

Freedoms : pick one up / Pan-London HIV Prevention Programme.

Contributors

Pan London HIV Prevention Programme
Camden Primary Care Trust. Good Sexual Health Team

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Quality condoms at exceptionally low prices
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For condoms online. Any time.



www.freedom-shop.nhs.uk



freedom

PICK ONE UP

www.freedom-shop.nhs.uk

www.gmfa.org.uk
info and services for gay men in London

how to use a condom...



1. Check the expiry date. Open carefully. Don't bite the packet.



2. Hold condom by the teat or closed end, and unroll it over the head of your penis, while squeezing air out of the teat to make room for semen.



3. Unroll condom to the base of your penis. Add extra lube to the outside of the condom and in and around your partner's arse. Check the condom is staying in place during sex.



4. After you come, hold condom in place and withdraw while still hard. Bin it, don't flush it.

THT DIRECT GAY SEXUAL HEALTH > 020 7998 4164

freedoms

Enjoy a healthy sex life - use condoms when you fuck.

Using condoms and lube prevents the transmission of HIV and reduces the chance of passing on other sexually transmitted infections.

You don't have to pay for this freedoms pack. They are stocked in most gay bars and clubs. Take one when you know you're going to have sex - but don't have any condoms handy.

You never know when you're going to need a condom, so it's a good idea to keep a supply. Freedoms bulk-buys major condom brands at heavily discounted prices and passes the savings on to you. To take advantage of our exceptionally low prices, buy condoms and lubricant online at:

www.freedoms-shop.nhs.uk

There are many places you can find more information about using condoms. Pick up a sexual health booklet from the information racks in bars and clubs across London. You can also find useful information at:

www.gmf.org.uk

The Freedoms free condom scheme is funded through the Pan-London HIV Prevention Programme and managed by the Good Sexual Health Team at Camden PCT Provider Services.

Express your views on HIV services in London at: www.ergoclear.com/express

www.gmipartnership.org.uk
Counselling and Health Trainer Service

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