

Cumbria Pharmaceutical Needs Assessment
Appendices
2018



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1 Terms of Reference

Pharmaceutical Needs Assessment Steering Group

TERMS OF REFERENCE

1. Name of Group	PNA Steering Group
2. Connectivity (this group reports to:)	Health and Wellbeing Board Intelligence Group
Committees / individuals reporting to this group	None
3. Chair	Performance & Intelligence Team Manager – Cumbria County Council
Vice Chair	
4. Members of Group	<ul style="list-style-type: none">• Public Health/Commissioning• CCG• Local Pharmaceutical Committee• Local Professional Network• Healthwatch• Communications• Performance & Intelligence team• NHS England• Dispensing GP rep <p>Others co-opted as required by the needs of the project</p>

5. Function of the Group (Terms of Reference)

- To produce a pharmaceutical Needs Assessment for the Cumbria Health and Wellbeing Board that fulfils the statutory requirement
- To identify and report any risks to the Health and Wellbeing Board that might jeopardise the production of PNA.

6. Quorum

1/3 of the group

7. Review date for ToR

March 2018

8. Frequency of Meetings

As required to ensure production of the product

9. Other Matters

2 Community Pharmacy Services 2017

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P76	Alston Pharmacy	Front Street	Alston	Y		Y				Y	Y		Y
P89	Boots the Chemists	Units 8-9, Market Cross	Ambleside	Y		Y		Y		Y	Y		Y
P105	Thomas Bell (Chemist) Ltd	Lake Road	Ambleside	Y	Y	Y				Y	Y		
P77	Boots Pharmacy	11 Boroughgate	Appleby	Y		Y				Y	Y		Y
P98	L.Rowland and Co (Retail) Ltd	The Promenade	Arnside							Y	Y		
P4	Boots Pharmacy	West Street Health Centre	Aspatria	Y		Y				Y	Y		Y
P23	Asda Pharmacy	Asda Superstore, Walney Road	Barrow-in-Furness	Y	Y	Y	Y	Y		Y	Y		Y
P28	J.N.Murray Ltd	44 Middlefield, Ormsgill	Barrow-in-Furness	Y	Y	Y	Y	Y		Y	Y	Y	
P39	Tesco Instore Pharmacy	Tesco Extra, Corner House Park, Hindpool Road	Barrow-in-Furness	Y	Y	Y				Y	Y		
P24	Boots Pharmacy	54-56, Dalton Road	Barrow-in-Furness	Y		Y				Y	Y		Y
P25	Boots Pharmacy	8, Risedale Road	Barrow-in-Furness	Y		Y				Y	Y		Y
P26	Boots the Chemists Ltd	15-17, Portland Walk	Barrow-in-Furness	Y	Y	Y	Y	Y		Y	Y		Y
P27	Cowards Pharmacy	52, Hartington Street	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		
P29	J.N.Murray Ltd	3, Anchor Road	Barrow-in-Furness	Y	Y	Y	Y		Y	Y	Y	Y	

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P30	J.N.Murray Ltd	168, Dalton Road	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		
P31	J.N.Murray Ltd	108, Duke Street	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		
P32	J.N.Murray Ltd	62, Rawlinson Street	Barrow-in-Furness	Y	Y		Y			Y	Y		Y
P33	J.N.Murray Ltd	56, Settle Street	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		
P34	J.N.Murray Ltd	Friars Lane	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		
P35	J.N.Murray Ltd	Ainslie Street	Barrow-in-Furness	Y	Y	Y	Y			Y	Y	Y	Y
P36	J.N.Murray Ltd	68, Dalton Road	Barrow-in-Furness	Y	Y	Y	Y			Y	Y		Y
P37	J.N.Murray Ltd	Community Centre Central Drive, Walney Island	Barrow-in-Furness	Y	Y	Y	Y		Y	Y	Y		
P47	H Jobson Chemist	Market Place	Brampton	Y		Y	Y			Y	Y		Y
P40	Asda Stores Ltd	Chandlers Way Parkhouse	Carlisle	Y	Y	Y		Y		Y	Y		Y
P42	Boots Pharmacy	6 Petteril Bank Road	Carlisle	Y		Y				Y	Y		Y
P43	Boots the Chemists	43-49 English Street	Carlisle	Y		Y				Y	Y		Y
P44	Dalston Inglewood Pharmacy	7 Central Avenue	Carlisle	Y		Y	Y			Y	Y		
P45	Dalston Pharmacy Ltd	Arnside House Sycamore Lane Parkland Village	Carlisle	Y		Y	Y			Y	Y		
P49	Lloyds Pharmacy	22 Lonsdale St	Carlisle	Y						Y	Y		Y
P50	Lloyds Pharmacy	58 English St	Carlisle	Y						Y	Y	Y	

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P48	Lloyds Pharmacy in Sainsburys	Church Street	Carlisle			Y	Y	Y		Y	Y		Y
P51	Sawyers Chemist	31 Fisher Street	Carlisle	Y		Y				Y	Y		Y
P52	Superdrug Pharmacy	Unit 1 Grapes Lane	Carlisle							Y	Y		Y
P53	Tesco Instore Pharmacy	Warwick Road	Carlisle					Y		Y	Y		
P54	WELL Pharmacy	Fusehill Medical Centre Fusehill St	Carlisle	Y		Y				Y	Y		Y
P55	WELL Pharmacy	55 Wigton Road	Carlisle	Y	Y	Y				Y	Y		Y
P56	WELL Pharmacy	59 Orton Road	Carlisle	Y		Y				Y	Y		Y
P57	WELL Pharmacy	NCMC Eden St	Carlisle	Y		Y				Y	Y		Y
P58	WELL Pharmacy	28 Blackwell Road	Carlisle	Y		Y				Y	Y		Y
P59	WELL Pharmacy	139 Denton Street	Carlisle	Y	Y	Y	Y			Y	Y		Y
P60	WELL Pharmacy	Morton Pharmacy 29 Stonegarth	Carlisle	Y		Y	Y			Y	Y		Y
P61	WELL Pharmacy	The Surgery, Port Road	Carlisle	Y						Y	Y		Y
P102	Silverdale Pharmacy Ltd	18 Emesgate Lane, Silverdale	Carnforth	Y	Y					Y	Y		
P66	J.N Murray Limited	22 High Street	Cleator Moor	Y		Y	Y			Y	Y	Y	Y
P6	Boots the Chemists	56-58 Main Street	Cockermouth	Y	Y					Y	Y	Y	Y
P8	Castlegate Pharmacy (Cockermouth Hospital)	Isel Road	Cockermouth	Y		Y		Y		Y	Y		Y

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P14	J W W Allison & Sons	31 Main Street	Cockermouth	Y		Y				Y	Y		Y
P46	Dalston Pharmacy Ltd	2 Vicars Cottages The Square	Dalston	Y		Y	Y			Y	Y		
P38	Lloyds Pharmacy	75-77, Market Street	Dalton in Furness	Y	Y	Y				y	y		
P63	Boots Pharmacy	67 Main Street	Egremont	Y		Y				Y	Y		Y
P65	J.N Murray Limited	31 Market Place	Egremont	Y		Y	Y			Y	Y	Y	Y
P94	Flookburgh Pharmacy	1, Market Street	Flookburgh	Y	Y	Y				Y	Y		
P62	Boots Pharmacy	6 Main Street	Frizington	Y		Y				Y	Y	Y	Y
P109	WELL Pharmacy	Kents Bank Road	Grange-over-Sands	Y		Y	Y			Y	Y		Y
P110	WELL Pharmacy	Main Street	Grange-over-Sands	Y		Y	Y			Y	Y		Y
P95	Grasmere Pharmacy	1 Oakbank, Broadgate	Grasmere	Y	Y	Y	Y			Y	Y		Y
P92	Collins and Butterworth Ltd	The Pharmacy, Main Street	Hawkshead	Y	Y	Y	Y			Y	Y		Y
P85	Asda Pharmacy	Asda Superstore, Burton Road	Kendal	Y	Y	Y		Y		Y	Y		Y
P91	Boots the Chemists	Unit 10, Elephant Yard	Kendal	Y	Y	Y				Y	Y		Y
P99	L.Rowland and Co (Retail) Ltd	The Gillinggate Centre, Gillinggate	Kendal	Y						Y	Y		
P101	Lloyds Pharmacy	Station House, 1 Station Road	Kendal	Y	Y					Y	Y		Y
P104	Superdrug Pharmacy	18a, Westmorland Shopping Centre	Kendal	Y	Y	Y				Y	Y		Y

