

## CARE TUNBRIDGE WELLS FERTILITY CIRCLE 2021

### We understand family

CARE Fertility Tunbridge Wells is relaunching Fertility Circle, our support group for patients, for 2021. We very much hope that Fertility Circle will resume as a monthly face-to-face get-together when it is safe to do so. In the meantime, we are still committed to supporting our patients and will share useful links and resources around themed topics every month here on our webpage and also on our [CARE Tunbridge Wells Facebook page](#).



**Whoever you are, and wherever you are on your fertility treatment journey, we're here to help you.**

### Fertility Circle schedule 2021:

#### **JANUARY 2021**

##### **2021: GETTING READY TO START YOUR FAMILY**

Now is a time to look forward and embrace 2021 and getting ready to become a parent with optimism and renewed energy.

Preparing and planning to start your fertility journey also needs to remember the need for quality support and CARE's Buddy Support programme offers peer-to-peer support.

CARE Tunbridge Wells is also excited to launch Buddy Ambassador, an extension of Buddy Support. We are calling for anyone who has had fertility treatment to volunteer as a Buddy Ambassador to help other patients gain from their insights and learning. Please contact our Support Coordinator, Kelly, at [Kelly.DaSilva@carefertility.com](mailto:Kelly.DaSilva@carefertility.com) for more information.

#### **FEBRUARY 2021**

##### **VALENTINE'S DAY... the best gift: who needs treatment with donor eggs, sperm and embryos, and the treatment process**

Highlighting the work of Donor Conception Network, a supportive network of more than 2,000 (mainly UK-based) families with children conceived with donated sperm, eggs or embryos, those considering or undergoing donor conception procedures, and donor-conceived people.

#### **MARCH 2021**

##### **SPRING IS SPRUNG!**

Looking at how the use of alternative therapies can help with the stress of a busy lifestyle and juggling work and life schedules with fertility treatment.

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**APRIL 2021****FERTILITY PRESERVATION**

It's always been difficult to know when to start a family. Fertility preservation can be an option here: CARE Tunbridge Wells can offer egg freezing, our EGGsafe programme, sperm freezing, and embryo freezing. No matter what age you are, it's good to check your fertility status so you're better able to make these choices, and our Fertility Assessments offer a check on ovarian reserve, a scan, BMI, blood pressure and medical history to give you the choice of whether to pursue treatment now or opt to have fertility preservation for future treatment.

**MAY 2021****HOW MEN EXPERIENCE FERTILITY TREATMENT**

At CARE Tunbridge Wells, we offer partner support because we recognise how important it is that partners have access to emotional support with help, advice and encouragement. Our specialist fertility counsellors are also available to partners which you can attend alone if you prefer.

CARE also regularly has male-focussed online support events where you can choose to participate by speaking on-camera or off-camera or just listen.

CARE Buddy Support is available to all our patients and their partners, where you can get advice and support from another patient and partner going through the same stage of fertility treatment as you can help ease the pressure of feeling like you're in a 'bubble'.

**JUNE 2021****HELP! DID WE LEAVE IT TOO LATE?**

How ageing eggs and sperm affect success rates and how screening can boost chances of fertility treatment. Looking at how specialised diagnostic testing can help to determine what precise adjustments can be made to fertility treatment options, including pre-implantation genetic testing for aneuploidy and time-lapse incubation.

**JULY 2021****BELIEVE IN THE POWER OF GIRLS!**

Understanding the process of same-sex fertility treatment, including Shared Motherhood, sourcing donor sperm, the ups and downs of undergoing treatment and the importance of support for both partners.

**AUGUST 2021****THE ART & SCIENCE OF FERTILITY TREATMENT**

Unexplained infertility affects one in four couples. Even after trying to get timing right, taking multivitamins and eating tomatoes/salmon/brown rice/spinach ... so many blood tests and invasive tests to check things like tubal patency, it seems like 'Science' has nothing to offer you. Here we look at what the experienced clinicians at CARE can offer you to look at ways to address any underlying problems that might be affecting your ability to conceive.

**SEPTEMBER 2021****ENDOMETRIOSIS: When should I be worried?**

Looking at ways of mitigating the effects of endometriosis on planning fertility treatment. Endometriosis is a condition that affects 1 in 10 women. It's under-diagnosed and under-funded for research into how this condition is linked with difficulties in conceiving. Added to that, because hormonal treatment may act as a contraceptive, there can be a difficult choice between accessing treatment and starting a family and the pressure of utilising a short window of time to have fertility treatment.

**OCTOBER 2021**

**I NEED A HERO!**

Going Solo: planning to be a single mother by choice is usually accompanied by a lot of thinking, research and consideration of the implications of having a donor-conceived child. Talking to friends and family can be daunting and building your confidence to think ahead to when the child becomes a teenager and adult.

Donor Conception Network can help support you along each step of the way, from breaking the isolation of your decision to go ahead by putting you in touch with other single women members, by attending their workshops and getting information from their books and resources.

**NOVEMBER 2021****FACING INFERTILITY AT CHRISTMAS**

A time to reflect and look at how 2021 has moved on from the difficulties and uncertainties of 2020: looking forward to balancing your hopes of starting a family and how to move forwards into 2022 with new strategies and knowledge.

**DECEMBER 2021****Announcing our new 2022 schedule.**