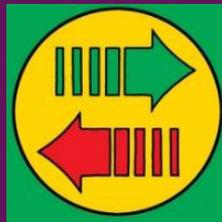


# Recovery Steps Cumbria

**Get access to clean needles and equipment for free at one of your local NSPs/Pharmacies in  
Carlisle/Wigton**



Walk in confidential Needle Exchanges in Carlisle/  
Wigton available for you at:

**Recovery Steps Cumbria, 1 Floor Stocklund House, Castle Street, Carlisle CA38SY - Monday to Friday 9am - 5pm**

**Fusil Medical Centre pharmacy, Fusehill Street, Carlisle CA1 2HE Monday to Friday 9am - 6pm**

**Wigton Well Pharmacy, 14 King street, Wigton CA79DT  
Monday to Friday 9am - 5:30pm Saturday 9am - 1pm.**

(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](http://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.