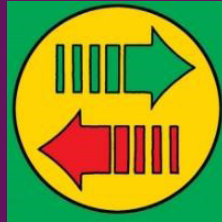


Recovery Steps Cumbria

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



Walk in confidential Needle Exchanges in Whitehaven/Workington available for you at:

**Recovery Steps Cumbria, 21b Lowther Street,
Whitehaven, Cumbria CA287DG
Monday, Tuesday, Thursday and Friday 9am to 5pm**

**Recovery Steps Cumbria, 6 Finkle Street, Workington, Cumbria CA142AY
Monday, Wednesday and Friday 9am to 5pm**

**Egremont Cohens Chemist, 31 Market Place, Egremont CA22 2AG
Monday to Friday 9am to 6pm and Saturday 9am - 12pm**

(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.