

Are you paying for condoms?

Access them for free at
Frisky Wales Website.

www.friskywales.org




The screenshot shows the Frisky Wales website homepage with a red header and a grid of service tiles. The tiles include: 'TEST AND POST' (Home testing for sexually transmitted infections), 'WHICH CONTRACEPTION IS RIGHT FOR ME?' (Emergency contraception), 'UNPLANNED PREGNANCY KNOW YOUR OPTIONS' (1 in 3 births in the UK are unplanned), 'HPV' (HPV vaccine), 'CHEMSEX' (Project PrEP Cymru), and 'PROFI A PHOSTIO' (Home testing for STIs). The website also features a navigation menu with 'Infections', 'Contraception', 'Unplanned Pregnancy', 'Advice & Testing', and 'Condoms', and a 'CYMRAEG' language toggle.



This section highlights the 'TEST AND POST' and 'PROFI A PHOSTIO' services. It includes a 8-step process for ordering a kit: 1. Go to Frisky Wales website, 2. Book a postal kit, 3. Kit arrives to post, 4. Use the kit to the comfort of your own home, 5. Post a sample back, 6. Lab process samples, 7. Results via phone, 8. Clinic only if needed. The website URL www.friskywales.org is also displayed.

Are you worried about having a
STI ?

Check out the Frisky Wales
website.

Order a discreet testing kit
direct to your doorstep.



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All Wales C-Card Scheme

The screenshot shows the 'C-Card Scheme' website. At the top left is the C-Card logo. The main title is 'C-Card Scheme'. Below the title are two tabs: 'Cymraeg' (selected) and 'English'. A navigation bar contains links for 'C Card Centres', 'Sexually Transmitted Infections', 'Which LARC?', 'Additional resources', and 'Sexual Health Clinics'. The search area includes a 'Region...' dropdown menu, a 'Town...' dropdown menu, and a 'Find' button. Below these is an 'Enter Postcode' input field and a 'Radius' dropdown menu, also with a 'Find' button.

The C-Card scheme is a service that offers free condoms, lube, information and advice for young people between the ages of 13 -25 years whatever your gender or sexual orientation.

You do not need to be sexually active to access this scheme, even if you are thinking about having sex , it is better to be prepared.



Find your nearest C-Card point to be able to access condoms at

www.cccymru.co.uk/outlets/find



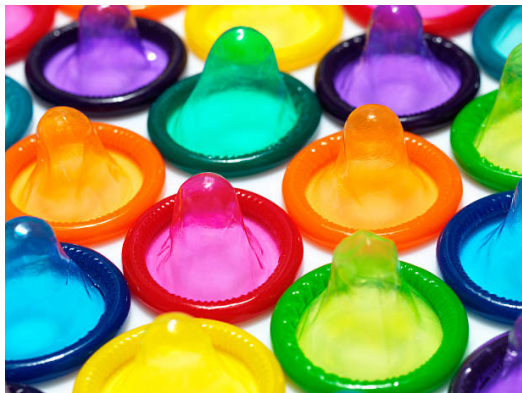
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Ydych chi'n talu am eich
condomau?

Gallwch chi eu cael yn rhad ac am
ddim ar wefan Cymru Chwareus.

www.cymruchwareus.org



FriskyWales
CymruChwareus

Heintiau Atal cenhedlu Beichiogrwydd heb ei gynllunio Cyngor a Phroffion Condomau

ENGLISH

Croeso i Gymru Chwareus

PROFI A PHOSTIO
Profi cartref am heintiau a drosglwyddir yn rhywiol (STIs) -
CLAMYDIA, GONORRHOEA, HIV, SYFFILIS, HEPATITIS B & HEPATITIS C

HIV SYFFILIS CLAMYDIA
HEPATITIS A HEPATITIS B HEPATITIS C
GONORRHOEA HERPES DAFADENNAU GWENEROL

Gallwch gael gwybodaeth am gyngor a phroffion yn eich ardal chi

PA FATH O ATAL (CENHEDLU SY'N IAWN I FI?)
L.A.R.C. PARHAOL CYN RHYW
DYDDIOL WYTHNOSOL MISOL
ATL (CENHEDLU BRY)