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P106	WELL Pharmacy	Helme Chase Surgery Pharmacy, Burton Road	Kendal	Y	Y	Y		Y		Y	Y		Y
P107	WELL Pharmacy	Maude Street Pharmacy, 2 Maude Street	Kendal	Y		Y				Y	Y	Y	Y
P108	WELL Pharmacy	Captain French Pharmacy, 132 Highgate	Kendal	Y		Y				Y	Y		Y
P5	Boots the Chemists	31 Main Street	Keswick	Y		Y		Y		Y	Y		Y
P15	J.N Murray Limited	15 - 17 Station Street	Keswick	Y						Y	Y		Y
P16	Keswick Healthcare Ltd	25 Main Street	Keswick	Y		Y				Y	Y		
P86	Boots Pharmacy	2 & 4, Market Square	Kirkby Lonsdale	Y						Y	Y		Y
P79	Green Tree Pharmacy	8 Market Street	Kirkby Stephen	Y		Y				Y	Y		Y
P41	Boots Pharmacy	16 - 20 English Street	Longtown	Y		Y				Y	Y		Y
P1	A F Norman	55 Senhouse Street	Maryport	Y	Y	Y				Y	Y	Y	
P2	Alneburgh Pharmacy Limited	Alneburgh House Ewandrigg Rd	Maryport	Y	Y	Y	Y			Y	Y		
P10	H S Dobie Dispensing Chemist	29 Curzon Street	Maryport	Y		Y	Y			Y	Y		Y
P74	Boots the Chemists	48-52 Wellington Street	Millom	Y		Y				Y	Y		Y
P75	L Rowland & Co	43 Wellington Street	Millom	Y		Y				Y	Y	Y	

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P100	L.Rowland and Co (Retail) Ltd	1, Haverflatts Lane	Milnthorpe	Y						Y	Y		
P78	Boots the Chemists	Unit 3 Grahams Lane	Penrith	Y		Y				Y	Y		Y
P80	Joseph Cowper Limited	50 King Street	Penrith	Y		Y				Y	Y	Y	
P81	Lloyds Pharmacy in Sainsburys	1 Common Garden Square	Penrith	Y		Y	Y	Y		Y	Y		Y
P82	Morrisons Pharmacy	Brunswick Road	Penrith	Y		Y	Y	Y		Y	Y		
P83	Penrith Health Centre Pharmacy	Bridge Lane	Penrith	Y		Y				Y	Y		Y
P84	WELL Pharmacy	8 Middlegate	Penrith	Y		Y				Y	Y		Y
P70	Seascale Pharmacy	Gosforth Road	Seascale							Y	Y		
P87	Boots Pharmacy	48-50 Main Street	Sedbergh	Y		Y	Y			Y	Y		Y
P20	WELL Pharmacy	1-3 Station Road	Silloth	Y		Y				Y	Y		Y
P103	Staveley Pharmacy	The Pharmacy, 6 Main Street	Staveley	Y	Y	Y	Y			Y	Y		
P88	Boots the Chemists	32/34, Market Street	Ulverston	Y		Y				Y	Y		Y
P96	J N Murray (Cohens)	10, Market Place	Ulverston	Y	Y	Y	Y			Y	Y		
P97	J.N.Murray (Cohens)	Ulverston Health Centre, Stanley Road	Ulverston	Y						Y	Y	Y	
P64	Boots the Chemists	26 King Street	Whitehaven	Y		Y				Y	Y		Y

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P67	Mirehouse Pharmacy	59 Meadow Road Mirehouse	Whitehaven	Y		Y	Y			Y	Y	Y	Y
P68	Morrisons Pharmacy	Morrisons Store Flatt Walks	Whitehaven	Y		Y	Y	Y		Y	Y		
P69	Seacliffe Pharmacy	High Road	Whitehaven	Y		Y	Y			Y	Y	Y	Y
P71	Tesco Instore Pharmacy	Bransty Row North Shore	Whitehaven	Y		Y				Y	Y		
P72	W Fare Limited	71-73 Market Place	Whitehaven	Y		Y	Y			Y	Y		Y
P73	Whitehaven Late Night Pharmacy	Unit 1 Lowther Building Lowther St	Whitehaven	Y		Y	Y	Y		Y	Y		
P21	WELL Pharmacy	Wigton Medical Centre	Wigton	Y		Y				Y	Y		Y
P22	WELL Pharmacy	14 King Street	Wigton	Y	Y	Y				Y	Y	Y	Y
P111	Windermere Health Centre Pharmacy Ltd	Windermere Health Centre, Goodly Dale	Windermere	Y						y	y	Y	
P90	Boots the Chemists	10-12, Crescent Road	Windermere	Y						y	y		Y
P93	David Carter Ltd	16, Crescent Road	Windermere	Y						y	y		
P3	Asda Pharmacy	Dunmail Park Maryport Rd	Workington	Y	Y	Y		Y		Y	Y		
P7	Boots the Chemists	29 Murray Road	Workington	Y		Y				Y	Y		Y
P9	F C Whelan Chemist	72 John Street	Workington	Y						Y	Y		Y
P11	Harrington Pharmacy	25 Church Road Harrington	Workington	Y		Y	Y			Y	Y		
P12	J H Sandham (Chemists)	64 - 66 Harrington Road	Workington							Y	Y		
P13	J S Urwin	91 Main Road Seaton	Workington	Y		Y	Y			Y	Y		Y

Unique Identifier	Pharmacy Name	Address	Town	Emergency Hormonal Contraception	Health Checks	Stop Smoking Service	Healthy Living Pharmacy	Palliative Care Service	Independent Prescriber	Gluten Free	Minor Ailment	Needle Exchange	Seasonal Influenza Vaccination
P17	Moorclose Pharmacy	Unit 6 Moorclose Roundabout138 Westfiled Dr	Workington	Y		Y	Y			Y	Y		
P18	Tuschem Limited	Workington Community Hospital Park Lane	Workington	Y		Y	Y			Y	Y		Y
P19	W Gourlay Chemists	25 - 27 Oxford Street	Workington	Y						Y	Y		Y

3 NHS England Commissioning Intentions

NHS England commissioning intentions are detailed below.

Integrating pharmacy into primary care

NHS England is the national commissioner for NHS community pharmacy services. The role of NHS England is to make sure the NHS provides safe, high quality patient care and services within primary care and to ensure that the NHS lives within its means.

NHS England is committed to working with the pharmacy professions to create a positive future for community pharmacy and to integrate clinical pharmacy skills within the wider NHS primary and urgent care teams, and these pages outline the plans.

There is no doubt that there will need to be changes to how pharmacy currently operates in primary care to further improve health outcomes and value from medicines and NHS England is working closely with the sector to support and enable this process.

NHS England's strategic direction for community pharmacy

NHS England intends to use the recommendations of the Independent Review of Community Pharmacy Clinical Services, commissioned by the Chief Pharmaceutical Officer, to inform its approach to the future commissioning of NHS community pharmacy services.

