



ROYAL  
LIFE SAVING  
SOCIETY UK

# Could YOU Save A Drowning Friend?



**We teach you to save someone in  
difficulty in water.  
Something everyone should know!**



**Kendal Leisure Centre  
Fridays (Sep - May)  
8:30 - 9:30pm**



- **Duke of Edingburgh: Sport or Skill!**
  - Vital Life Skills
  - Fitness



**Open to anyone who can  
swim 100m!**

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# KENDAL LIFESAVING CLUB



# Could you **Foster** a teenager?

Some see hard work.  
You see potential.

We urgently need more foster carers for children aged 10 plus and teenagers. Could you help?

Find out more about the excellent training and support we offer at an upcoming event in your area.

[cumbria.gov.uk/fostering](http://cumbria.gov.uk/fostering)

**Upcoming events in Kendal:**

- Fostering drop in session at Costa Coffee, Elephant Yard - Monday 16 September, from 11am to 1pm.
- Fostering information event at Castle Green Hotel - Tuesday 1 October, starts 6pm.