Wednesday with Paramjit.  
Sing & Smile on the Second Monday of each month  
1-2pm with Col Mark Bryant DL

**HASWA Afternoon Tea**  
Every first Tuesday of each month  
2:30 - 4pm

**Fitness Fusion**  
Every Thursday 11:30 - 12:30  
Fun & varied exercise class for Toning, Flexibility, Inch Loss, Core Strength & Cardiovascular health  
£4

Haverling Asian Social and Welfare Association (HASWA)  
Greenfields, Kilmartin Way, Elm Park, Essex RM12 5NB  
Telephone: 01708 522789 Email: office@haswa.org.uk  
Charity No: 1104919 Company Ltd by Guarantee: 4394262

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

### HAVING 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