The independent review, chaired by Richard Murray of the King's Fund, was commissioned in April 2016 following the opportunity presented by publication of the [Five Year Forward View](#) in October 2014 and the [General Practice Forward View](#) in April 2016, both of which set out proposals for the future of the NHS based around the new models of care. The review is due to be completed by the end of 2016.

The need for an in-depth pharmacy review was decided by:

- The changing patient and population needs for healthcare, in particular the demands of an ageing population with multiple long term conditions.
- Emerging models of pharmaceutical care provision from the UK and internationally.
- The evidence of sub-optimal outcomes from medicines in primary care settings.
- The need to improve value through integration of pharmacy and clinical pharmaceutical skills into patient pathways and the emerging new care models.

The review examined the evidence base of the clinical elements of the current Community Pharmacy Contractual Framework and other clinical services. It made recommendations for commissioning models and clinical pharmacy services aimed at ensuring community pharmacy is better integrated with primary care and making far greater use of community pharmacy and pharmacists.

NHS England set up a Pharmacy Integration Fund to support these changes and to help transform how pharmacy will operate in the NHS.

Out of Hours – pharmacies are directed to open on particular bank holidays as deemed necessary.

4 Dispensing Practice Opening Times 2017

Unique ID	GP Details	Practice Name	Address	Town	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Additional details
D1	Dr M Crick & Dr M T Hanley	Alston Medical Practice	The Surgery, Cottage Hospital	Alston, CA3 9QX	08:30-18:30	08:30-16:30	08:30-18:30	08:30-16:30	08:30-18:30	Closed	Closed	Closed 12:30-13:30 on Thursday.
D2	Dr PR Jain	The Surgery	2 Parklands Drive	Askam in Furness, LA16 7JP	10:00-11:00 & 17:00-18:00	10:00-11:00 & 17:00-18:00	10:00-11:00	10:00-11:00 & 17:00-18:00	10:00-11:00 & 17:00-18:00	Closed	Closed	
D3	Dr A French & Partners	Brampton Medical Practice	4 Market Place	Brampton, CA8 1NL	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-10:45	Closed	
D4	Dr K Keohane & Partners	Caldbeck Surgery	Friar Row, Caldbeck	Wigton, CA7 8DS	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D5	Dr K T Sutton & Dr I M Grainger	Court Thorn Surgery	Low Hesket	Carlisle, CA4 0HP	08:15-18:00	08:15-18:00	08:15-18:00	08:15-18:00	08:15-18:00	Closed	Closed	
D6	Dr M Kingham & Partners	Derwent House Surgery	Cockermouth Community Hospital & Health Centre, Isel Road	Cockermouth, CA13 9HT	09:00-18:30	09:00-18:30	09:00-18:30	09:00-18:30	09:00-18:30	Closed	Closed	
D7	Dr S Fisher & Dr K G Frey	Coniston Medical Practice	Wraysdale House	Coniston, LA21 8ER	08:00-18:30	08:00-18:30	08:00-13:00	08:00-18:30	08:00-18:30	Closed	Closed	
D8	Dr R C Reed & Partners	Dalston Medical Group	Townhead Road	Dalston, CA5 7PZ	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	Closed	Closed	
D9	Dr H Naylor & Partners	Distington Surgery	Hinnings Road	Distington, CA14 5UR	08:00-18:30	08:00-19:00	08:00-19:00	08:00-18:30	08:00-18:30	Closed	Closed	
D10	Dr L Dickinson & Partners	Glenridding Health Centre		Glenridding, CA11 0PD	08:30-11:30 & 15:00-18:00	08:30-11:30 & 15:00-18:00	08:30-11:30	08:30-11:30 & 15:00-18:00	08:30-11:30 & 15:00-18:00	Closed	Closed	

Unique ID	GP Details	Practice Name	Address	Town	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Additional details
D11	Dr SD Milligan & Partners	Cartmel Surgery	Haggs Lane, Cartmel	Grange over Sands, LA11 6PH	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D12	Dr Scott & Partners	Station House Surgery	Station Road	Kendal, LA9 6SA	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D13	Dr A G MacKenzie & Partners	The James Cochrane Practice	Helme Chase Surgery, Burton Road	Kendal, LA9 7HR	08:00-19:30	08:00-19:30	08:00-19:30	08:00-19:30	08:00-19:30	Closed	Closed	
D14	Dr T M Hooper & Partners	Castlehead Medical Centre	Ambleside Road	Keswick, CA12 4DB	08:30-18:00	08:30-18:00 & 18:30-21:30	08:30-18:00	08:30-18:00	08:30-18:00	Closed	Closed	
D15	Dr E Swan & Partners	The Croft Surgery		Kirkbride, CA7 5JH	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D16	Dr L A Wilson	Duddon Valley Medical Practice	Askew Gate	Kirkby in Furness, LA17 7TE	08:00-18:00	08:00-18:00	08:00-18:00	08:00-13:00 & 17:00-18:00	08:00-18:00	Closed	Closed	Closed 13:00-17:00 Thursdays.
D17	Dr M Beagan & Partners	The Lunesdale Surgery		Kirkby Lonsdale, LA6 2HQ	08:00-12:30 & 13:30-18:30	08:00-12:30 & 13:30-18:30	08:00-12:30 & 13:30-18:30	08:00-12:30 & 13:30-18:30	08:00-12:30 & 13:30-18:30	Closed	Closed	
D18	Dr S Huck & Partners	Upper Eden Medical Practice	The Health Centre, Silver Street	Kirkby Stephen, CA17 4RB	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	Closed	Closed	
D19	Dr K T Sharpe & Partners	Kirkoswald Surgery		Kirkoswald, CA10 1DQ	08:30-18:30	08:30-18:30	08:30-13:30	08:30-18:30	08:30-18:30	Closed	Closed	

Unique ID	GP Details	Practice Name	Address	Town	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Additional details
D20	Dr EJ Pearson & Partners	Stoneleigh Surgery	Police Square	Milnthorpe, LA7 7PW	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D21	Dr PA Carhart & Partners	Seascale Health Centre	Gosforth Road	Seascale, CA20 1PN	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D22	Dr CF Hunt & Partners	Sedbergh Medical Centre	Station Road	Sedbergh, LA10 5DL	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D23	Dr H A Dunning & Partners	Shap Medical Practice	Shap Health Centre, Peggy Nut Croft	Shap, CA10 3LW	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	08:30-18:30	Closed	Closed	
D24	Dr H Jervis & Partners	Temple Sowerby Medical Practice	Linden Park	Temple Sowerby, CA10 1RW	08:30-13:00 & 13:30-18:30	08:30-13:00 & 13:30-18:30	08:30-13:00 & 13:30-18:30	08:30-13:00 & 13:30-18:30	08:30-13:00 & 13:30-18:30	Closed	Closed	
D25	Dr J R Adams & Partners	Haverthwaite Surgery	Backbarrow	Ulverston, LA12 8QF	08:00-18:30	08:00-18:30	08:00-12:00	08:00-18:30	08:00-18:30	Closed	Closed	
D26	Dr T Ickes	Trinity House Surgery	17 Irish Street	Whitehaven, CA28 7BU	08:45-18:00	08:45-18:00	08:45-17:00	08:45-18:00	08:45-18:00	Closed	Closed	
D27	Dr P Burns & Partners	St Mary's Surgery	Applethwaite	Windermere, LA23 1BA	08:30-18:00	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D28	Dr M V English & Partners	Solway Health Services	Workington Community Hospital, Park Lane	Workington, CA14 2RW	08:00-18:30	08:00-18:30	08:00-20:00	08:00-18:30	08:00-18:30	Closed	Closed	
D29	Dr Howlett	Bentham Medical Practice	Grasmere Drive, High Bentham	Lancaster, LA2 7JP	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	08:00-18:30	Closed	Closed	
D30	Dr J Royle & Partners	Brampton Medical Practice	Corby Hill, Beech House	Corby Hill, CA4 8PL	08:15-13:15 & 15:30-18:30	08:15-13:15 & 14:45-17:30	08:15-12:45	08:15-12:45 & 13:15-16:30	08:15-12:45 & 15:00-17:30	Closed	Closed	
D31	Dr J Royle & Partners	Brampton Medical Practice	Wetheral, Yew Tree Cottage	Wetheral, CA4 8JD	08:00-13:00 & 14:00-18:30	08:00-13:00 & 14:00-17:30	08:30-13:00	08:30-13:00	08:30-13:00 & 14:00-18:30	Closed	Closed	

