



the c card

carry with confidence...

WHAT IS THE C-CARD?

The C-Card is a card that gives anyone aged under 25 quick and easy access to free condoms.

It is a confidential service which also offers information and advice about sexual health and relationships.

If you are thinking of having sex or are having a sexual relationship, registering for a card will mean you always have access to free condoms.



HOW TO REGISTER

Registration is quick and easy and takes about 10 minutes. You will only be asked a few simple questions like:

Name | *Postcode* | *Date of Birth*

All the information you provide is confidential and will not be passed on to anyone else.

You can get a C-Card at any of our designated registration sites.



To find your nearest registration site, visit openclinic.org.uk/ccard

HOW DOES THE C-CARD WORK?

The C-Card allows you to get free condoms from a range of places e.g. pharmacies, clinics, GPs, colleges and some schools.

The card will not have any personal details on it like your name, it will only have a unique number. On the back of each card there are a number of boxes and one will be crossed off every time you pick up your new pack of condoms.

Once you have filled up all the boxes, you will need to re-register to get another free card.

WHERE TO GET CONDOMS

You can take your C-Card to any place where you see the C-Card logo and get your condoms without any questions asked.

To find your nearest C-Card registration and distribution sites, visit openclinic.org.uk/ccard



Got a question? Get in touch!

 0300 124 5022 (option 4)

 mpftprevention@nhs.net