

## Fertility Circle, our fertility support group for patients in Kent and East Sussex

### DECEMBER – NEWSLETTER #1

#### A message from Rachel Saunders, Clinic Director at CARE Tunbridge Wells:

CARE Tunbridge Wells is committed to looking after your physical needs with our medical and technical skills but also ensuring we look after your emotional wellbeing too. We believe a family is for everyone, which is why we are relaunching Fertility Circle in January 2021 as an online Monthly Newsletter as a resource for everyone – whether they are our patient or not – to hopefully gain insights and knowledge. There will be a different topic each month looking at the range of issues which can impact on fertility.

2020 has been a demanding and stressful year for everyone and facing infertility at this particular time of year brings its own challenges. Everyone is determined to celebrate the season and still have fun while being careful with the Covid restrictions but when your dream of starting a family seems a long way off, trying to join in but privately feeling low because you're still working on achieving your dream of starting a family is tough.

One of the ways of dealing with the pressure is to take time to reflect on your progress so far, despite all the ups and downs of this year, and the things you've learned to help you that can help you to focus on the way forward and build your energy for 2021 and your plans of becoming a parent.

2020 has highlighted the benefits of being in tune with Nature and its seasons, whether that's pottering about in your garden or taking walks in the fresh air. We're blessed with some terrific scenery on our doorstep here in Kent with our National Trust properties, our coastline and, if the countryside isn't your thing, some picturesque towns to visit - including Tunbridge Wells of course! Restoring that connection between our brains, bodies and Nature helps disconnect the anxiety we've had in these uncertain times.

The lockdowns have also, of course, meant spending a lot more time with each other and having to take things one day at a time. Making time for each other is important and being able to take stock and look forward together is so important when you're planning – or currently having – fertility treatment.

For now, there are details of [CARE's IVF Support Events](#) on our website, including a schedule of our Fertility Circle 2021 monthly themes on the [CARE Tunbridge Wells webpage](#).

The CARE Fertility website also has a range of blogs which you might find useful for this time of year, such as about [the importance of vitamin D and diet for fertility treatment](#) and [our tips for managing the festive season](#).

With best wishes,



Rachel Saunders  
Clinic Director, CARE Tunbridge Wells



*Scotney Castle, one of the many beautiful National Trust properties in Kent to visit.*