Unique ID	GP Details	Practice Name	Address	Town	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Additional details
D32	Dr P A Carhart & Partners	Seascale Health Centre	Bootle, Chapel Lane	Bootle, LA19 5EU	08:45-13:00 & 15:00-18:00	08:45-13:00 & 14:00-18:00	08:45-13:00 & 15:00-18:00	08:45-13:00 & 14:00-18:00	08:45-13:00 & 15:00-18:00	Closed	Closed	
D33	Dr N L Hall & Dr L A Wilson	Duddon Valley Medical Practice	Broughton, Foxfield Road	Broughton in Furness, LA20 6EZ	09:00-17:00	08:00-17:00	08:00-12:30	09:00-17:00	09:00-17:00	Closed	Closed	
D34	Dr A G MacKenzie & Partners	The James Cochrane Practice	Maude Street, Maude Street	Kendal, LA9 4QE	08:00-17:00	08:00-17:00	08:00-17:00	08:00-17:00	08:00-17:00	Closed	Closed	

5 Other Relevant Services

The following pharmaceutical services have been considered as other relevant services:

- **North Cumbria University Hospitals NHS Trust** provides an inpatient and outpatient pharmacy dispensing service to the CCG population from two sites: West Cumberland Hospital, Whitehaven; and Cumberland Infirmary, Carlisle. The hospital pharmacy also supplies medicines to the CCG community hospitals and community clinics; Cumbria Health On Call (GP Out of hours service); Cumbria Partnership Foundation Trust; and Eden Valley Hospice.
- **University Hospital of Morecambe Bay NHS Trust** provides an in-patient and out-patient pharmacy dispensing service to the CCG population from two sites: Furness General Hospital, Barrow-in-Furness; and Westmoreland General Hospital, Kendal. The hospital pharmacy also supplies medicines to the CCG community beds and community clinics; Cumbria Health On Call (GP out of hours service); Cumbria Partnership Foundation Trust; and the NHS Treatment Centre, Kendal.
- **Cumbria Partnership NHS Foundation Trust** provides mental health services for most of the CCG population.

North Cumbria CCG (and Morecambe Bay CCG) commissions North of England and Lancashire Commissioning Support Units to provide:

- Wound management supply service from Community Services clinics
- Medication supply on Patient Group Direction from Minor Injuries Units and in HMP Haverigg
- Prescribing advice to GPs
- Medication reviews for specific groups identified by the practices (may include Care home patients)
- Clinical pharmacy service to community hospitals
- Pharmacist supplementary and independent prescribing clinics
- Language Access Service

Cumbria Health on Call (CHOC) provides out of hours medication supply.

Cumbria CCC commissions:

- Sexual health services including emergency contraception and chlamydia screening
- Smoking cessation clinics
- Substance misuse treatment

Lloyds Pharmacy (Dalton-in-Furness) provides dispensing services to HMP, Haverigg

Cohen's Pharmacy (previously Murray) (Ulverston) provides dispensing services to St Mary's Hospice, Ulverston.

5.1 Sexual Health and Contraception Clinics

ALLERDALE

Derwent Clinic, Centre for Sexual Health

Workington Community Hospital, Park Lane, Workington, CA14 2RW

Tel: 01900 705050

General drop in clinics

Clinic opening times:

Monday & Friday 9.00am – 5.00pm

Tuesday 11.30am – 7.30pm

Wednesday – appointments only

Thursday – closed

Closed on the first Monday of every month for staff training

Telephone triage times:

Monday & Friday 9.00am – 9.45 am

Tuesday 11.30am – 12.15pm

BARROW-IN-FURNESS

Birchwood Clinic, Centre for Sexual Health

Furness General Hospital

Barrow-in-Furness, LA14 4LF

Tel: 01229 404464

General drop in clinics

Clinic opening times:

Tuesday & Thursday 11.30am – 7.30pm

Friday 9.00am – 5.00pm

Monday & Wednesday – closed

Closed on the third Tuesday of every month for staff training

Triage opening times:

Tuesday & Thursday 11.30am – 12.15pm

Friday 9.00am – 9.45am

CARLISLE

Solway Clinic, Centre for Sexual Health

Hilltop Heights, London Road, Carlisle, CA1 2NS

Tel: 01228 608989

General drop-in clinics

Clinic opening times:

Monday & Wednesday 9.00am – 5.00pm

Tuesday & Thursday 11.30am – 7.30pm

Friday 9.00am – 2.00pm
Closed on the first Monday of every month for staff training

Telephone triage times:

Monday, Wednesday & Friday 9.00am – 9.45 am
Tuesday & Thursday 11.30am – 12.15pm

COPELAND

Flatts Walk Health Centre

3 Castle Meadows, Whitehaven, CA28 7QE

Tel: 01900 705050

Clinic opening times:

Tuesday & Thursday – appointments only
Monday, Wednesday & Friday – closed

EDEN

Penrith Hospital

Bridge Lane, Penrith, CA11 8HX

Tel: 01228 608989

Clinic opening times:

Tuesday – appointments only
Monday, Wednesday, Thursday & Friday - closed

SOUTH LAKELAND

Kentwood Clinic, Centre for Sexual Health

Gillinggate Centre, Kendal, LA9 4JE

Tel: 01539 716706

General drop-in clinics

Clinic opening times:

Monday 11.30am – 7.30pm
Wednesday 9.00am – 5.00pm
Tuesday, Thursday & Friday - closed
Closed on the second Wednesday of every month for staff training

Triage opening times:

Monday 11.30am – 12.15pm
Wednesday 9.00am – 9.45am

6 Stakeholder List

Organisation

- All Dispensing Practices in Health & Wellbeing Board (HWB) / Clinical Commissioning Group (CCG) area
- All Pharmacies in Health and Wellbeing Board / Clinical Commissioning Group area
- Morecambe Bay Clinical Commissioning Group (CCG)
- North Cumbria Clinical Commissioning Group (CCG)
- Healthwatch Cumbria
- Durham Health and Wellbeing Board (HWB)
- Lancashire Health and Wellbeing Board (HWB)
- North Yorkshire Health and Wellbeing Board (HWB)
- Northumberland Health and Wellbeing Board (HWB)
- Local Medical Committee (LMC)
- Local Medical Committee (LMC) generic
- Local Pharmaceutical Committee (LPC)
- Local Pharmaceutical Committee (LPC) generic
- Cumbria Pharmacy Local Professional Network (LPN)
- Cumbria Partnership NHS Foundation Trust
- Dumfries and Galloway NHS board
- NHS England
- North Cumbria University Hospitals NHS Trust
- North West Ambulance Service NHS Trust
- University Hospitals of Morecambe Bay NHS Foundation Trust
- Other patient consumer or community groups
- Requests

