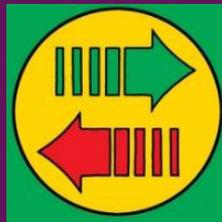


Recovery Steps Cumbria

Get access to clean needles and equipment for free at one of your local NSPs/Pharmacies in Barrow/Ulverston



Walk in confidential Needle Exchanges in Barrow/ Ulverston available for you at:

**Recovery Steps Cumbria, 92-96 Duke Street, Barrow-in-Furness, Cumbria LA141RD
Monday to Friday 9am to 5pm**

**Cohens chemist Ormsgill, 44 Middlefield Ormsgill, Cumbria LA144BX
Monday to Friday 9am to 5pm**

**Ulverston Cohens Chemist, 10 Market Place, Cumbria LA127DX
Monday to Friday 9am to 5pm**

**Barrow Island Cohen Chemist, 3 Anchor Road, Cumbria LA142QW
Monday to Friday 9am to 5pm**

**Ainslie Street Cohen Chemist, Ainslie Street, Cumbria LA145AY
Monday to Friday 9am to 6pm**

(Be mindful to get enough needles to last you over the weekend as we're mostly closed over this time period)

You can now order your needles for free online

As an alternative, set up an account NSP direct online www.exchangesupplies.org/nspdirect and enter the code **15 30 00 87 55 for free needles/equipment online to ensure you've always got access to needles and equipment if we are not accessible/available.**