

DRAFT VERSION

Area Committee 8

Bridge, Clifton North and Clifton South

Public Health

Directory of Public Health Commissioned Services

Nottingham City Council

Introduction

Public Health is a team within the Early Years directorate.



Public Health take an evidence-based approach to improving the health of the city's population - either directly through commissioning health improvement services, or alongside partners and other departments which may have an impact on health.

By identifying the health needs of the population, it is possible to implement or commission services to help address those needs and improve health and wellbeing.

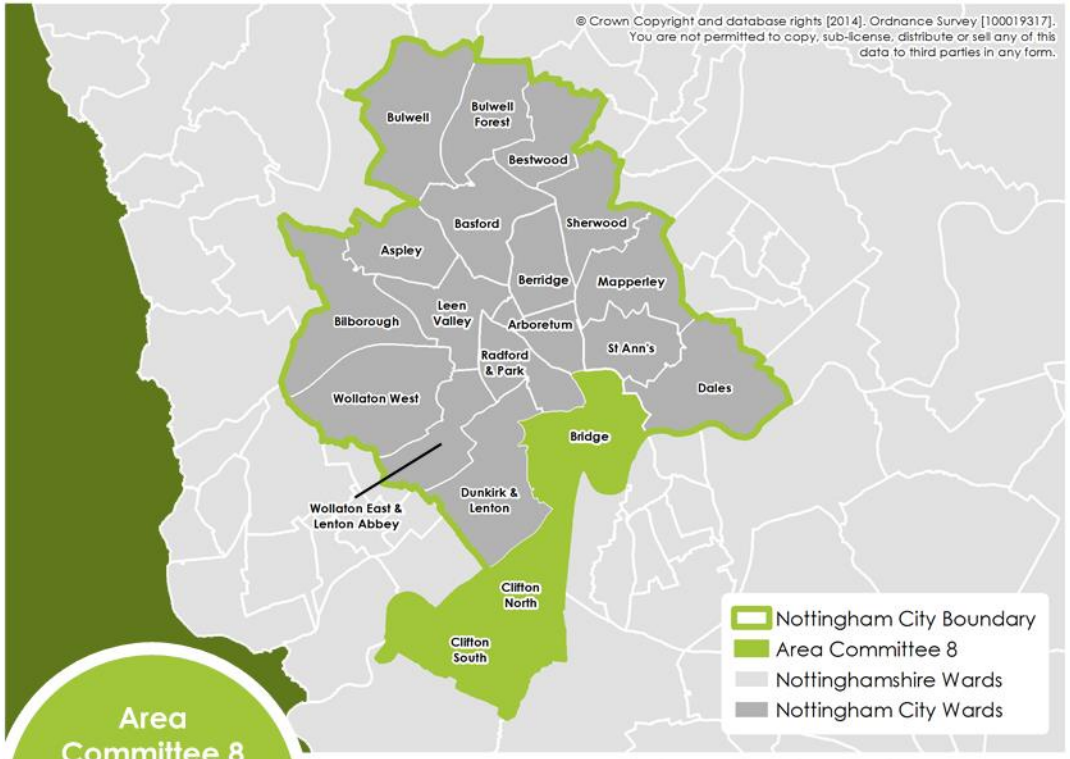
Public Health includes three main areas:

- **Health improvement**
- **Health protection**
- **Commissioning/services**

The following document details the third main area regarding Public Health commissioned services with Area Committee 8.



For further details please contact Michelle Ball, Directorate Secretary on **tel**: 0115 8765419 **e-mail:** michelle.ball@nottinghamcity.gov.uk



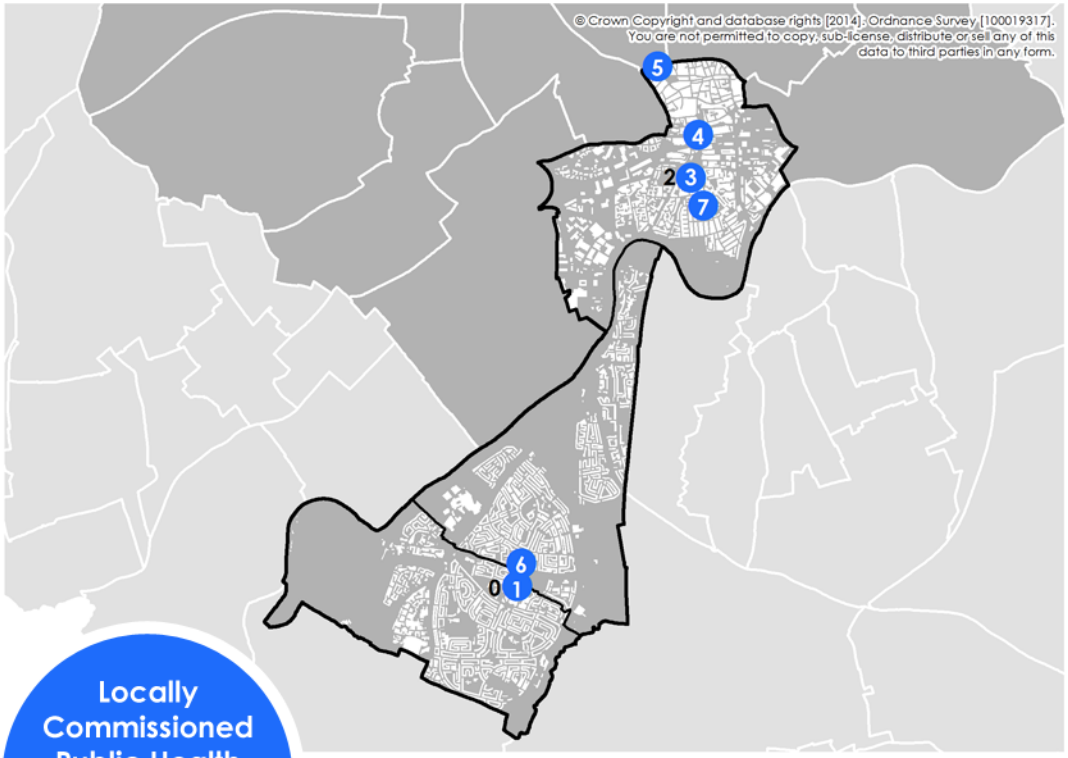
Area Committee 8 *(Bridge, Clifton North and Clifton South)*

There are 8 Area Committees within Nottingham City, each covering a particular geographical area of the City (usually 2 or 3 wards). The membership is all the ward councillors from that geographical area. Meetings are open to the public and appointed local community representatives are invited to attend and contribute, including appointed representatives of Nottingham City Homes, tenants and leaseholders.

The Committees meet to discuss issues of local concern and how to improve their local area, and are consulted on changes which could affect the area. They oversee the spending of their Area Capital Fund. Allocations from individual or joint Ward Councillor Budget allocations to support local ward initiatives are noted. This funding may be divided between funding grants to community and voluntary sector organisations or funding other local community initiatives.

Area Committees usually meet 4 times a year.

Area Committee 8 consists of the wards '**Bridge**', '**Clifton North**' and '**Clifton South**'.



