

Infection Prevention Team Newsletter September 2025

Acute Respiratory Infections and Vaccinations

As the weather gets colder and people spend more time indoors, we see a rise in acute respiratory infections caused by viruses such as Flu, Covid and RSV amongst others. Whilst for healthy adults these are usually unpleasant but minor infections which will get better on their own, for elderly people, young babies and those with a weakened immune system these can be very serious, leading to hospital admissions, serious side effects and even death.

All respiratory viruses are very easily passed on from one person to another both via breathing in small airborne droplets and via unwashed hands and equipment.

Key outbreak messages:

Make sure you have a supply of Covid-19 LFD tests, available (from the pharmacy) for testing residents who would be eligible for treatment. Tests are free of charge for vulnerable residents.

The first 5 symptomatic residents should be tested (unless specific additional testing is requested by UKHSA or the IPC team)

The LFD test is only for Covid-19. If this is negative, then please contact the IPC team (via the email address below) or UKHSA (out of hours) for advice. Testing for Flu or other infections may need to be arranged. Further information can be found in the 'ARI Care Home Action Card' circulated separately.

Covid Guidance for Care Homes

Key Vaccine messages:

Please help prevent outbreaks by having your vaccinations- these are safe, effective and really do save lives. Look at the information below with your team and be prepared.

Flu and Covid-19 vaccinations for residents are available from early September.

Flu vaccinations for staff are available from 1st October. Westmorland and Furness staff can get their free flu jab by attending any of the participating pharmacies (See the list below for participating pharmacies)- you just need to take along your ID badge. Most W&F Care homes will also have on-site vaccination offered- look out for the dates of your vaccination visit (these may be different days to resident vaccination visits as they will be carried out by different providers).

For other Care Homes- if your employer doesn't provide flu vaccinations through an occupational health scheme you can arrange your free NHS vaccination via your GP or pharmacy.

<https://www.gov.uk/government/publications/national-flu-immunisation-programme-plan-2025-to-2026>

LINKS: [IPC Policies and Procedures](#) (Follow and scroll down)

We are always here to help- email us at IPC@westmorlandandfurness.gov.uk

Westmorland & Furness Council
Staff Flu Vaccination Programme 2025/26
Participating Pharmacies

Pharmacy Name	Pharmacy Address	Area/ Postcode	Local	Phone
Westmorland & Furness Pharmacies				
Allied Pharmacy Dalton	75 Market Street	Dalton in Furness LA15 8DL	Westmorland & Furness	01229 462427
Alston Pharmacy	Front Street	Alston CA9 3QP	Westmorland & Furness	01434 381259
Asda Stores Ltd	Walney Road	Barrow-in-Furness LA14 5UG	Westmorland & Furness	01229 826011
ASDA Stores Ltd	Burton Road	Kendal LA9 7JA	Westmorland & Furness	01539 742410
Cohens Chemist	62 Rawlinson Street	Barrow in Furness LA14 2DN	Westmorland & Furness	01229 821956
Cohens Chemist	56 Settle Street	Barrow in Furness LA14 5HQ	Westmorland & Furness	01229 820252
Cohens Chemist	Friars Lane	Barrow in Furness LA13 9NN	Westmorland & Furness	01229 821050
Cohens Chemist	Ulverston Community Health Centre, Stanley St	Ulverston LA12 7BT	Westmorland & Furness	01229 484022
Cohens Chemist	Community Centre, Central Drive, Walney	Barrow in Furness LA14 3HY	Westmorland & Furness	01229 471402
Cohens Chemist	3 Anchor Road	Barrow in Furness LA14 2QW	Westmorland & Furness	01229 820979
Cohens Chemist	68 Dalton Road	Barrow in Furness LA14 1LS	Westmorland & Furness	01229 820491
Cohens Chemist	The Pharmacy, Ainslie Street	Barrow in Furness LA14 5AY	Westmorland & Furness	01229 821310
Collins & Butterworth	The Pharmacy, Main Street,	Hawkshead LA22 0NS	Westmorland & Furness	01539 436201
Cowards Pharmacy	52 Hartington Street	Barrow in Furness LA14 5SR	Westmorland & Furness	01229 821272

