



## NEWHAM ASIAN WOMENS PROJECT

Using a condom will help you to reduce the chances of getting pregnant and/or contracting a Sexually Transmitted Infection, including HIV

A **C-Card** is a quick and easy way for you to be safe and responsible if you are sexually active. The C-card service offers you access to free condoms if you are under 25 and it is available from C-Card providers in Newham, including NAWP, SHiNE and selected Community Pharmacies where you see this sign.



Here at NAWP, we offer a **confidential**, **friendly**, **accessible**, **multilingual**, **free** service for women and we provide non-judgemental information, guidance and support in relation to your sexual health needs. Just come along to our drop-in session, you don't need to book an appointment.

### Sexual Health Drop-in sessions

Every Thursday afternoon

Time: 3:00pm to 5:00pm

### Address:

NAWP  
NewTec  
22 Deanery Road  
Stratford  
E15 4LP

If you require any further information please phone 07961644084 or 020 519 5136  
Email [schawla@nawp.org](mailto:schawla@nawp.org) or [akhanom@nawp.org](mailto:akhanom@nawp.org) for Sexual Health Advice



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