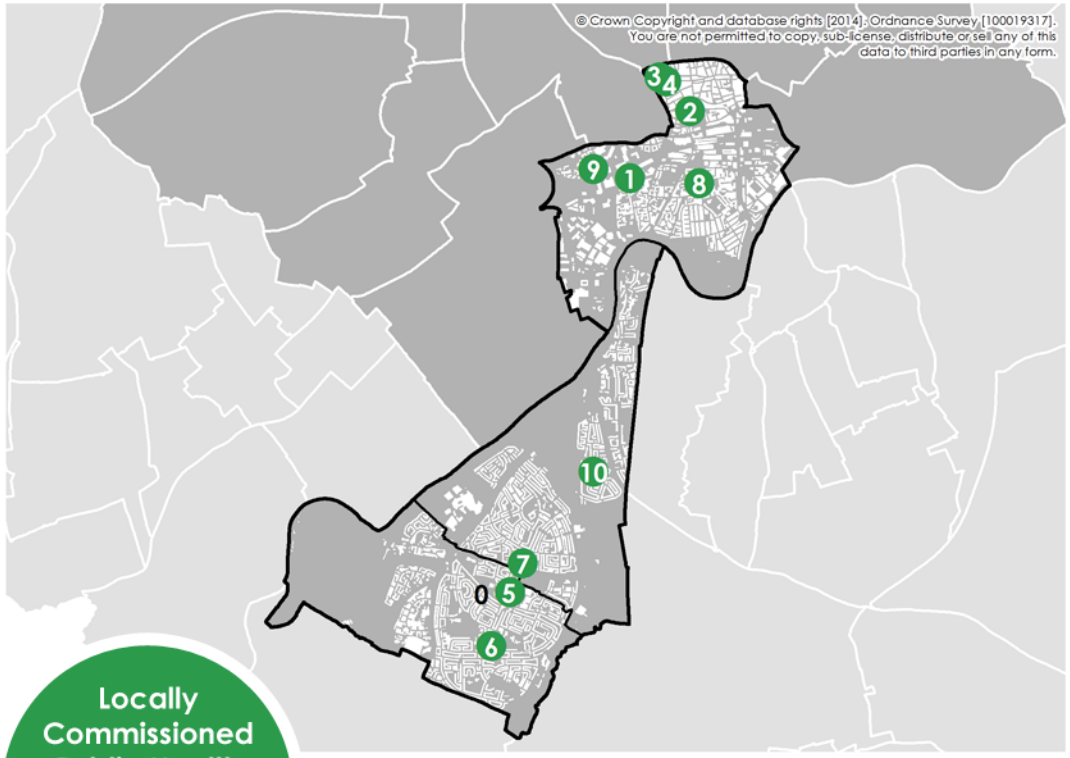
Locally Commissioned Public Health Services via GPs

Public Health commission GP practices to deliver a wide range of Local Enhanced Services (LESs). These services are over and above the standard provision. These 'Locally Commissioned Public Health Services' have been developed to respond to local needs and priorities. The table below identifies which LESs are delivered in GP practices within Area Committee 8. Further details related to Sexual Health Services can be found under the 'Sexual Health Services' section of the directory.

Available Services

Key	Practice	Postcode	Aysmplomatic Chlamydia Screening	Aymptomatic Sexual Health screening	Nexplanon *Contraception*	IUCD *Contraception*	NHS Healthchecks
0	Clifton Medical Practice	NG11 8EW		✓	✓	✓	✓
1	John Ryle Medical Centre	NG11 8EW	✓		✓	✓	✓
2	Meadows Health Centre (Larner)	NG2 2JG		✓	✓	✓	✓
3	Meadows Health Centre (Shanker)	NG2 2JG					✓
4	NEMS Platform One Practice-Forward House	NG2 3AJ	✓	✓	✓	✓	✓
5	NHS Nottingham City-8-8 Health Centre	NG1 6LD					✓
6	Rivergreen Medical Centre	NG11 8AD		✓	✓	✓	✓
7	Wilford Grove Surgery	NG2 2DR	✓			✓	✓

For more information on the LESs available, contact the GP surgery directly.



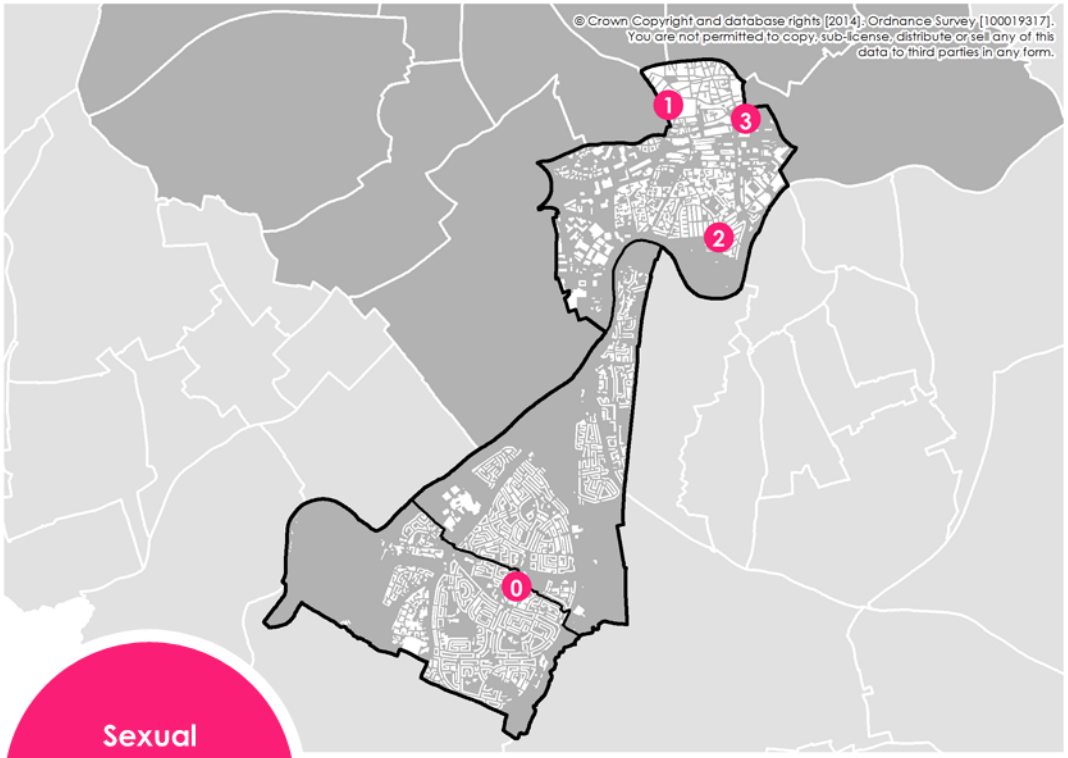
Locally Commissioned Public Health Services via Pharmacies

Public Health commission local pharmacies to deliver a range of Local Enhanced Services (LESs). LESs are schemes that have been developed to respond to local needs and priorities. The table below identifies the pharmacies within Area Committee 8 where a range of LESs are available. Further details related to Sexual Health Services can be found under the 'Sexual Health Services' section of the directory.

Available Services

Key	Pharmacy	Address	Postcode	EHC	Chlamydia Treatment	Chlamydia Screening	C-Card Pick Up	Pregnancy Testing	NHS Health-checks
0	Boots the Chemist	222-224 Southchurch Drive	NG11 8AA	✓	✓		✓	✓	
1	Boots the Chemist	Unit a, Riverside Retail Park	NG2 1AL	✓	✓		✓	✓	
2	Boots the Chemist	40 Lister Gate	NG1 7LB	✓	✓	✓	✓	✓	
3	Boots the Chemist	54-57 Long Row	NG1 6HL	✓	✓		✓	✓	
4	Canning Ltd	2 Beastmarket Hill	NG1 6FB	✓	✓		✓	✓	
5	Coop Pharmacy	176 Southchurch Drive	NG11 8AA	✓	✓		✓	✓	
6	Day Lewis Pharmacy	372 Southchurch Drive	NG11 9FE	✓	✓		✓	✓	
7	Day Night Pharmacy Ltd	116 Southchurch Drive	NG11 8AD				✓		
8	Manor Pharmacy	9 Bridgeway Centre	NG2 2JD	✓	✓		✓	✓	
9	Sainsburys Pharmacy	Castle Bridge Road	NG7 1GX	✓	✓		✓		
10	Silverdale Pharmacy	44 Monksway	NG11 7FH						

For more information on the LESs available, contact the pharmacy directly.



Sexual Health Services (Clinics)

Victoria Health Centre is a centre for Contraception and Sexual Health. The service is open access and confidential. They offer nurse and doctor led clinics for advice and provision of all aspects of contraception and sexual health, pregnancy testing, emergency contraception, all methods of contraception, STI testing and treatment for some STI's, unplanned pregnancy counselling and referral and specialist clinics. Telephone number: 0115 8839005

Community Sexual Health Clinics provide a free and confidential community based Contraception & Sexual Health Service providing a comprehensive range of contraceptive methods, STI screening, sexual health advice and signposting to other services as appropriate. Provision of services vary across the different sites. These clinics are mainly based on an appointment system only and can be booked through the Victoria Health Centre booking line on 0115 8839005

Young people's outreach clinics are provided in a number of community and primary care locations throughout Nottingham City in a variety of accessible settings (colleges, LIFTS, health centres). Services offer free contraception, pregnancy testing, emergency hormonal contraception, STI testing and advice. Further outreach clinics are also provided to target those most at risk of poor sexual health, these include: Prostitute Outreach Workers, Women's refuge, and Men's Saunas.

