



Free Sexual Health advice and
condom service for young people

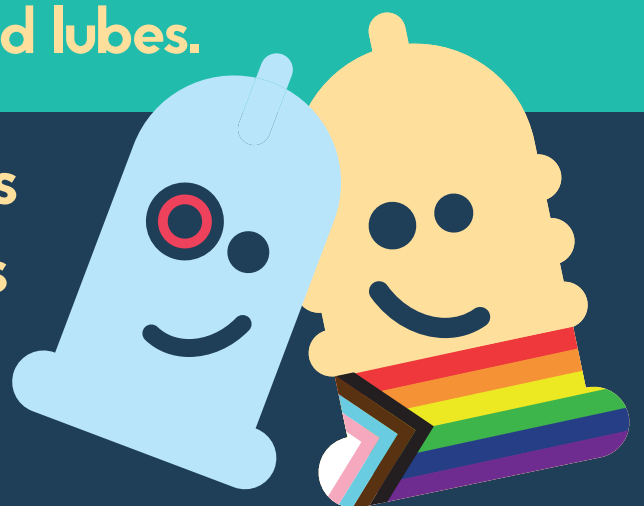
What is the C Card Scheme and who is it for?

Somewhere to come and
speak to a trained worker
if you are worried about
sexually transmitted
infections (STIs).



For all young
people aged 13-25
who want information
about safer sex and get
free condoms, dams
and lubes.

You can discuss any concerns
you have about relationships
and sex in a safe and
confidential place.



If you have any more questions
or to find your nearest C-card Site,
scan the QR code or visit our website
www.ccardnottinghamshire.co.uk



SCAN ME