



**NOTTINGHAM**



A FREE CONDOM SERVICE FOR YOUNG PEOPLE  
AGED 13-24 YEARS LIVING IN NOTTINGHAM CITY

**[WWW.CCARDNOTTINGHAM.COM](http://WWW.CCARDNOTTINGHAM.COM)**

# WHAT IS A C-CARD?

If you are aged 13-24 a C-Card allows you to pick up free condoms, dams and lubricant from a number of points across the city.

## WHERE ARE THEY?

All age groups (13-24) can register by calling Nottingham's Integrated Sexual Health Service on 0115 9627627 and asking to speak to an advisor. If someone can't speak to you straight away, they will call you back. Anyone aged 16-24 can also register by calling or texting C-Card on 07976 173801 or emailing [ccard@nottshc.nhs](mailto:ccard@nottshc.nhs). You can visit The Health Shop on Broad Street in Hockley, Base 51 or speak to your school nurse or student support.

## HOW DO YOU GET ONE?

You need to register with the scheme by having a brief, confidential talk with a C-Card advisor at one of our Registration points. Due to Covid-19 we are now offering telephone registration and a postal service to people who are unable to register face to face.



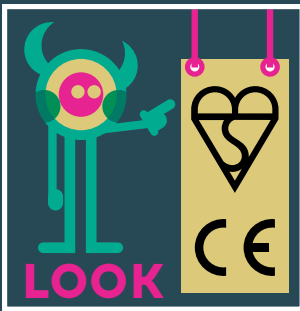
## WHY DO YOU NEED TO USE A CONDOM?

Condoms should be used during vaginal, oral and anal sex and when using sex toys to protect against STIs like Chlamydia, Gonorrhoea, Syphilis and HIV and to prevent unintended pregnancies. You can cut open a condom for use during oral sex or rimming. Not all STIs produce symptoms so you will need to get regular STI screens even if you do use condoms.

## WHAT'S LUBE?

Lubrication is a gel used to increase pleasure and reduce friction when using condoms to prevent them from splitting or coming off. Put a little lube on the outside of the condom once it's on and some on your partner's genitals.

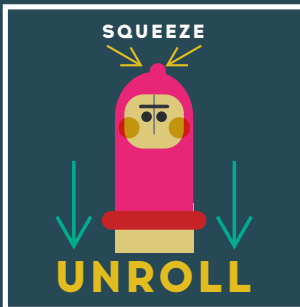
# HOW DO I USE A CONDOM?



Use a new condom for each sex act. Check the expiry date on the condom and the kitemark and/or CE mark is present



Take the condom out of the packet carefully, tearing along the serrated edge.



Before any contact, place the condom on the tip of the erect penis with the rolled side out. Unroll the condom all the way to the base of the penis.



After ejaculation, hold the rim of the condom in place and withdraw the penis while it is still hard. Throw the used condom away safely.

# CONTRACEPTION

If you are having sex or thinking about having sex for the first time there are lots of methods of contraception available to you. Many of them are long acting such as the injection, the coil or the implant which are great at reducing the risk of unplanned pregnancies. You can discuss what might work best for you by speaking to specialist trained advisers at NUH Sexual Health Service: 0115 9627 627.

## WHAT IF THE CONDOM BREAKS?

If a condom comes off or breaks then you will need to access emergency contraception as soon as possible. The emergency pill can be taken up to 72 hours after sex but the sooner it's taken the more effective it is.

## GET EMERGENCY CONTRACEPTION FROM:

- The Health Shop – 0115 9055001
- NUH Sexual Health Services  
- 0115 9627627
- Your GP, Pharmacy or School Nurse

## WHEN SHOULD I GET TESTED?

To protect yourself and your partners it's always a good idea to get tested for STIs before having sex with someone new or when a condom comes off or breaks. Some infections don't have any noticeable symptoms so it's important to get regular check-ups.

You can get tested for Chlamydia and Gonorrhoea 2 weeks after sex and a test for Syphilis and HIV 6-12 weeks after sex. If you have any symptoms you need to visit a GUM clinic – 0115 9627 627

### PLACES TO GET TESTED:

- The Health Shop: 0115 9055001
- NUH Sexual Health Services: 0115 9627 627
- Free, discreet online STI testing for 16-24 year olds <http://www.sh24.org.uk>

### BE HEP B FREE - IT ONLY TAKES 3!

If you are 16 or over, male and in a same sex relationship you can access free Hepatitis B vaccinations as you may be at risk of contracting an infection. For further info contact The Health Shop 0115 9055001 or NUH Sexual Health Service 0115 9627627.

# SEX AND CONSENT

Sexual consent is a voluntary agreement to engage in sexual activity and having the freedom and capacity to make the choice. Sex without consent is a crime known as rape and sexual assault. Consent can be withdrawn at any time and saying yes to one sexual activity doesn't necessarily mean agreement to another. It's not enough to assume someone wants sex; consent should be sought and freely given when you're both together at the time. If you're unsure then stop and check that your partner is happy. Alcohol and drugs can affect your judgment so regardless of what someone is saying or doing they may not be able to consent to sex. Wait until you are both sober.

If you are unsure and want to know more, you can contact the Consent Coalition at [www.notssvss.org.uk/consent-coalition](http://www.notssvss.org.uk/consent-coalition) or the Juno helpline on 0808 800 0340 or go online and search "Tea and Consent".

# USEFUL CONTACTS

## THE HEALTH SHOP

0115 9055001

## NUH SEXUAL HEALTH SERVICES

0115 9627 627

## BASE 51 NGY / MYPLACE

0115 9525 040

[www.ccardnottingham.com](http://www.ccardnottingham.com)

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

[ccard@nottshc.nhs.uk](mailto:ccard@nottshc.nhs.uk)

[www.bishuk.com](http://www.bishuk.com)

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

[www.sh24.org.uk](http://www.sh24.org.uk)