Appointment Times

Key	Location	Mon	Tues	Weds	Thurs	Fri	Sat
0	Clifton Cornerstone			14:00 - 18:00			
1	NGY myplace						
2	Meadows Youth Club						
3	WIC						

Walk-in Times

Key	Location	Mon	Tues	Weds	Thurs	Fri	Sat
0	Clifton Cornerstone			15:00 - 18:00			
1	NGY myplace		15:00 - 18:00	12:00 - 16:00	12:00 - 16:30		
2	Meadows Youth Club		18:00 - 20:00*				
3	WIC						

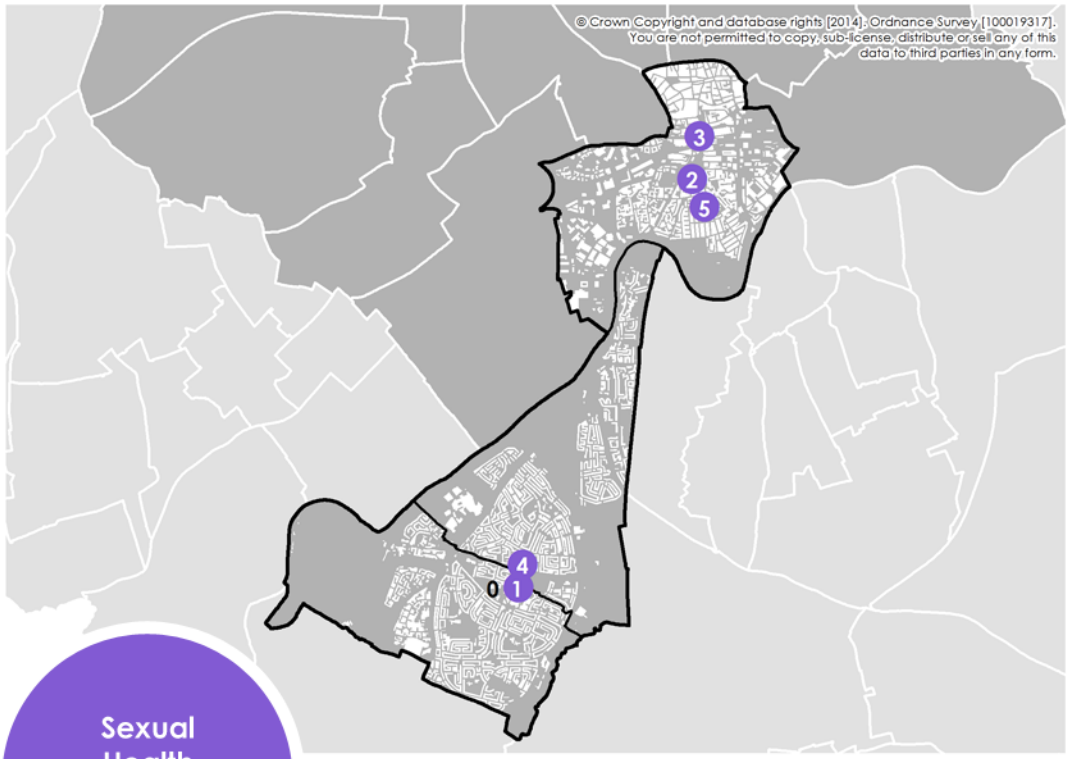
** First Tuesday of the Month*

STI and Other Services

Key	Location	Under 25s Only	Walk-in	Appoint-ments	Quick Check-up	Full Check-up	Chlamydia Treatment	Treatment	HIV - Treatment	Coun-selling
0	Clifton Cornerstone		✔	✔	✔	✔	✔	✔		
1	NGY myplace	✔	✔		✔	✔	✔			
2	Meadows Youth Club		✔		✔	✔				
3	WIC			✔	✔	✔	✔			

Contraception Services

Key	Location	Advice	Emerg. Contra-ception	Condoms	Pill	Injection	Implant	Intrauterine (UD/IUS)	Pregnancy Testing / Advice	C-Card Reg. / Pickup
0	Clifton Cornerstone	✔	✔	✔	✔	✔	✔	✔	✔	✔
1	NGY myplace	✔	✔	✔	✔	✔	✔			✔
2	Meadows Youth Club	✔		✔					✔	✔
3	WIC	✔								



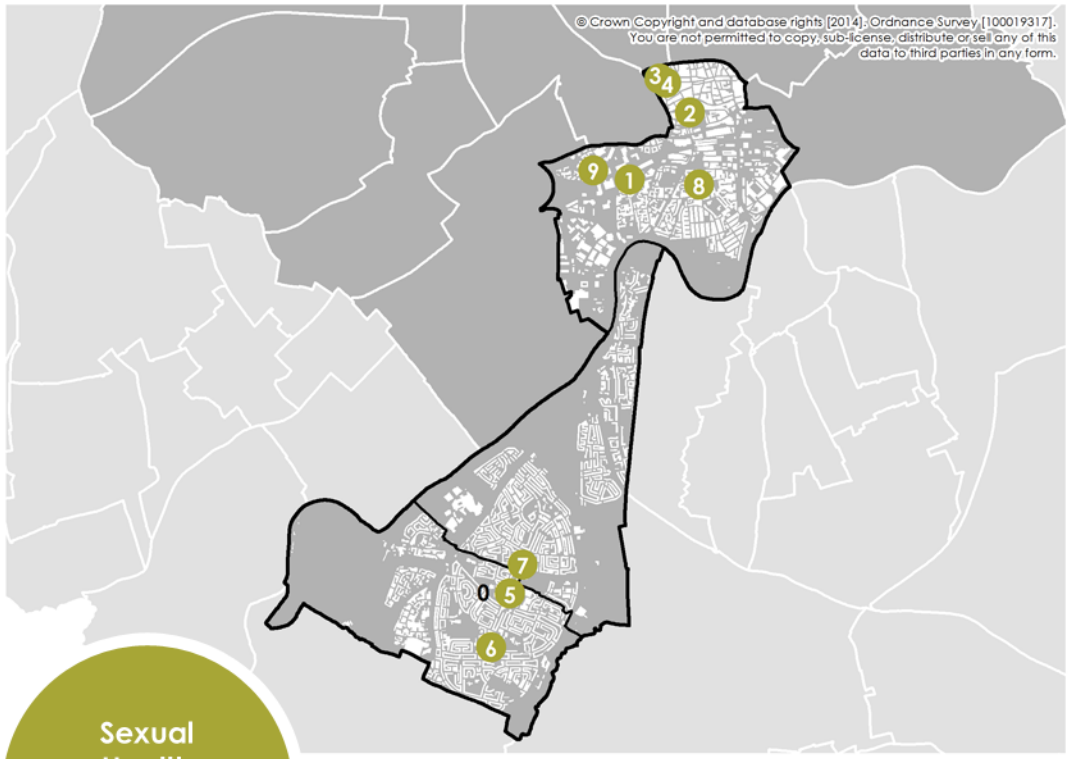
Sexual Health Services (GPs)

A number of GPs provide a range of sexual health services: asymptomatic chlamydia screening, asymptomatic sexual health screening (screening for chlamydia, gonorrhoea, syphilis and HIV), Nexplanon (implant) and IUD's (the coil). Provision of services vary according to your GP, however some GPs provide implants and IUD's without needing to be registered with them.

Available Services

Key	Practice	Chlamydia screening	Gonorrhoea test	Syphilis test	HIV test	IUCD (coil)	Implant
0	Clifton Medical Practice	✔	✔	✔	✔	✔	✔
1	John Ryle Medical Centre	✔	✔			✔	✔
2	Meadows Health Centre (Larner)	✔	✔	✔	✔	✔	✔
3	NEMS Platform One Practice-Forward House	✔	✔	✔	✔	✔	✔
4	Rivergreen Medical Centre	✔	✔	✔	✔	✔	✔
5	Wilford Grove Surgery	✔	✔			✔	✔

Please note - Chlamydia screening, Gonorrhoea test, Syphilis and HIV test are specifically for those aged 15-24 years. If you require a HIV test, ***any*** GP within Nottingham City can arrange this ***regardless of your age***, contact them for further details.