Flookburgh Pharmacy	1 Main Street	Flookburgh LA11 7JU	Westmorland & Furness	01539 558298
Kendal Healthcare	2 Maude Street	Kendal LA9 4QD	Westmorland & Furness	01539 720152
Bestway National Chemists Limited	Helme chase surgery, Burton Road	Kendal LA9 7HR	Westmorland & Furness	01539 760760
Boots UK Limited	Unit 10, Elephant Yard, 66 Stricklandgate	Kendal LA9 4PU	Westmorland & Furness	01539 720180
Gorgemead Limited	Community centre, Central Rr, Walney Island	Barrow in Furness LA14 3HY	Westmorland & Furness	01229 471402
Gorgemead Limited	Former United Club, Friars Lane Central Dr, Walney Island	Barrow in Furness LA13 9NN	Westmorland & Furness	01229 471402
JAS Pharma LTD	Captain French surgery, Gillingate	Kendal LA9 4JE	Westmorland & Furness	01539 720241
Staveley Healthcare Limited	6 Main Street, Staveley	Kendal LA8 9LU	Westmorland & Furness	015394 43139
Thomas Bell	Lake Rd	Ambleside	Westmorland & Furness	01539 433345
Windermere Health Centre Pharmacy Ltd	Goodley Dale	Windermere LA23 2EG	Westmorland & Furness	015394 45159
Eden Pharmacy	11 Boroughgate	Appleby CA16 6XF	Westmorland & Furness	017683 51410
Green Tree Pharmacy	6-8 Market Street	Kirkby Stephen CA17 4QS	Westmorland & Furness	01768 37139
Morrisons Pharmacy	Brunswick Road	Penrith CA11 7JU	Westmorland & Furness	01768 862055
Well Pharmacy	Bridge Lane	Penrith CA11 8HW	Westmorland & Furness	01768 864761
Well Pharmacy	Helme Chase Surgery	Kendal LA9 7HR	Westmorland & Furness	01539 737953
Cumberland Pharmacies				
A.F. Norman Chemists	55 Senhouse Street	Maryport CA15 6BL	Cumberland	01900 812 615
Alneburgh Pharmacy	50 Ewanrigg Road	Maryport CA15 8EL	Cumberland	01900 819 111
Asda Pharmacy	Chandler Way	Carlisle CA3 0JQ	Cumberland	01228 554 119

Asda Pharmacy	Dunmail Park shopping centre	Workington CA14 1NQ	Cumberland	01900 607 730
Brampton Pharmacy	Market Place	Brampton CA8 1RL	Cumberland	01697 72501
Castlegate Pharmacy	Isel Road	Cockermouth CA13 9HT	Cumberland	01900 826 018
Cohens Pharmacy	Cleator Moor Health centre	Cleator Moor CA25 5HP	Cumberland	01946 810373
Cohens Pharmacy	11-13 Station Street	Keswick CA12 5HH	Cumberland	01968 72049
Cohens Pharmacy	31 Market Place	Egremont CA22 2AG	Cumberland	01946 820237
Dalston Pharmacy	Vicars Cottages	Dalston CA5 7LW	Cumberland	01228 712506
Dalston Pharmacy	Arnside House	Carlisle CA1 3SR	Cumberland	01228 541344
Dalston Pharmacy	7 Central Ave	Carlisle CA1 3QB	Cumberland	01228 523312
Dalston Pharmacy	6-8 Bank Street	Carlisle CA3 8EU	Cumberland	01228 521816
C Whelans Pharmacy	FC Whelan Chemists, 70-74 John Street	Workington CA14 3BT	Cumberland	01900 603332
Harrington Pharmacy	T/A Harrington Pharmacy, Church Road	Workington CA14 5QA	Cumberland	01946 833565
JWW Allisons Pharmacy	31 Main Street	Cockermouth CA13 9LE	Cumberland	01900 822292
Mirehouse Pharmacy	59 Meadow Road	Whitehaven CA28 8ER	Cumberland	01946 66552
Morrisons Pharmacy	Flatt Walks	Whitehaven CA28 7RW	Cumberland	01946 66131
Rowlands Pharmacy	43-45 Wellington Street	Millom LA18 4DG	Cumberland	01229 772 262

Seacliffe Pharmacy	High Road, Kells	Whitehaven CA28 9PG	Cumberland	01946 599860
Seascale Pharmacy	Gosforth Road	Seascale CA20 1PR	Cumberland	019467 28323
Seaton Pharmacy	91 Main Road	Workington CA14 1JE	Cumberland	0190067679
Tuschem Pharmacy	(Tuschem Ltd) Park Lane	Workington CA14 2RW	Cumberland	01900 705000
W Fare Chemists	73 Market Place	Whitehaven CA28 7JG	Cumberland	01946 692 978
Warwick road Pharmacy	76 Warwick road	Carlisle CA1 1DU	Cumberland	01228 511102
Well Pharmacy	The Surgery, Port Road	Carlisle CA2 7AJ	Cumberland	01228 522549
Well Pharmacy	Fusehill Medical Centre, Fusehill St	Carlisle CA1 2HE	Cumberland	01228 522014
Well Pharmacy	North Carlisle Medical Centre, Eden Street	Carlisle CA3 9JZ	Cumberland	01228 521618
Well Pharmacy	55 Wigton Rd	Carlisle CA2 7AY	Cumberland	01228 522020
Well Pharmacy	Wigton Medical Centre	Wigton	Cumberland	016973 49145
Well Pharmacy	14 King Street	Wigton CA7 9DT	Cumberland	01697 342445
Well Pharmacy	139 Denton Street	Carlisle CA2 5HB	Cumberland	01228 5213

Well Pharmacy	28 Blackwell Road	Carlisle CA2 4EQ	Cumberland	01228 522015
Well Pharmacy	59 Orton Road	Carlisle CA2 7HA	Cumberland	01228 522809
Well Pharmacy	29 Stonegarth, Morton	Carlisle CA2 6PD	Cumberland	01228 523048
Well Pharmacy	1-3 Station Rd	Silloth CA7 4AE	Cumberland	016973 31394
Whitehaven Late Night Pharmacy	T/A Whitehaven Late Night, Lowther Street	Whitehaven CA28 7DG	Cumberland	01946 66555