

C:CARD

Good news! The YMCA is now OFFICIALLY able to distribute **FREE condoms confidentially to young people aged between 16—25 years!**

We want everyone to practice safe sex to combat sexually transmitted infections (STI's) and to help prevent unplanned pregnancies.

If you would like to take advantage of this great scheme then all you need to do is speak to a member of the YMCA Housing Support Team. They will be able to register you for a C:Card which you can keep in your wallet or purse. This entitles you to condoms free of charge.

We have plenty in stock so why not visit us as regularly as you need to?

For anyone that is unsure of how to put on a condom; no problem. YMCA staff are trained to demonstrate this...on a plastic, model penis and NOT a real one we hasten to add!!!

The C:Card will also enable you to request condoms from the new Brook Sexual Health Clinic in based at 624 South Fifth Street Central Milton Keynes; telephone (01908) 669215). You can also receive information, guidance and impartial advice on any sexual related issues you may have from Brook's

So remember, if you're currently having sex or thinking of having sex don't forget to be safe and get your free condoms from the YMCA.

**C:CARD IS A FREE,
CONFIDENTIAL
CONDOM SCHEME
FOR YOUNG PEOPLE
UNDER 25 YEARS OLD
IN MILTON KEYNES**

