

[Back to listing](#)



**Themes:** Families and Children, Sexual Health

**Aimed at:** Teenagers 12-17

C-Card

The C-Card is a service for young people aged between 13 – 24 in Nottingham City. We provide free condoms, lube and dams, sexual health information, and help and advice.

If you're thinking about having sex, have already started or are just concerned about the risk of pregnancy or sexually transmitted infections then, a C-Card is for you. It doesn't matter if you're lesbian, gay, straight, bisexual, trans or unsure of your gender or sexuality, a C-Card is still for you.

How to get a C-Card

C-Card registration and pick-up points are available all over Nottingham City. There are over 200 sites across Nottingham, so just visit our website and type in your postcode to find the nearest point to you.

**Area:** Bassetlaw

### **Contact Details**

Nottinghamshire Healthcare

NHS Foundation Trust

NG3 6AA

[c-card@nottshc.nhs.uk](mailto:c-card@nottshc.nhs.uk)

0115 9691300

<http://www.ccardnottingham.com/>

[Back to Listing](#)