

Long Bennington Medical Centre

Young Persons Useful Information

Sexual Health

For information on various aspects of sexual health go to:

<http://lincolnshirehealthyfamilies.nhs.uk/>

**Young Person Clinics – for screening and advice on all sexual health matters (under 20)
Clinics now offer appointments for under 20s.**

Monday – Sleaford (Riverdale Health Centre) 3.00pm – 5.00pm

Tuesday – Lincoln GUM Clinic (Lindon House) 4.15pm – 6.45pm

Thursday – Grantham GUM Clinic (Grantham Hospital) 3.00pm – 5.30pm

Call 01522 309309 to make an appointment

You will find a range of useful information on the website.

C-Card and Chlamydia Information

C Card for more information about this service click on the link to the website below:

<https://www.icash.nhs.uk/contraception-sexual-health/c-card-scheme>

C-Card & Chlamydia Screening

The Lincolnshire C-Card Scheme provides free condoms, lube and sexual health information to young people aged 13 – 19 years old.

Registration

To join C-Card you can register at one of the C-Card Registration Points. This takes about 20 minutes. You will need to give your date of birth and the first part of your postcode. This information is confidential and you cannot be traced from it. You will be issued with a credit sized C-Card.

To find your nearest C-Card Registration points click on the link above.

As lockdown eases, more services are re-opening, but they may be varying their opening times and the services they currently offer. We suggest you check with them before accessing the service you need.

Confidentiality

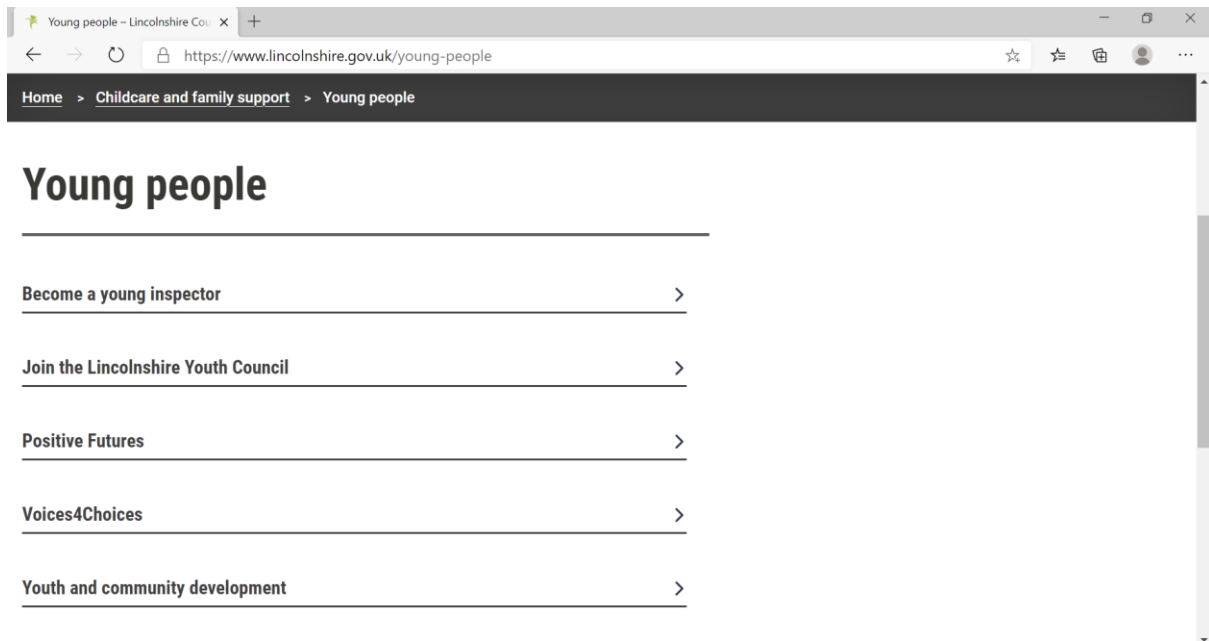
The C-Card Scheme is confidential, unless the C-Card Worker feels you or someone else is at risk or a crime has been committed. If they need to tell someone else they will always tell you first.

Young People and how to get involved and have a say in county decisions

If you wish to find out more information about this please visit:

<https://www.lincolnshire.gov.uk/young-people>

Here there are links to various topics.



The screenshot shows a web browser window with the address bar displaying <https://www.lincolnshire.gov.uk/young-people>. The breadcrumb navigation shows [Home](#) > [Childcare and family support](#) > [Young people](#). The main heading is **Young people**. Below the heading is a list of five links, each with a right-pointing chevron:

- [Become a young inspector](#)
- [Join the Lincolnshire Youth Council](#)
- [Positive Futures](#)
- [Voices4Choices](#)
- [Youth and community development](#)