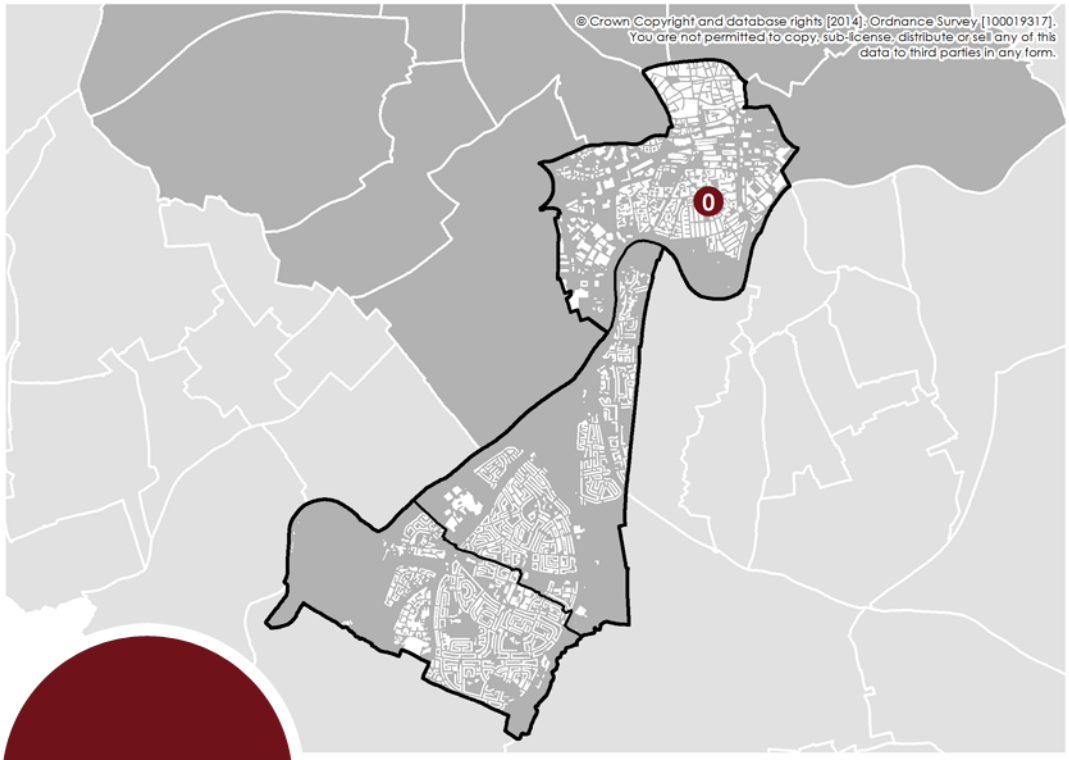
Sexual Health Services (Pharmacies)

A number of pharmacies provide sexual health services free of charge. These include: emergency hormonal contraception (the morning after pill), Chlamydia treatment, Chlamydia screening, C-Card pick up and registration and pregnancy testing.

Available Services

Key	Pharmacy	Address	Emergency Hormonal Contra-ception	Chlamydia treatment	Chlamydia screening	C-Card pick up	Pregnancy testing
0	Boots the Chemist	222-224 Southchurch Drive	✔	✔		✔	✔
1	Boots the Chemist	Unit a, Riverside Retail Park	✔	✔		✔	✔
2	Boots the Chemist	40 Lister Gate	✔	✔	✔	✔	✔
3	Boots the Chemist	54-57 Long Row	✔	✔		✔	✔
4	Canning Ltd	2 Beastmarket Hill	✔	✔		✔	✔
5	Coop Pharmacy	176 Southchurch Drive	✔	✔		✔	✔
6	Day Lewis Pharmacy	372 Southchurch Drive	✔	✔		✔	✔
7	Day Night Pharmacy Ltd	116 Southchurch Drive				✔	
8	Manor Pharmacy	9 Bridgeway Centre	✔	✔		✔	✔
9	Sainsburys Pharmacy	Castle Bridge Road	✔	✔		✔	

For more information on the services available, contact the pharmacy directly.



RideWise

RideWise aims to get people at risk of CVD into cycling and fitness. This is achieved by:

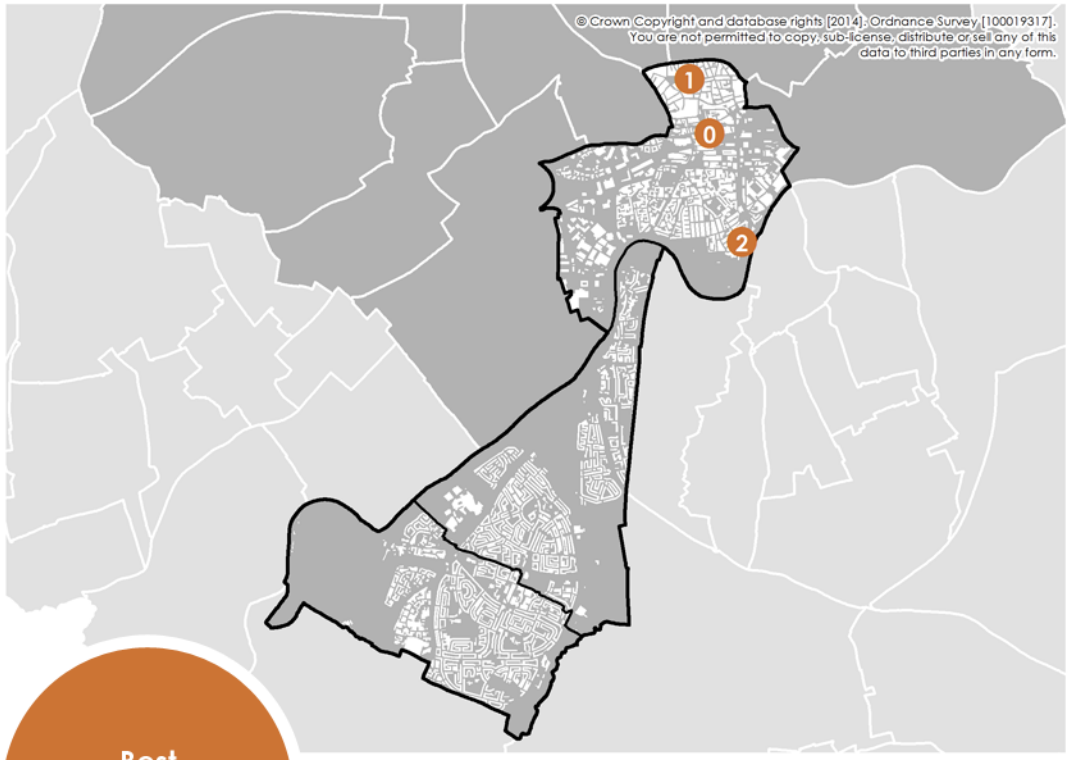
- Attendance at community events in the area and arranging leisure rides with community groups
- Providing, at a time agreed with the service user, one-to-one cycling instructions and accompanied instruction on regular journeys to give them the confidence to embed cycling into their daily regime
- Running cycling centres, usually on a weekly basis from community centres in the area. The cycle centre provides 3 weekly hour-long sessions for groups of up to 12 people. The first session is for beginners, the second for improvers and finally a leisure ride on quiet roads and cycle ways
- Helping overcome barriers to cycling by providing maintenance classes and the running of a 'try before you buy' bike service

For information on RideWise telephone **0115 955 2288** or visit the website: **http://www.ridewise.org.uk**

Venue Details

Key	Location	Address	Postcode	Day(s)	Time(s)
0	AMC Gardens Cycle Centre	Arkwright Meadows Community Gardens	NG2 2HZ	Thurs	9.30am – 12.30pm

Cycle training (beginners 9.30am, intermediate 10.30am) and group ride 11.30am



Best Foot Forward

Best Foot Forward is a programme of free, weekly health walks led by trained volunteers in open spaces around the City. Walks vary in length and are open to anybody. They are great way to get fit and make friends whilst enjoying local surroundings.

