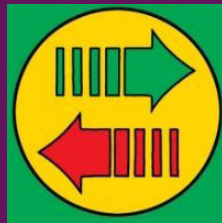


# Recovery Steps Cumbria

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



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

**Joseph Cowper Pharmacy  
49 - 50 King Street, Penrith CA117AY  
Monday to Saturday 8.45am to 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.