NHS SHiP logoIcon

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**June 2023**

**Please find below some information about the newly launched C@SHiP scheme.**

**WHO?**

C@SHiP is for young people aged between 13 and 24 years of age living in Plymouth.

**WHAT?**

C@SHiP is a free condom distribution scheme. It has replaced the C-Card scheme. It allows young people to register online for a Personal Health Record (see below) and then choose to either collect (from a local designated collection point) or receive by post (to an address of their choosing) a supply of condoms every 3 months.

**WHERE?**

C@SHiP can be accessed via our website: <https://yourship.uk>. There is a QR code on our C@SHiP posters (there is one at the end of this letter) which takes the young person directly to the appropriate page on the website.

On the website condom page, there is a link to register for a Personal Health Record (PHR) <https://uhp.myphr.online/>. The PHR is the way a young person can request condoms and also STI testing kits.

To register for a PHR the young person will need both an email address and a mobile phone number. If they do not have these, please signpost them to The Zone to collect condoms.

The collection points and their opening times are listed on the condom page of the SHiP website.

**WHEN?**

The C@SHiP scheme has launched in May 2023. During the early stages of the scheme, we would welcome feedback on how it is going. Please email: [plh-tr.c-shipscheme@nhs.net](mailto:plh-tr.c-shipscheme@nhs.net)

**HOW?**

What happens after a young person registers for a PHR varies, depending on their age…

If the young person is aged 13, 14 or 15: Once a young person has registered for the first time, they will receive a phone call from one of our nursing team at SHiP. This is a confidential call, and it allows us to check-in with the young person and check no additional support or safeguarding is required around their sexual health.

If the young person is aged 16 or 17: They will be asked some additional safeguarding questions online and will be called if any concerns are identified.

If the young person is aged 18-24: They will proceed directly to choose whether they would like to receive their condoms by post or collect them from one of our collection sites.