



Lakenham-Hewett Newsletter

Over the summer the club house has had a makeover. Lots of volunteers helping with sanding wood work, painting walls and putting up new blinds.

On Sunday the 28th August the club was awarded its accreditation by the RFU received by our current chairman Andy Leach at the Mulbarton Common fun day.



Minis

Under 12's

The coaches are Katie, Dan, Martin, Heggie, Ollie, Leanne & Mark

We welcomed the South Norfolk cub groups to a morning of tag rugby. Starting with a warm up, five activities before games of touch rugby.

Thank you for all your help. Please could all children have their water bottles at training.

Games

Sunday 18th October
Away at West Norfolk

Boys

Under 13's- under18's

The coaches are Sean, Richard, Heggie assisting & Leanne.

Games

Sunday 11th October
Away at Norwich
Sunday 18th October
Away at North Walsham

Girls

Under 13's- Under 18s;

The coach is Simon

A fantastic achievement for five of our girls who tried out for the Eastern Counties team and who made the team.

Games

Sunday 4th October
At lakenham-Hewett

Diary Dates

- 30/10/15** – Halloween Party Night – from
- 27/11/15** – It's nearly Christmas Quiz, Chips and Raffle night from 7pm.
- 13/12/15** Youth & Mini's Christmas Party
- 19/12/15** Christmas Night Out at the Dogs. Dinner & dance
- 20/12/15 – 09/01/16** Christmas Break

Tuesday's Kitchen menu October

4th Meatball in a tomato & basil sauce, and a slice of French stick

11th Sausages, roast potatoes, carrots, Yorkshire pudding & gravy

18th Pasta in a cheese & bacon sauce & a warm bread roll

25th Pizza, wedges and bake beans

Orders by a Monday evening to Julie at Girls@lhRFC.co.uk or on our facebook page

£2 per meal