



**We offer FREE CONDOMS to  
16-25year olds registered with C-Card**

*“Condom use is known to help reduce sexually transmitted infections and helps with choices around preventing unwanted pregnancy”.*

**For more information about C-Card ask at reception or contact:  
South Tyneside Sexual Health Service on 0191 2832525  
or Gateshead Sexual Health Service on 0191 2831575**