Venue Details

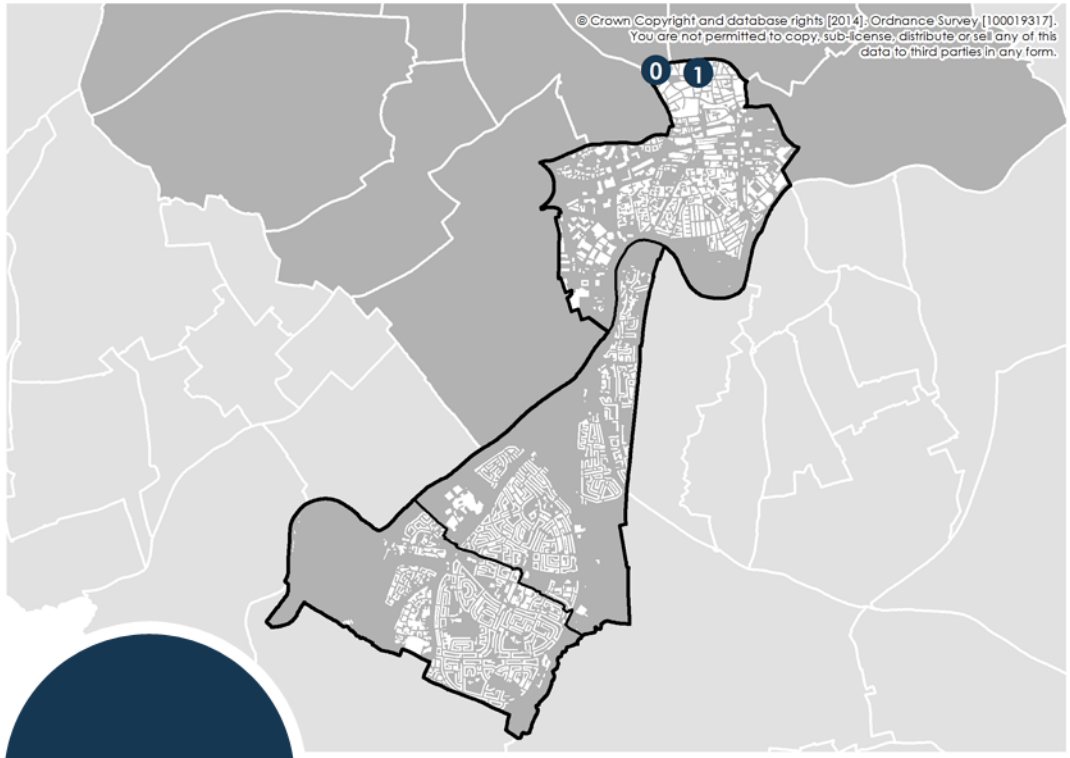
Key	Location	Address	Postcode	Day(s)	Time(s)
0	City Centre Walk	Loxley House, Station Street	NG2 3NG	Thursdays	12.30pm
1	City Centre Walk	Zara, High Street	NG1 2ET	Thursdays	12.50pm

Meeting Place: 1st at Loxley House, 2nd at High Street next to Zara
Description: A walk that includes a short section of the Nottingham canal, as well as seeing some of the famous Lace Market. Also passing the historic St. Mary's church
Walk Length: Three quarters of a mile
Duration: 30 - 40 minutes

Key	Location	Address	Postcode	Day(s)	Time(s)
2	Victoria Embankment Walk	Gate Entrance, Trent Bridge, Victoria Embankment	NG2 2JY	Fridays	10.30am

Description: This is a steady walk along the beautiful tree lined Victoria Embankment and gardens
Walk Length: 2 and 3 miles
Duration: 60 - 90 minutes

For more information on Best Foot Forward, please contact **0115 993 3397**.



Awaredressers

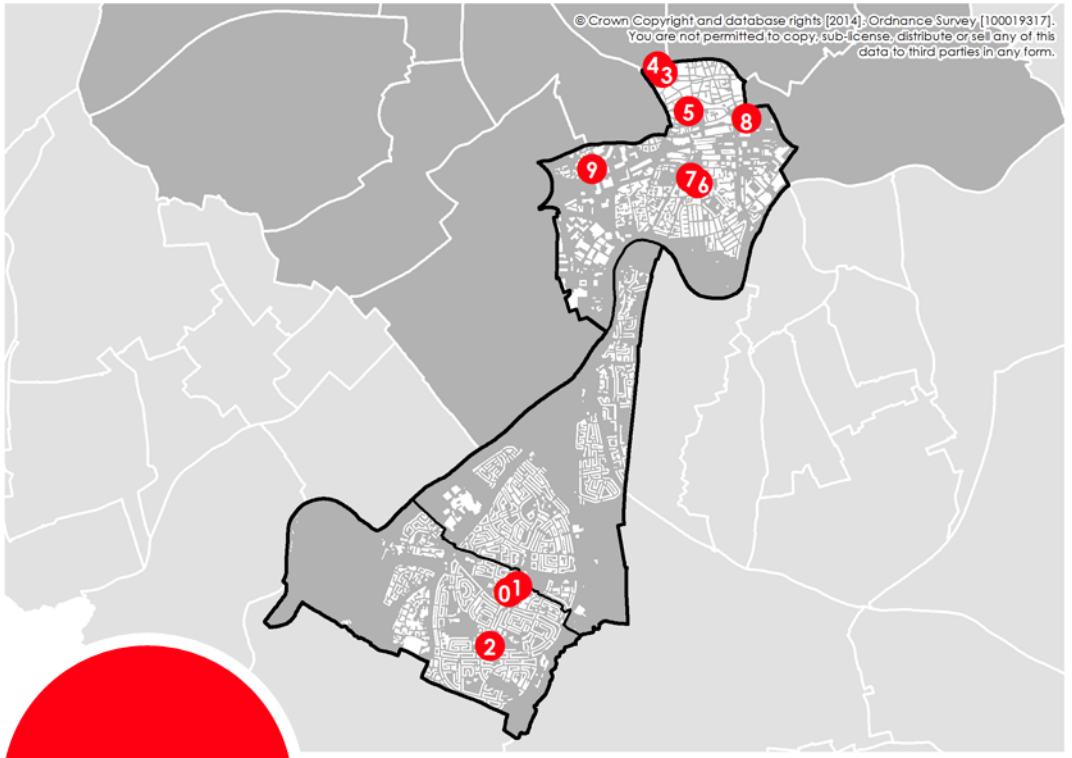
Awaredressers Nottingham is a project involving local African and Caribbean barbers, hairdressers, shops, studios and other businesses with an aim to improve the sexual health of the African and Caribbean communities in Nottingham City.

They help promote sexual health by providing free condoms and sexual health information in venues across the city. The project also provides a sexual health screening service.

Available Services

Key	Venue	Address	Postcode
0	Rendevous Barber	West End Arcade (City)	NG1 6JP
1	Peoples Barber	3 Carlton Road, Thurland Street	NG1 3DR

For further information on this project please contact Vanessa McFarlane, Health Promotion Specialist - **0115 883 4246**



New Leaf

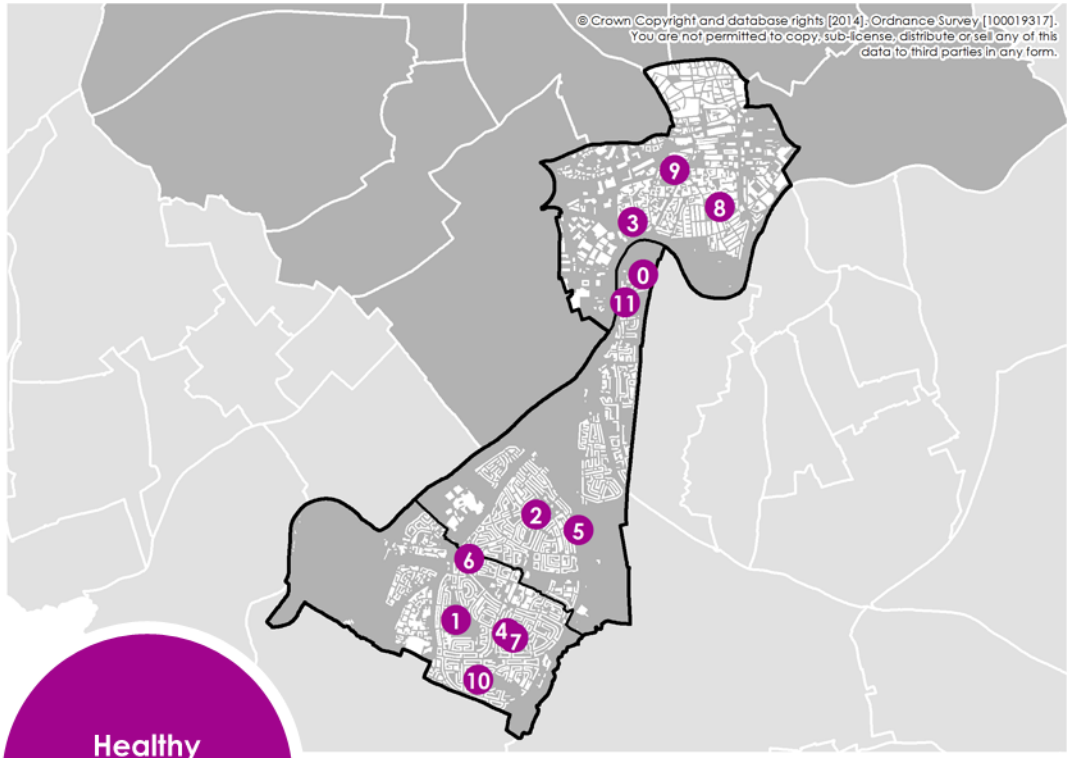
New Leaf Nottingham is a free local stop smoking service for smokers who live or work in Nottingham City. It offers friendly support, advice and individually tailored stop smoking plans.

