

## NEW: ANGUS C-CARD SERVICE for under 25's.

### ***What is C Card?***

C Card is a service in Angus offering you access to a range of free condoms and sexual health and well-being information with minimum embarrassment.

### ***How does it work?***

To get your free condoms you will need to register at one of the C Card registration sites. Once you have registered you will receive your very own C Card which is unique to you!

You can then pick up free condoms from distribution sites across Angus.

### ***How do I register?***

You can go along to a C Card registration site to register, the only information you will be asked to supply is your date of birth and hometown. You will also have a chance to have a confidential and private chat about condom choice, sexual health or relationship issues, if you would find it helpful.

You will then be given your C Card which you will need to show at distribution sites before you will be given your free condoms etc.

### ***What happens once I've registered?***

You can go along to distribution sites across Angus. All you will need to do is show your C Card.

### ***What if I am under 16?***

The law says that you are not allowed to have sex under the age of 16. However, sometimes people start sexual relationships before this age, or might want to try out condoms on their own to see what they're like. If you are under 16 you can still access confidential support or services on offer to adults as long as workers believe that you are capable of understanding the information provided to you. All staff are friendly and welcoming and will keep your confidentiality unless they think you are at risk of serious harm. They will always consult you before telling anyone else. **Remember ...** you should never feel pressured into having sex. It should be a decision that both you and your partner make together.

Health professionals can provide confidential sexual health information, advice and contraception to you whatever your age.

# ANGUS C Card Outlets

## Kirriemuir

- Monday 1.00-2.00pm **Youth Bytes! bus @** Bellies Brae Car Park

## Forfar

- Wednesday 4.00-5.00pm **Number 1 for Youth**
- Thursday 6.00-8.00pm **Number 1 for Youth**
- **The WEB Project**, 29b Canmore Street, Open from: 9am-5pm Monday-Friday Tel: 01307 460101

## Montrose

- Every second Tuesday 1.00-2.00pm **Youth Bytes! bus @** Montrose Sports Centre
- Last Tues of every month 7-9pm **Youth Bytes! Bus @** the Borrowfield Community Centre car park.

## Brechin

- Every second Tuesday 1.00-2.00pm **Youth Bytes! bus @** Sommerfield Car Park
- Every second Thursday 7.00-9.00pm **The Attic**
- Monday 4.00-5.00pm **Damacre Centre**

## Arbroath

- Tuesday 1.00-2.00pm **Saltire Leisure Centre**
- Tuesday 4.00-5.30pm **Abbey Health Centre**
- Thursday 12.15-2.00pm **Youth Bytes! bus @** MacDonald Park

## Friockheim

Every second Wednesday 7.00-9.00pm **Youth Bytes! Bus @** Friockheim Park

### **Talk Health**

Confidential Health Phonenumber for young people in Angus  
phone or text : 07887 917 203