Gwybodaeth am gael cyngor a chymorth gan glinig yn eich ardal leol

BEICHIOWRWDYD HEB EI GYNLLUNIO
DOD I WYBOD EICH DEWISIADAU
MAE I GENYNGAETH O BOB 3 YN MHRYDAIN HEB EI GYNLLUNIO

HPV

(EMRYW)

Aseswch eich Risg. Gweithredwch.

Prosiect PrEP Cymru
Wales PrEP Project

Ynglyn â
Mae'n arllefrow i wadi cael ei gyhoeddi gan Iechyd
Cymru a Chymru
Mwy o wybodaeth
GIG NHS
Cymru Chwareus

Cysylltiadau Cyflym
Torrance Higgins Trust
Iechyd Cymru a Chymru
Admoldia

TEST AND POST (TAP)
Home Testing for sexually transmitted infections (STIs)
CLAMYDIA, GONORRHOEA, HIV, SYPHILIS, HEPATITIS B & HEPATITIS C

PROFI A PHOSTIO (PAPH)
Profi Cartref am heintiau a drosglwyddir yn rhywiol (STIs)
CLAMYDIA, GONORRHOEA, HIV, SYFFILIS, HEPATITIS B & HEPATITIS C

- Go to FriskyWales website
Dwrch fr wefan Cymru Chwareus
- Book a postal kit
Arddarhu ch pacys post
- Kit arrives to post
Mae'r pacys yn cyrraedd twg'r post
- Use the kit to the comfort of your own home
Defnyddiwch y pacys yn eiddo eich cartref
- Post sample back
Arddarhu ch pacys yn ôl
- Lab process samples
Mae'r lab yn prosesu'r samplau
- Results via phone - we text or call
Canlyniadau twg'r ffon - rydym yn ffa testio neu ym
- Click only if needed
Clicwch dim ond os oes angen



WWW.FRISKYWALESS.ORG
WWW.CYMRUCHWAREUS.ORG

Ydych chi'n pryderu
efallai fod gennych chi
STI?

Gwelwch wefan Cymru
Chwareus.

Gallwch chi archebu
pecyn profi disylw yn
syth i drothwy eich drws.



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Cynllun Cerdyn-C Cymru Gyfan

Canolfannau Cerdyn C

Cymraeg English

Canolfan Cerdyn C | Heintiau a Drosglwyddir yn Rhywiol | Pa LARC? | Adnoddau Ychwanegol | Clinigau Iechyd rhywiol

Region...

Town...

Rhowch Cod post

Radius

Mae'r cynllun Cerdyn-C yn wasanaeth sy'n cynnig condomau, iraid, gwybodaeth a chyngor am ddim i bobl ifanc rhwng 13 a 25 oed, beth bynnag ydy'ch rhyw neu'ch cyfeiriadedd rhywiol.

Nid oes yn rhaid ichi fod yn cael rhyw i fanteisio ar y cynllun yma; hyd yn oed os ydych chi'n ystyried cael rhyw, mae'n well bod yn barod.



Gallwch chi ddod o hyd i'ch canolfan Cerdyn-C agosaf i allu cael gafael mewn condomau yn

www.cccymru.co.uk/outlets/find



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Sexual Health Services now have an Instagram page!

To visit our account, search sexualhealthpowys

Our page has information on contraception and sexual health matters and guidance on how to access STI testing kits.





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Newydd

Mae gan y Gwasanaethau Iechyd Rhywiol dudalen Instagram nawr!

I weld ein cyfrif, chwiliwch am sexualhealthpowys

Mae gan ein tudalen wybodaeth am atal cenhedlu a materion yn ymwneud ag iechyd rhywiol, ynghyd â chanllawiau ar sut i gael gfael mewn pecynnau profi am STI

