

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