

# C:CARD

## POSTAL PICK UP

Free Sexual Health advice and condom service  
for young people living in Nottinghamshire

For free condoms,  
dams and lubes  
for young people  
between 13 and 25



You can request postal  
pick up if you have a  
valid Nottinghamshire  
C card. Scan the QR  
code or visit our website



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[www.ccardnottinghamshire.co.uk](http://www.ccardnottinghamshire.co.uk)