7 Consultation Responses

Comments/Suggestions	Response/Action
<p>PNA should take into account of action in the event of possible closure of pharmacies in the future (due to changes in funding arrangements).</p>	<p>No action required.</p>
<p>Potential future closure of Hawkshead/Grasmere Pharmacy.</p> <p>Demographics/needs: concerns for the vulnerable population - older/ageing population; projected increases in the older population; and pregnant mothers/mothers with young children; concerns for patients with long-term conditions.</p> <p>Accessibility/Transport issues: relatively isolated area; many residents do not drive; due to its rural location there are insufficient response times from emergency services; lack of public transport and access to services; expensive public transport; long journeys to other areas/pharmacies; concerns regarding regular trips to a more distant pharmacies.</p> <p>Services/demand: increased demand on the pharmacy from tourists/visitors; pharmacy provision is crucial when GP surgeries are closed - the pharmacy takes pressure off GP Practices; helps alleviate A&E visits through urgent medicine supply; due to flooding in other areas, many residents in Hawkshead were cut-off ; lack of acknowledged increase in demand/usage of pharmacies in tourist/visitor areas; currently the pharmacy provides essential prescription and minor ailment services for the local population and tourists.</p> <p>Funding: changes in pharmacy funding have reduced NHS income to a point where the pharmacy is non-viable in the near term. This could be resolved by a Local Pharmaceutical Services contract, secure for 5 years; current provision is adequate but concerns that due to changes/lack of funding; without subsidies some rural pharmacies cannot survive; changes required to local funding model in order to retain services.</p>	<p>No current action required for the PNA.</p>
<p>Access to services</p> <p>Rural location and needs: challenges of rural deprivation are not fully addressed; urgent medications need to be accessible in rural areas; further understanding of the demographic needs of small villages required; more emphasis required to highlight the need/benefit of pharmacies in rural areas; public transport – lack of public transport particularly in rural areas. Greater emphasis required on rural areas and the great reliance on pharmacies.</p> <p>Tourism: more emphasis required on the number of visitors and increases on demand; and second home owners.</p> <p>Needs are complicated and depend on access to other services;</p>	<p>No action required. Cumbria’s rural geography has been considered in the document.</p> <p>Actioned – PNA updated.</p> <p>No action required.</p>

pharmacies should not be looked at in isolation.	
<p>Services</p> <p>Electronic Prescribing Service (EPS) (P14 &15) comparisons to England averages are misleading. Dispensing doctors are unable to use EPS when the items are to be dispensed by their own practices. Cumbria's rurality and consequent large proportion of patients dispensed to by their GP practice means that EPS uptake will always be lower than less rural areas. Similarly the comments regarding repeat dispensing could be improved. Repeat dispensing is a function of EPS (which is not made clear in the text) and therefore cannot be used by dispensing doctors when they dispense.</p> <p>Dispensing doctors would very much like to be able to use EPS and repeat dispensing in-house i.e for patients to whom they dispense, which would improve dispensing services to patients.</p> <p>No mention of HIV service in Barrow through 2017 which is hopefully going to be continued as a service in the area.</p> <p>Sunday services in Maryport no longer funded and were stopped when the 100 hour pharmacy in Asda and Cockermouth was opened and it was deemed a small journey for pharmaceutical needs (about 7 miles in each direction)</p>	<p>Actioned – PNA updated.</p> <p>No action required – currently a pilot scheme only.</p> <p>No action required - it is acknowledged in the PNA that there is no provision in Maryport on Sundays.</p>
NHS England – advice to remove any reference to the pilot NHS Urgent Medicine Supply Advanced Service (NUMAS).	Actioned – PNA updated
NHS England – the overall provision of pharmaceutical services is considered to be adequate, however, each district has services that could be improved with better access and the particular services vary in each district	No action required
NHS England – The provision of extended hours of primary care may increase the need for later opening times where pharmaceutical services are provided	No action required
The health of people in Cumbria is varied compared with the England average and whilst death rates continue to decline from diseases such as cancer, heart disease and stroke, the number of people living with long term conditions is likely to increase.	No action required
There is no reference in the PNA to the closure of one pharmacy in Keswick as the result of a consolidation application.	Actioned – PNA updated.
<p>Amendments to be made to Appendix 2 – Community Pharmacies Services 2017 below:</p> <p>P55 Well, 55 Wigton Road, Carlisle – the branch does offer the Health Checks service</p> <p>P59 Well, 139 Denton Street, Carlisle – the branch does offer the Health Checks service</p> <p>P61 Well, The Surgery, Port Road – the branch does not offer the Stop Smoking service</p> <p>P106 Well, Helme Chase Surgery Pharmacy, Burton Road – the branch does offer the Health Checks service</p> <p>P108 Well, 132 Highgate – the branch does offer the Stop Smoking service</p>	Actioned – PNA updated.

P22 Well, King Street – the branch does offer the Health Checks service	
Amendments to be made to Section 9.6.7: Boots Pharmacy Ambleside is normally open on Sundays from 11am-5pm. Section 9.6.11 & 9.6.12 The pharmacy in Hawshead DOES provide the commissioned seasonal flu vaccination service.	Actioned – PNA updated

8 Community Pharmacy Opening Times 2017

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P76	Alston Pharmacy	Front Street	Alston	CA9 3QP	09:00 - 17:30	09:00 - 12:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:30	Closed
P105	Thomas Bell (Chemist) Ltd	Lake Road	Ambleside	LA22 0AD	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P89	Boots the Chemists	Units 8-9 Market Cross	Ambleside	LA22 9BT	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:00	11.00 - 17:00
P77	Boots Pharmacy	11 Boroughgate	Appleby	CA16 6XF	09:00-12:30; 13:30-18:30	09:00-12:30; 13:30-18:30	09:00-12:30; 13:30-18:30	09:00-12:30; 13:30-18:30	09:00-12:30; 13:30-18:30	09:00-12:30; 13:30-17:00	Closed
P98	L.Rowland and Co (Retail) Ltd	The Promenade	Arnside	LA5 0HA	09:00 - 13:00; 13:20 - 17:30	09:00 - 13:00; 13:20 - 17:30	09:00 - 13:00; 13:20 - 17:30	09:00 - 13:00; 13:20 - 17:30	09:00 - 13:00; 13:20 - 17:30	09:00 - 13:00	Closed
P4	Boots Pharmacy	West Street Health Centre	Aspatria	CA7 3HH	08:30-18:30	08:30-18:30	08:30 -18:30	08:30-18:30	08:30-18:30	09:00 – 12:00	Closed
P23	Asda Pharmacy	Asda Superstore, Walney Road	Barrow-in-Furness	LA14 5UG	08:00-23:00	07:00-23:00	07:00 -23:00	07:00-23:00	07:00-23:00	07:00-22:00	11:00-17:00
P24	Boots Pharmacy	54-56 Dalton Road	Barrow-in-Furness	LA14 1JB	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 17:00	Closed
P25	Boots Pharmacy	8 Risedale Road	Barrow-in-Furness	LA13 9RD	08:45 - 18:30	08:45 - 18:30	08:45 - 18:30	08:45 - 18:30	08:45 - 18:30	09:00 - 17:30	Closed
P26	Boots the Chemists Ltd	15-17 Portland Walk	Barrow-in-Furness	LA14 1DB	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P27	Cowards Pharmacy	52 Hartington Street	Barrow-in-Furness	LA14 5SR	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 12:30	Closed

