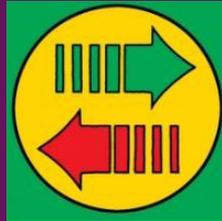


# Recovery Steps Cumbria

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



Walk in confidential Needle Exchanges in Kendal available for you at:

**Recovery Steps Cumbria,  
White Horse Yard, 39 Stricklandgate, Kendal, LS9 4LT  
Monday to Friday 9am - 5pm**

**Well Pharmacy, Maude Street, Kendal, LA9 4QD  
Monday to Friday 8:30am - 5:30pm**

(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.