There are more than 60 sessions available across Nottingham City, including one to one, drop in and telephone support. New Leaf can also supply direct FREE stop smoking medications to help with the cravings (conditions apply). Please note that locality sessions are subject to change.

Available Services

Key	Venue	Address	Postcode
0	Co-Op Pharmacy	176 Southchurch Drive, Clifton	NG11 8AA
1	Clifton Cornerstone	Southchurch Drive, Clifton	NG11 8EW
2	Day Lewis Pharmacy	372 Southchurch Drive, Clifton	NG11 9FE
3	Boots the Chemist	56-57 Long Row	NG1 6JB
4	NEMS	79a Parliament Street	NG1 6LD
5	Boots the Chemist	2 Broadmarsh Centre	NG1 7LB
6	Manor Pharmacy	9 Bridgeway Centre, Meadows	NG2 2JD
7	Meadows Health Centre	1 Bridgeway Centre, Meadows	NG2 2JG
8	NHS Walk in Centre	Seaton House, London Road	NG2 4LA
9	Sainsburys	Castle Marina, Castle Bridge Road	NG7 1GX

Telephone FREE **0800 567 2121** or Text FREE the word 'NEW' to **80800** for more info



Healthy Schools Programme

School List

Key	School	Address
0	St Patrick's Catholic Voluntary Academy	Coronation Avenue, Wilford, Nottingham, NG11 7AB
1	Whitegate Primary and Nursery School	Middlefell Way, Clifton, Nottingham, NG11 9JQ
2	Dovecote Primary and Nursery School	Greencroft, Clifton, Nottingham, NG11 8EY
3	Riverside Primary School and Early Years Unit	Ainsworth Drive, The Meadows, Nottingham, NG2 1FX
4	Blessed Robert Widmerpool Catholic Voluntary Academy	Listowel Crescent, Clifton, Nottingham, NG11 9BH
5	Farnborough School	Farnborough Road, Clifton, Nottingham, NG11 8JW
6	Glapton Primary Academy	Glapton Lane, Clifton, Nottingham, NG11 8EA
7	The Milford Academy	Dungannon Road, Clifton, Nottingham, NG11 9BT
8	Greenfields Community School	Orange Gardens, The Meadows, Nottingham, NG2 2JE
9	Welbeck Primary School	Kinglake Place, The Meadows, Nottingham, NG2 1NT
10	Highbank Primary Academy	Winscombe Mount, Clifton, Nottingham, NG11 9FP
11	South Wilford Endowed CE Primary School	Main Road, Wilford, Nottingham, NG11 7AL

Information

The Nottingham Healthy Schools Programme (HSP) is led and delivered through a partnership between Nottingham City Public Health and the Early Intervention and Partnerships team. The service is free to all primary and secondary schools in the city. The service provides a range of free advisory and training services for educational establishments within the city. The team supports schools to adopt a whole school approach to health which enables children and young people to be healthy and achieve at school and in life.

Aims

- To support children and young people in developing healthy behaviours
- To help raise pupil achievement
- To help reduce health inequalities
- To help promote social inclusion
- To support schools in becoming health-promoting environments
- To contribute to relevant local health strategies as appropriate

Key Objectives

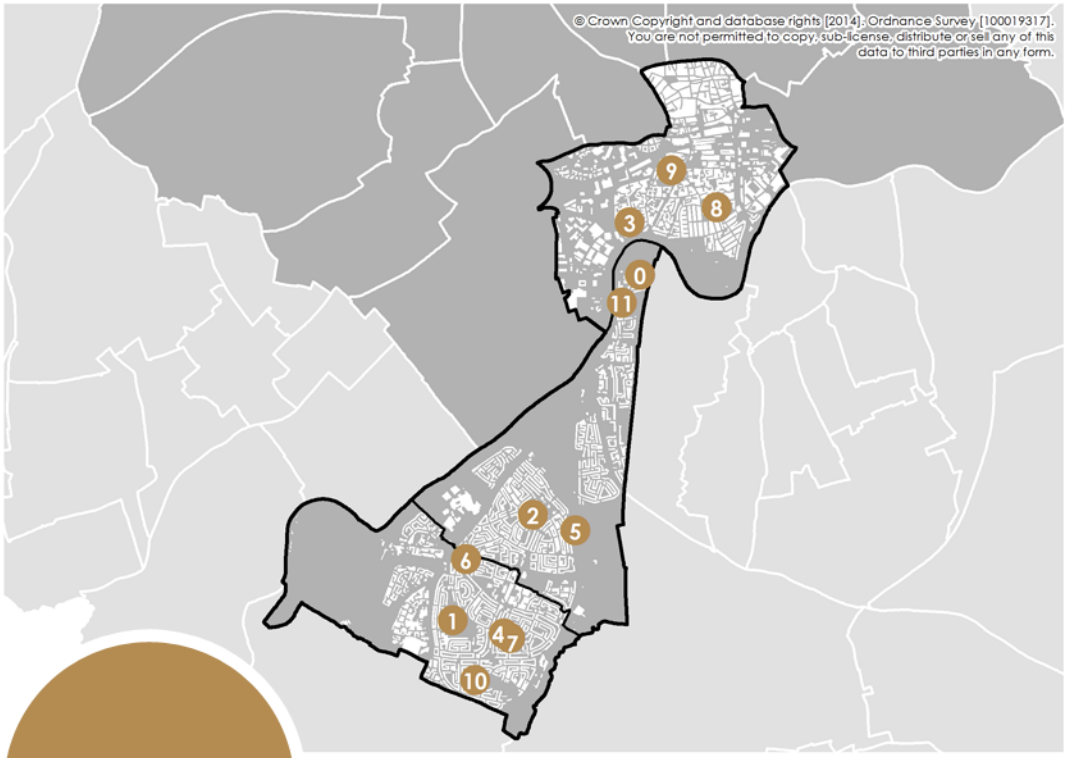
- To support City schools to achieve Healthy School Status (HSS) (based on the national criteria)
- To support City schools to implement the Health and Well-being Improvement Model (HWBIM) following a "Plan, Do and Review" cycle of health improvements for children and young people.
- To support schools and partner organisations to improve their planning, delivery and assessment of all aspects of PSHE/Life Skills

Priority Issues

- Sex and Relationships Education
- Emotional Health and Wellbeing including SEAL and anti-bullying
- Oral Health
- Healthy Lifestyles including Nutrition and Physical Activity
- Substance Misuse, including Alcohol and Tobacco
- Participation, including school councils
- Raising Aspirations
- Health and Hygiene
- Safety (including internet safety)