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P28	J.N.Murray Ltd	44 Middlefield, Ormsgill	Barrow-in-Furness	LA14 4BX	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:30	Closed
P29	J.N.Murray Ltd	3 Anchor Road	Barrow-in-Furness	LA14 2QW	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	09:00 - 12:30	Closed
P30	J.N.Murray Ltd	168 Dalton Road	Barrow-in-Furness	LA14 1PU	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P31	J.N.Murray Ltd	108 Duke Street	Barrow-in-Furness	LA14 1LS	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P32	J.N.Murray Ltd	62 Rawlinson Street	Barrow-in-Furness	LA14 2DN	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 12:30	Closed
P33	J.N.Murray Ltd	56 Settle Street	Barrow-in-Furness	LA14 5HQ	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed	Closed
P34	J.N.Murray Ltd	Friars Lane	Barrow-in-Furness	LA13 9NS	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00-11:45 / 13:00-17:00	Closed
P35	J.N.Murray Ltd	Ainslie Street	Barrow-in-Furness	LA14 5AY	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	09:00 - 17:30	Closed
P36	J.N.Murray Ltd	68 Dalton Road	Barrow-in-Furness	LA14 1JB	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 18:00	08:45 - 17:00	Closed
P37	J.N.Murray Ltd	Community Centre, Central Drive, Walney Island	Barrow-in-Furness	LA14 3HY	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 17:30	Closed
P39	Tesco Instore Pharmacy	Tesco Extra, Corner House Park, Hindpool Road	Barrow-in-Furness	LA14 2NE	08:00-22:30	06:30-22:30	06:30 -22:30	06:30-22:30	06:30-22:30	06:30-22:00	10:00-16:00

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P47	H Jobson Chemist	Market Place	Brampton	CA8 1RL	09:00-18:00	09:00-17:30	09:00 -18:00	09:00-17:30	09:00-18:00	09:00-17:00	Closed
P40	Asda Stores Ltd	Chandlers Way Parkhouse	Carlisle	CA3 0JQ	09:00 – 21:00	09:00 – 21:00	09:00 – 21:00	09:00 – 21:00	09:00 – 21:00	08:30 – 21:00	10:00 - 16:00
P42	Boots Pharmacy	6 Petteril Bank Road	Carlisle	CA1 3AH	09:00-13:00; 14:00-18:00	09:00-13:00; 14:00-18:00	09:00-13:00; 14:00 -18:00	09:00-13:00; 14:00-18:00	09:00-13:00; 14:00-18:00	09:00-13:00	Closed
P43	Boots the Chemists	English Street	Carlisle	CA3 8JU	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	10:30 - 16:30
P44	Dalston Inglewood Pharmacy	7 Central Avenue	Carlisle	CA1 3QB	09:00 – 17:45	09:00 – 17:45	09:00 – 17:45	09:00 – 17:45	09:00 – 17:45	09:00 – 17:30	Closed
P45	Dalston Pharmacy Ltd	Arnside House Sycamore Lane Parkland Village	Carlisle	CA1 3SR	08:30-18:00	08:30-18:00	08:30 -18:00	08:30-18:00	08:30-18:00	Closed	Closed
P48	Lloyds Pharmacy in Sainsburys	Church Street	Carlisle	CA2 5TF	07:00 – 23:00	07:00 – 23:00	07:00 – 23:00	07:00 – 23:00	07:00 – 23:00	07:00 – 23:00	10:00 - 16:00
P49	Lloyds Pharmacy	22 Lonsdale St	Carlisle	CA1 1DB	08:30-18:30	08:30-18:30	08:30 -18:30	08:30-18:30	08:30-18:30	Closed	Closed
P50	Lloyds Pharmacy	58 English St	Carlisle	CA3 8HS	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	10:00 - 16:00
P51	Sawyers Chemist	31 Fisher Street	Carlisle	CA3 8RF	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:00	09:00 – 17:30	09:00 – 17:00	Closed
P52	Superdrug Pharmacy	Unit 1 Grapes Lane	Carlisle	CA3 8NX	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	Closed
P53	Tesco Instore Pharmacy	Warwick Road	Carlisle	CA1 2SB	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	10:00-16:00

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P54	WELL Pharmacy	Fusehill Medical Centre Fusehill St	Carlisle	CA1 2HE	08:30 - 13:00; 13:45 - 18:00	Closed	Closed				
P55	WELL Pharmacy	55 Wigton Road	Carlisle	CA2 7AY	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:30	Closed
P56	WELL Pharmacy	59 Orton Road	Carlisle	CA2 7HA	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 13:00	Closed
P57	WELL Pharmacy	NCMC Eden St	Carlisle	CA3 9JZ	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	09:00 – 17:00	Closed
P58	WELL Pharmacy	28 Blackwell Road	Carlisle	CA2 4EQ	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	09:00 – 17:00	Closed
P59	WELL Pharmacy	139 Denton Street	Carlisle	CA2 5HB	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P60	WELL Pharmacy	Morton Pharmacy 29 Stonegarth	Carlisle	CA2 6PD	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 15:00	Closed
P61	WELL Pharmacy	The Surgery, Port Road	Carlisle	CA2 7AJ	08:45 – 18:00	08:45 – 18:00	08:45 – 18:00	08:45 – 18:00	08:45 – 18:00	09:00 - 12:30	Closed
P102	Silverdale Pharmacy Ltd	18 Emesgate Lane, Silverdale	Carnforth	LA5 0RA	09:00 - 17:00	09:00 - 13:00	09:00 - 17:00	09:00 - 17:00	09:00 - 17:00	09:00 - 13:00	Closed
P66	J.N Murray Limited	22 High Street	Cleator Moor	CA25 5LB	09:00-18:30	09:00-17:30	09:00 -17:30	09:00-18:00	09:00-18:00	09:00 - 12:30	Closed
P14	J W W Allison & Sons	31 Main Street	Cockermouth	CA13 9LE	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 16:00	Closed
P6	Boots the Chemists	56-58 Main Street	Cockermouth	CA13 9LU	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	09:00 - 17:30	Closed

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P8	Castlegate Pharmacy (Cockermouth Hospital)	Isel Road	Cockermouth	CA13 9HT	07:00 – 22:00	07:00 – 22:00	07:00 – 22:00	07:00 – 22:00	07:00 – 22:00	07:00 – 22:00	10:00 - 20:00
P46	Dalston Pharmacy Ltd	2 Vicars Cottages The Square	Dalston	CA5 7LW	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 18:00	08:30 – 14:00	Closed
P38	Lloyds Pharmacy	75-77 Market Street	Dalton in Furness	LA15 8DL	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	08:30 - 18:30	09:00 - 17:00	Closed
P63	Boots Pharmacy	67 Main Street	Egremont	CA22 2DB	08:30 – 18:30	08:30 – 18:30	08:30 – 18:30	08:30 – 18:30	08:30 – 18:30	9:00 – 12:30	Closed
P65	J.N Murray Limited	31 Market Place	Egremont	CA22 2AG	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 17:00	Closed
P94	Flookburgh Pharmacy	1 Market Street	Flookburgh	LA11 7JU	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 13:00	Closed
P62	Boots Pharmacy	6 Main Street	Frizington	CA26 3SA	09:00 - 18:00	09:00 - 17:30	09:00 - 17:30	09:00 - 18:00	09:00 - 17:30	09:00 - 12:30	Closed
P109	WELL Pharmacy	Kents Bank Road	Grange over Sands	LA11 7EY	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 17:00	Closed
P110	WELL Pharmacy	Main Street	Grange over Sands	LA11 6DY	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed	Closed
P95	Grasmere Pharmacy	1 Oakbank Broadgate	Grasmere	LA22 9TA	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 13:00	Closed
P92	Collins and Butterworth Ltd	The Pharmacy Main Street	Hawkshead	LA22 0NS	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:00	Closed
P101	Lloyds Pharmacy	Station House, 1 Station Road	Kendal	LA9 6BT	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	08:30 - 18:00	Closed	Closed

