## FRIENDS OF RWANDAN RUGBY NEWSLETTER SPECIAL EDITION MAY 2023 – RUGBY FOUNDATIONS TOUR





17 volunteers flew from Heathrow to Kigali with RwandAir carrying 37 x23kg bags of donated kit. It was lovely to have some families on the trip. Emma and Deena, who founded the charity, joined us along with their children, Pippa and Daisy. Matt and Emma came with their children Camron and Jake.















**Our very youngest RDO** - baby Ragnor!.

Darren gave some of the Shelford RFC kit he had brought to the schools



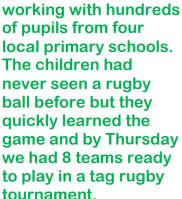








Shelford v Senghenydd!





Our volunteer coaches ran some training sessions to improve the coaching skills of our RDOs.













Matt and Tom also ran a training for the RDOs about our new program, 'Rugby y'Abana Bato' which is for nursery and lower primary aged children.













R&R time- a beer by the lake, swimming in the lake and a boat trip to **Bat Island!** 











On our final day back in Kigali, Steve Jones, a WRU Coach Referee, ran a fabulous Referee Training course. It included practical sessions on the scrum, lineout, breakdown with a focus on referee positioning and player safety. Thanks also to Darren, Tom, Tina and Glyn who helped out.







The tour ended with a farewell dinner at Sole Luna Italian Restaurant.

Check out Tom's and Darren's STARTER!!

(And Tina's face!)



we go next year? And who's

Thank you Group of 2023. Over 900kg of kit taken out and we now have 18 skilled RDOs that benefitted greatly from the tour.

Where shall coming?



#1for1for1 - £1 pays for 1 child to have regular rugby coaching for 1 year. Help us reach more children by donating at https://cafdonate.cafonline.org/19247#!/DonationDetails https://friendsofrwandanrugby.com info@friendsofrwandanrugby.org.uk