The schools identified on the map are all engaged with the HSP and are at different stages in regards to achieving the Health Schools Status. Further information is available on request – please contact Jane Hyland for more information:

e-mail: **jane.hyland@nottinghamcity.gov.uk**
tel: **0115 8764794**



School Nursing

School List

Key	School	Address
0	St Patrick's Catholic Voluntary Academy	Coronation Avenue, Wilford, Nottingham, NG11 7AB
1	Whitegate Primary and Nursery School	Middlefell Way, Clifton, Nottingham, NG11 9JQ
2	Dovecote Primary and Nursery School	Greencroft, Clifton, Nottingham, NG11 8EY
3	Riverside Primary School and Early Years Unit	Ainsworth Drive, The Meadows, Nottingham, NG2 1FX
4	Blessed Robert Widmerpool Catholic Voluntary Academy	Listowel Crescent, Clifton, Nottingham, NG11 9BH
5	Farnborough School	Farnborough Road, Clifton, Nottingham, NG11 8JW
6	Glapton Primary Academy	Glapton Lane, Clifton, Nottingham, NG11 8EA
7	The Milford Academy	Dungannon Road, Clifton, Nottingham, NG11 9BT
8	Greenfields Community School	Orange Gardens, The Meadows, Nottingham, NG2 2JE
9	Welbeck Primary School	Kinglake Place, The Meadows, Nottingham, NG2 1NT
10	Highbank Primary Academy	Winscombe Mount, Clifton, Nottingham, NG11 9FP
11	South Wilford Endowed CE Primary School	Main Road, Wilford, Nottingham, NG11 7AL

For more information telephone **0115 883 8900** and select option **four**

Information

School nurses are specialist public health nurses, who deliver evidence based public health interventions to school-aged children and young people. Together with their team, they lead and deliver the Healthy Child Programme which includes school entrant and Year 7 health assessments, height and weight measurements, HPV (cervical cancer prevention) immunisations, health promotion and drop-ins for advice and support.

As such, school nurses play a crucial role in ensuring that children, young people and families get good, joined-up support and access to available services at the earliest point, from a child's transition into school and continuing through their school-aged years. The service is provided to 57,200 pupils through 16 school groups.

School nursing is a Universal Service, which also intensifies its delivery offer for children and young people who have more complex and longer term needs (Universal Plus). For children and young people with multiple needs and/or safeguarding concerns, school nurse teams are instrumental in co-ordinating services (Universal Partnership Plus).

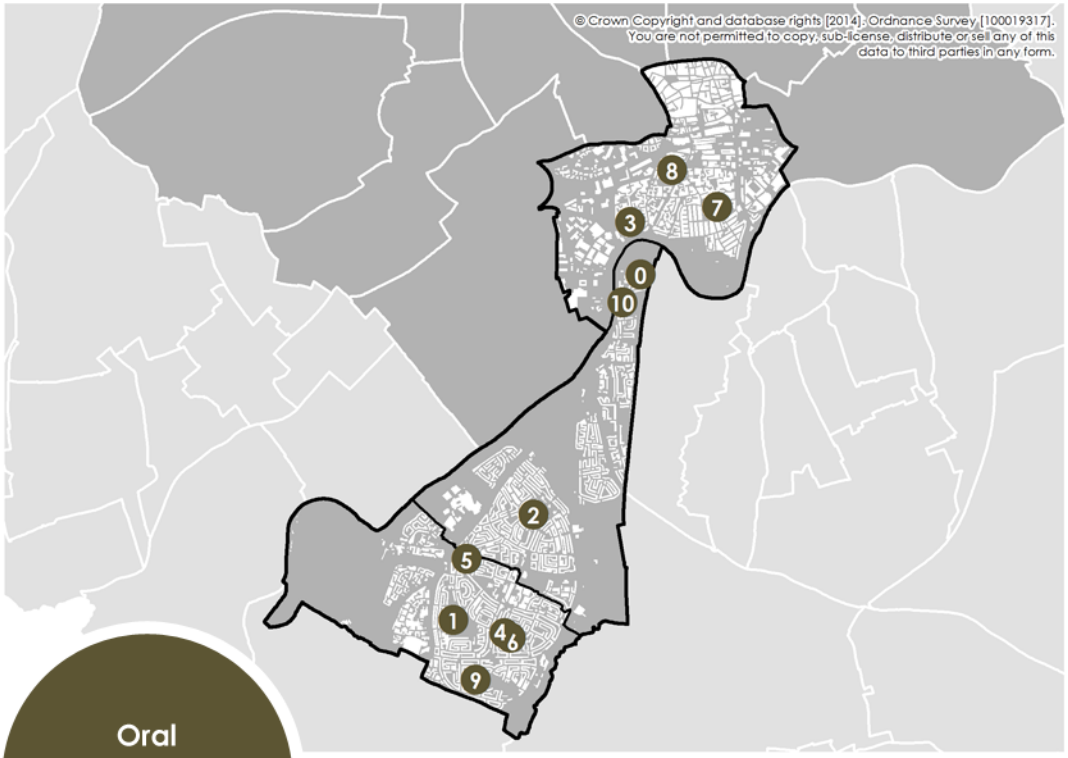
Priority Issues are based on need within each school group and include:

- School readiness
- Pupil absence
- Excess weight in 4-5 and 10-11 year olds
- Under 18 conception rate
- Hospital admissions caused by unintentional and deliberate injuries in under 18s
- Mental and Emotional well-being (inc. self-harm)
- Smoking
- Sexual health and relationships
- Oral health

As part of the review of the school nursing service, Public Health have developed school health profiles for the groups of schools that the nurses work in. There are a total of 16 school nursing groups within Nottingham City.

These profiles include up to date information about children and young people covering a wide range of key indicators (e.g. demographics, wider determinants of health, health improvement). Using the profiles, you can see at a glance how your school group performs against a wide range of indicators. You can also compare the data with other school groups in Nottingham City via the spine charts.

http://www.nottinghaminsight.org.uk/insight/partnerships/public-health/school-health-profiles.aspx



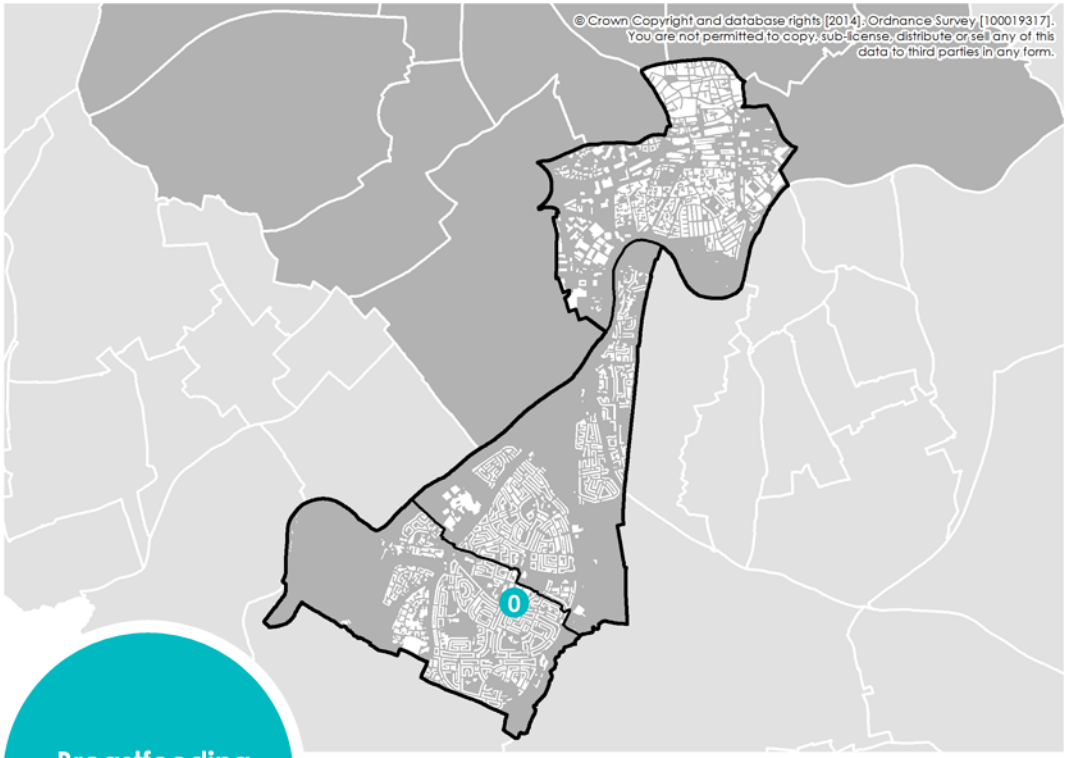
Oral Health Programme

Public Health commission the Oral Health Promotion team, which works across both Nottingham City and Nottinghamshire County. The Oral Health Team works within every Primary School in the City and each entrant receives an oral health pack which includes a free tooth brush and tooth paste.