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P104	Superdrug Pharmacy	18a Westmorland Shopping Centre	Kendal	LA9 4LR	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P106	WELL Pharmacy	Helme Chase Surgery Pharmacy, Burton Road	Kendal	LA9 7HR	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	08:00 - 18:00	08:00 - 18:00
P107	WELL Pharmacy	Maude Street Pharmacy 2 Maude Street	Kendal	LA9 4QD	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	Closed	Closed
P108	WELL Pharmacy	Captain French Pharmacy, 132 Highgate	Kendal	LA9 4HE	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed	Closed
P85	Asda Pharmacy	Asda Superstore, Burton Road	Kendal	LA9 7JA	08:00 - 21:00	08:00 - 21:00	08:00 - 21:00	08:00 - 21:00	08:00 - 21:00	08:00 - 21:00	10:00 - 16:00
P91	Boots the Chemists	Unit 10 Elephant Yard	Kendal	LA9 4NG	08:30-18:00	08:30-18:00	08:30 -18:00	08:30-18:00	08:30-18:00	08:30-17:30	10:30-16:30
P99	L.Rowland and Co (Retail) Ltd	The Gillinggate Centre, Gillinggate	Kendal	LA9 4JE	08:30 - 13:00; 13:20 - 18:30	08:30 - 13:00; 13:20 - 18:30	08:30 - 13:00; 13:20 - 18:30	08:30 - 13:00; 13:20 - 18:30	08:30 - 13:00; 13:20 - 18:30	Closed	Closed
P15	J.N Murray Limited	15 - 17 Station Street	Keswick	CA12 5HH	09:00-17:30	09:00-17:30	09:00 -17:30	09:00-17:30	09:00-17:30	09:00-17:30	Closed
P16	Keswick Healthcare Ltd	25 Main Street	Keswick	CA12 5BL	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00-18:00	10:00-17:00
P5	Boots the Chemists	31 Main Street	Keswick	CA12 5BL	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00-18:00	10:00-17:00

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P86	Boots Pharmacy	2 & 4 Market Square	Kirkby Lonsdale	LA6 2AN	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P79	Green Tree Pharmacy	8 Market Street	Kirkby Stephen	CA17 4QS	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 13:00	Closed
P41	Boots Pharmacy	16 - 20 English Street	Longtown	CA6 5SD	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 17:00	Closed
P1	A F Norman	55 Senhouse Street	Maryport	CA15 6BL	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P10	H S Dobie Dispensing Chemist	29 Curzon Street	Maryport	CA15 6LN	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:30	Closed
P2	Alneburgh Pharmacy Limited	Alneburgh House Ewanrigg Rd	Maryport	CA15 8EL	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	Closed	Closed
P74	Boots the Chemists	48-52 Wellington Street	Millom	LA18 4DE	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 14:00	Closed
P75	L Rowland & Co	43 Wellington Street	Millom	LA18 4DG	09:00 - 13:00 / 13:20 - 18:30	09:00 - 13:00 / 13:20 - 18:30	09:00 - 13:00 / 13:20 - 18:30	09:00 - 13:00 / 13:20 - 18:30	09:00 - 13:00 / 13:20 - 18:30	09:00 - 12:30	Closed
P100	L.Rowland and Co (Retail) Ltd	1 Haverflatts Lane	Milnthorpe	LA7 7PS	09:00 - 13:00; 13:30-18:30	09:00 - 13:00; 13:30-18:30	09:00 - 13:00; 13:30-18:30	09:00 - 13:00; 13:30-18:30	09:00 - 13:00; 13:30-18:30	09:00 - 13:00	Closed
P78	Boots the Chemists	Unit 3 Grahams Lane	Penrith	CA11 7BT	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	08:30 - 17:30	12:00 - 16:00

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P80	Joseph Cowper Limited	50 King Street	Penrith	CA11 7AY	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	Closed
P81	Lloyds Phamracy in Sainburys	1 Common Garden Square	Penrith	CA11 7FG	07:00-23:00	07:00-23:00	07:00 -23:00	07:00-23:00	07:00-23:00	07:00-22:00	11:00-17:00
P82	Morrisons Pharmacy	Brunswick Road	Penrith	CA11 7JU	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 21:00	08:00 - 21:00	08:00 - 19:00	10:00 - 16:00
P83	Penrith Health Centre Pharmacy	Bridge Lane	Penrith	CA11 8HW	09:00-12:45 - 13:45-18:00	09:00-12:45 - 13:45-18:00	09:00 -12:45 - 13:45 - 18:00	09:00-12:45 - 13:45-18:00	09:00-12:45 - 13:45-18:00	Closed	Closed
P84	WELL Pharmacy	8 Middlegate	Penrith	CA11 7PG	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 17:30	08:45 - 13:00	Closed
P70	Seascale Pharmacy	Gosforth Road	Seascale	CA20 1PR	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 13:00	Closed
P87	Boots Pharmacy	48-50 Main Street	Sedbergh	LA10 5BL	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 13:00	Closed
P20	WELL Pharmacy	1-3 Station Road	Silloth	CA7 4AE	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 17:00	Closed
P103	Staveley Pharmacy	The Pharmacy 6 Main Street	Staveley	LA8 9LU	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 18:00	09:00 - 12:30	Closed
P88	Boots the Chemists	32/34 Market Street	Ulverston	LA12 7LR	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P96	J N Murray (Cohens)	10 Market Place	Ulverston	LA12 7DX	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:00	Closed
P97	J.N.Murray (Cohens)	Ulverston Health Centre, Stanley Road	Ulverston	LA12 0EW	08:45-13:00 / 14:00-18:30	08:45-13:00 / 14:00-18:30	08:45 -13:00 / 14:00 - 18:30	08:45-13:00 / 14:00-18:30	08:45-13:00 / 14:00-18:30	Closed	Closed
P64	Boots the Chemists	26 King Street	Whitehaven	CA28 7JN	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P67	Mirehouse Pharmacy	59 Meadow Road Mirehouse	Whitehaven	CA28 8ER	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:00	Closed
P68	Morrisons Pharmacy	Morrisons Store Flatt Walks	Whitehaven	CA28 7RW	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	08:00 - 20:00	10:00 - 16:00
P69	Seacliffe Pharmacy	High Road	Whitehaven	CA28 9PG	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 12:00	Closed
P71	Tesco Instore Pharmacy	Bransty Row North Shore	Whitehaven	CA28 7XY	08:30 - 19:00	08:30 - 19:00	08:30 - 19:00	08:30 - 19:00	08:30 - 19:00	08:30 - 19:00	10:00 - 16:00
P72	W Fare Limited	71-73 Market Place	Whitehaven	CA28 7JD	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 16:30	Closed
P73	Whitehaven Late Night Pharmacy	Unit 1 Lowther Building Lowther St	Whitehaven	CA28 7DG	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	09:00 - 21:00	12:00 - 20:00
P21	WELL Pharmacy	Wigton Medical Centre	Wigton	CA7 9NJ	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	09:00 - 18:30	Closed	Closed
P22	WELL Pharmacy	14 King Street	Wigton	CA7 9DT	08:45 – 17:30	08:45 – 17:30	08:45 – 17:30	08:45 – 17:30	08:45 – 17:30	08:45 – 17:30	Closed
P111	Windermere Health Centre Pharmacy Ltd	Windermere Health Centre, Goodley Dale	Windermere	LA23 2EG	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	Closed	Closed
P90	Boots the Chemists	10-12 Crescent Road	Windermere	LA23 1EA	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	Closed
P93	David Carter Ltd	16 Crescent Road	Windermere	LA23 1DT	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 17:30	09:00 - 13:00	Closed
P11	Harrington Pharmacy	25 Church Road Harrington	Workington	CA14 5QA	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 - 12:30	Closed

Unique ID	Pharmacy Name	Address	Town	Post code	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P12	J H Sandham (Chemists)	64 - 66 Harrington Road	Workington	CA14 3EF	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00-17:00	Closed
P13	J S Urwin	91 Main Road Seaton	Workington	CA14 1JE	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00 – 12:00	Closed
P17	Moorclose Pharmacy	Unit 6 Moorclose Roundabout138 Westfiled Dr	Workington	CA14 3RW	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00-18:00	09:00 - 13:00
P18	Tuschem Limited	Workington Community Hospital Park Lane	Workington	CA14 2RR	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	Closed	Closed
P19	W Gourlay Chemists	25 - 27 Oxford Street	Workington	CA14 2AL	09:00 – 18:00	09:00 – 18:00	09:00 – 18:00	09:00 – 18:00	09:00 – 18:00	09:00 – 17:00	Closed
P3	Asda Pharmacy	Dunmail Park Maryport Rd	Workington	CA14 1NQ	08:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 23:00	07:00 - 22:00	11:00 - 17:00
P7	Boots the Chemists	29 Murray Road	Workington	CA14 2AB	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	09:00 – 17:30	11:00-16:00
P9	F C Whelan Chemist	72 John Street	Workington	CA14 3BT	09:00-18:00	09:00-18:00	09:00 -18:00	09:00-18:00	09:00-18:00	09:00-12:30	Closed

9 Access and Opening Times

Area	Latest Opening Pharmacy In Area	Approximate Distance to Nearest Pharmacy with later opening times	Approximate Travel Time by Car
Allerdale			
Aspatria	Monday-Friday 6.30pm Saturday 12pm	8 miles Maryport 8 miles Wigton 9 miles Cockermouth	10 minutes 10 minutes 17 minutes
Cockermouth	Monday-Saturday 10pm Sunday 8pm	27 miles Carlisle 14 miles Whitehaven 8 miles Workington	41 minutes 25 minutes 15 minutes
Keswick	Monday-Saturday 6pm Sunday 5pm	14.2 miles Penrith 14 miles Cockermouth 27 miles Whitehaven	25 minutes 21 minutes 40 minutes
Maryport	Monday-Friday 6pm Saturday 5.30pm	7 miles Cockermouth 6 miles Workington 15 miles Whitehaven	14 minutes 10 minutes 25 minutes
Silloth	Monday-Friday 6pm Saturday 5pm	18 miles Cockermouth 24 miles Carlisle 12 miles Wigton	35 minutes 41 minutes 20 minutes
Wigton	Monday-Friday 6.30pm Saturday 5.30pm	14 miles Carlisle 16 miles Cockermouth	25 minutes 23 minutes
Workington	Monday-Friday 11pm Saturday 10pm Sunday 5pm	36 miles Carlisle 9 miles Whitehaven 8 miles Cockermouth	1 hour 15 minutes 12 minutes
Barrow-in-Furness			
Barrow-in-Furness	Monday-Friday 11pm Saturday 10pm Sunday 5pm		
Dalton-in-Furness	Monday-Friday 6.30pm Saturday 5pm	3 miles Barrow	10 minutes
Carlisle			
Longtown	Monday-Friday 6pm Saturday 5pm	9 miles Carlisle	15 minutes
Brampton	Monday, Wednesday, Friday 6pm Tuesday, Thursday 5:30pm Saturday 5pm	9 miles Carlisle 26 miles Penrith	15 minutes 35 minutes
Dalston	Monday-Friday 6pm Saturday 2pm	5 miles Carlisle	15 minutes
Carlisle	Monday-Saturday 11pm Sunday 4.30pm	21 miles Penrith	25 minutes

Area	Latest Opening Pharmacy In Area	Approximate Distance to Nearest Pharmacy with later opening times	Approximate Travel Time by Car
Copeland			
Cleator Moor	Monday 6.30pm Tuesday & Wednesday 5.30pm Thursday & Friday 6pm Saturday 12.30pm	4 miles Whitehaven 3 miles Egremont 12 miles Workington	10 minutes 7 minutes 20 minutes
Egremont	Monday – Friday 6.30pm Saturday – 5pm	6 miles Whitehaven 13 miles Workington	8 minutes 20 minutes
Frizington	Monday & Thursday 6pm Tuesday, Wednesday & Friday 5.30pm Saturday 12.30pm	5 miles Whitehaven 10 miles Workington 11 miles Cockermouth	14 minutes 19 minutes 20 minutes
Seascale	Monday – Friday 6pm Saturday 1pm	9 miles Egremont 15 miles Whitehaven	15 minutes 25 minutes
Whitehaven	Monday – Friday 11pm Saturday – 9pm Sunday 8pm	44 miles Penrith 9 miles Workington	1 hour 15 minutes
Millom	Monday – Friday 6:30pm Saturday 2pm	23 miles Barrow 32 miles Whitehaven 19 miles Ulverston	45 minutes 58 minutes 35 minutes
Eden			
Alston	Monday, Wednesday, Thursday & Friday - 5.30pm Tuesday & Saturday 12.30pm	20 miles Penrith 20 miles Brampton	40 minutes 35 minutes
Appleby	Monday – Friday 6.30pm Saturday 5.00pm	11 miles Penrith	20 minutes
Kirkby Stephen	Monday – Friday 5.30pm Saturday 1pm	12 miles Appleby 26 miles Penrith 27 miles Kendal	20 minutes 40 minutes 35 minutes
Penrith	Monday – Friday 11pm Saturday 10pm Sunday 5pm	21 miles Carlisle	25 minutes
South Lakeland			
Ambleside	Monday – Friday 6.30pm Saturday 6pm Sunday 5:30pm	13 miles Kendal	20 minutes
Arnside	Monday – Friday 5.30pm Saturday 1pm	12 miles Kendal 3 miles Milnthorpe 15 miles Grange-over-Sands	25 minutes 7 minutes 24 minutes
Flookburgh	Monday – Friday 6pm Saturday 1pm	3 miles Grange-over-Sands 12 miles Ulverston	8 minutes 23 minutes
Grange-over-Sands	Monday – Friday 6pm Saturday – 5pm	13 miles Kendal 15 miles Ulverston	20 minutes 25 minutes
Grasmere	Monday – Friday 5.30pm Saturday 1pm	13 miles Keswick 9 miles Windermere 17 miles Kendal 9 miles Hawkshead	20 minutes 15 minutes 30 minutes 26 minutes

Area	Latest Opening Pharmacy In Area	Approximate Distance to Nearest Pharmacy with later opening times	Approximate Travel Time by Car
South Lakeland cont'd ...			
Hawkshead	Monday – Friday 5.30pm Saturday 5pm	19 miles Kendal 5 miles Ambleside	40 minutes 15 minutes
Kendal	Monday – Friday 11pm Saturday 9pm Sunday 6pm	28 miles Penrith	35 minutes
Kirkby Lonsdale	Monday – Saturday 6pm	13 miles Kendal 10 miles Milnthorpe	20 minutes 20 minutes
Milnthorpe	Monday – Friday 6.30pm Saturday 1pm	8 miles Kendal 11 miles Grange-over-Sands 10 miles Kirkby Lonsdale	15 minutes 17 minutes 18 minutes
Sedbergh	Monday – Friday 5.30pm Saturday 1pm	13 miles Kendal 12 miles Kirkby Lonsdale	20 minutes 25 minutes
Staveley	Monday – Friday 6pm Saturday 12.30pm	5 miles Kendal 4 miles Windermere 8 miles Ambleside	13 minutes 8 minutes 19 minutes
Ulverston	Monday – Friday 6.30pm Saturday 5:30pm	10 miles Barrow	20 minutes
Windermere	Monday – Friday 6pm Saturday 5:30pm	11 miles Kendal 5 miles Ambleside	20 minutes 11 minutes

10 Time to Travel Map