In addition there is the 'Teeth Tools for Schools' initiative. This initiative fits within the current Key Stage One national curriculum within science and personal, social and health education (PSHE) subject areas. There is also a year six magazine which all children receive which concentrates on good oral health and healthy eating. For more information e-mail **julia.wilkinson@nottshc-chp.nhs.uk**

School List

Key	School	Address
0	St Patrick's Catholic Voluntary Academy	Coronation Avenue, Wilford, Nottingham, NG11 7AB
1	Whitegate Primary and Nursery School	Middlefell Way, Clifton, Nottingham, NG11 9JQ
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6	The Milford Academy	Dungannon Road, Clifton, Nottingham, NG11 9BT
7	Greenfields Community School	Orange Gardens, The Meadows, Nottingham, NG2 2JE
8	Welbeck Primary School	Kinglake Place, The Meadows, Nottingham, NG2 1NT
9	Highbank Primary Academy	Winscombe Mount, Clifton, Nottingham, NG11 9FP
10	South Wilford Endowed CE Primary School	Main Road, Wilford, Nottingham, NG11 7AL



Breastfeeding Support

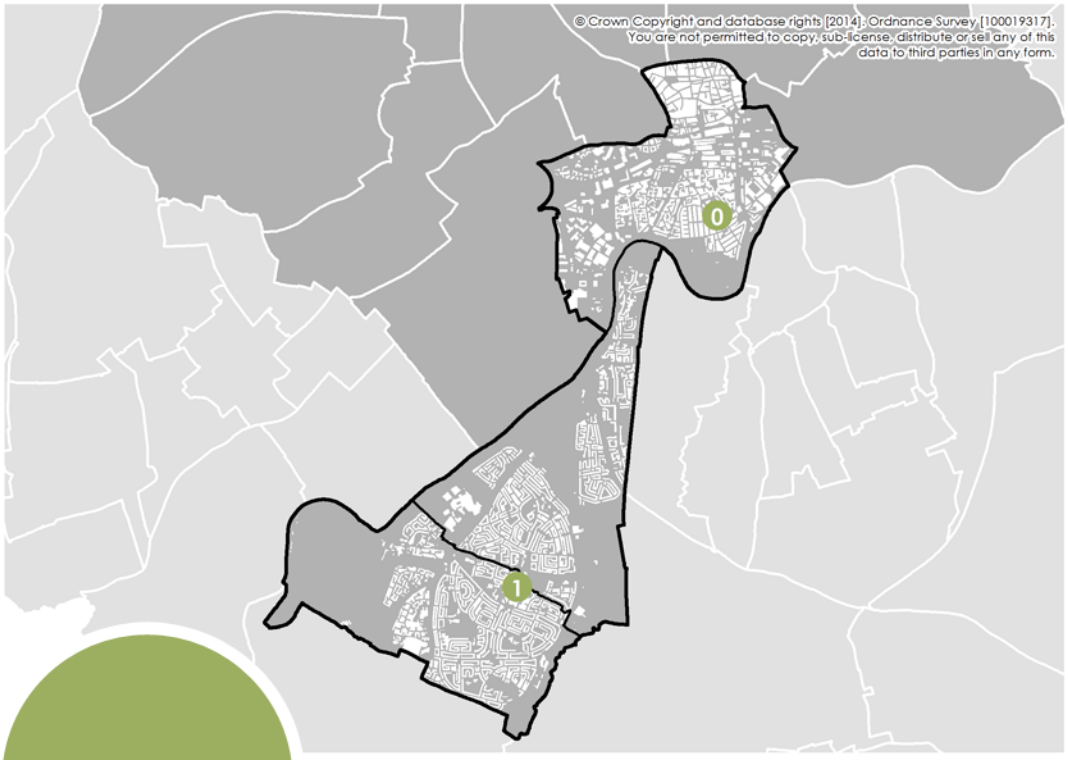
The Nottingham Baby Feeding Team provide breastfeeding peer support to pregnant women and new mums. The service aims to support all women to develop loving relationships with their babies before they are born and to help those who breastfeed their babies to do so for as long as they want to. Local volunteers lead breastfeeding peer support groups at various venues throughout the City and mothers aged under 25 years (those least likely to breastfeed) can access intensive one-one support from Breastfeeding Peer Support Workers. The team has received accredited breastfeeding peer support training and have all breastfed themselves.

CityCare Partnership also coordinate a "Breastfeeding Welcome" programme which promotes greater acceptance of breastfeeding by helping local businesses and venues to adopt 'breastfeeding welcome' standards. The aim is to ensure mums can feel comfortable to breastfeed in public without the fear of being asked to leave.

Below are the details of the breastfeeding support groups within the Area Committee.

Venue Details

Key	Venue	Address	Postcode	Day(s)	Time(s)	Contact
0	Green Lane Youth Centre	Green Lane	NG11 9AY	Weds	09.30 - 11.30am	0115 9405298



Motivate

Motivate is a weight management service aimed at men with a BMI of 30 or above.

Motivate uses group food discussions & group exercise to help the participants achieve their weight loss goals. The programme is also open for those that may not be ready to take part in physical activity to still have a weekly weigh in & food advice. Participants are set a weight loss target during their 12 week block & have the opportunity to access three 12 week programmes.

For more information or to simply sign up call Notts County FC, Football in the Community on **0115 955 7215**. If you are aged 18 or over and would like to lose weight, contact Healthy Change on **0345 604 7352**.

Venue Details

Key	Location	Address	Postcode	Day(s)	Time(s)
0	Portland Centre	Muskham Street, Meadows	NG2 2HB	Tuesday	5.30 – 7pm
1	Clifton LC	Southchurch Drive, Clifton	NG11 8AB	Saturday	10 – 11.30am

The following commissioned services do not have a base within this Area Committee (or bases are currently subject to change) or they may be telephone based.

Healthy Change

Healthy Change is a predominantly telephone based service with the overall aim of reducing CVD amongst Nottingham City residents.

We run our service between 08:00am to 20:00pm Monday to Friday excluding bank holidays. We provide a simple, effective and reliable one stop referral service for GPs and other healthcare professionals to services that address lifestyle issues such as smoking, alcohol, poor diet and lack of exercise.

Clients can self refer into the service as well. Our specially trained 'Health Trainers' support our clients in a motivational way to make behavioural changes after a personal assessment of their general lifestyle. All of our clients have a personal health plan which can take between 3-6 months to fulfil.

Our contact number is **0345 6047352**.

Be-fit

The Be-fit scheme is run through various Nottingham City Council leisure centres. This enables Nottingham City residents who are in receipt of the benefits listed below to access the gym, swim (during school holidays), fitness classes and also spin classes for free. This is during the times of 10.00 - 12.00pm and 13.00 - 15.00pm Monday to Saturday.

Not only do the scheme members get their gym introduction, but they also get four 'one on one' sessions with a fitness advisor to set up a programme to help them achieve their fitness goals.

Benefits eligible - Job Seekers Allowance, Income Support, Employment Support Allowance. Users can also be referred from the YMCA GP referral scheme.

For more information on Be-fit, please contact **0115 876 1600**.

C-Card Service

The Nottingham City C-Card Scheme – Hosted by NUH Sexual Health Outreach/Health Promotion Services on behalf of young people aged 13-24 in Nottingham City is alive and kicking.

The purpose of the scheme is to reduce the rates of teenage conceptions and reduce the rates of sexually transmitted infections. The Nottingham C-Card Scheme aims to do this through increasing availability, accessibility and acceptability of condoms,

- ***What is a C-Card?***

A C-Card enables young people aged 13-24 years to get free condoms, lubricant contraception and sexual health advice from a number of places within the local community.

- ***How do I get a C-Card?***

All we need is some basic information from you, the young person, (this is confidential). You will then be registered after a quick chat about sex and relationships.

- **Where are the C-Card Points?**

You will need to register at a registration point but then once you're registered you can get free condoms and lube from any registration or pick up point.

Check out the website to find your nearest points;

www.ccardnottingham.co.uk

The C-Card team are now based at Victoria Health Centre and can be contacted through the dedicated e-mail **ccard@nuh.nhs.uk**

Slimming World

Slimming World on referral offers sessions at local Slimming World groups for overweight individuals who want to lose weight. Groups around Nottingham City are run by trained, supportive and friendly consultants.

For more information please contact Healthy Change on: **0345 604 7352**.