



Fertility Circle is CARE Tunbridge Wells' face-to-face support group – whether you're our patient or not – so you can come along and unload your experiences of fertility treatment and get some friendly advice and information. We hope we'll be able to resume **Fertility Circle** soon, but for now, I hope this month's Newsletter will give you some insights and knowledge about **treatment options for women, whether you're single or in a relationship.**

The modern family can be nuclear, blended or same-sex. At CARE, we believe **Family is for Everyone** but we do recognise that your fertility journey is going to be different from someone else's. Feeling empowered to make smart decisions about starting a family can give you the confidence and strength to take control of what path you decide to take.

CARE understands the importance of having the choice of a clinic near your home or work: **CARE Tunbridge Wells** is situated in the heart of Kent with a satellite clinic in Sittingbourne available for scanning for our patients to fit in their busy home and work life.

You can start planning your family by:

- ✓ Getting your body **Fertility Fit** by starting prenatal vitamins, especially as it takes a while to build-up stores of Folic acid and vitamin D. Lifestyle, diet and exercise, including a BMI check, and reducing alcohol and caffeine will all help. If you smoke: quit!
- ✓ Start a **menstrual diary** and get an ovulation test kit to track your cycle. If you don't have a regular cycle, ask your GP if you can have tests, including maybe a check on thyroid function, to see if there's a reason for that.
- ✓ Getting a **fertility assessment** will give you information about your ovarian reserve and a detailed scan will include an antral follicle count and check for any anomalies.
- ✓ Booking an **initial consultation** with one of our fertility specialist doctors will help you explore your options for an individualised treatment plan. You'll also get an estimated treatment cost to get a good idea of the costs involved. Our **CAREpay* finance packages** include Refund, Multi-Cycle and Donor Egg IVF Refund programmes to suit your specific needs.
***Call 0800 033 4333 for more information on CAREpay.**
- ✓ **NHS funding** is available: the local Kent & Medway CCG provides funding for couples and individuals, providing eligibility criteria are met, which can include funding for the use of donor sperm or donor eggs.

You may be looking to get more information for a number of reasons, including:

- ❖ You want a baby someday, just not right now. Understanding your fertility will help you make good choices about your reproductive health. You may decide to freeze your eggs until you feel it's the right time to have children. While it's better to freeze eggs when you're younger, eggs can be frozen throughout the reproductive age spectrum.
- ❖ You can't get pregnant using your own eggs. Our CARE Tunbridge Wells Donations Team can help you. CARE's Egg Bank is one of Europe's most successful providers of egg donation treatment and we manage every aspect of donor recruitment, screening and egg-freezing. This gives our patients the advantage of our excellent quality control throughout the process.
- ❖ You're a lesbian couple. [Shared Motherhood](#) is an option where one partner's eggs are collected and then fertilised with the use of donor sperm. The embryo is then implanted in the intended birth mother. We would advise both partners having a fertility assessment before deciding who will provide eggs and who will carry the pregnancy. You may also want to give consent from the start for the possibility of the non-birth partner having treatment in the future if embryos are frozen during the treatment cycle. CARE's Sperm Bank helps empower you to make the very personal decision about your sperm donor: we'll match you with someone from our carefully selected donors. Having a discussion about whether you want more than one child with the same donor will help you decide how many sperm straws you need to budget for.
- ❖ You're [single and ready to start a family](#) now with the use of donor sperm. Having a consultation to talk you through the processes involved will give you the confidence to start your treatment.
- ❖ You're a heterosexual couple and you haven't fallen pregnant after trying for a number of months. Maybe you have a gynaecological condition which makes falling pregnant more difficult or maybe your partner has an issue with sperm quality: we will help guide you through the options and the processes of having IUI, IVF or ICSI.

CARE offers great support to help you cope with the emotional intensity of having fertility treatment. We have our Buddy Support and Buddy Ambassador programmes [Fertility & IVF Support | CARE Fertility](#) – listen to Buddy Support Coordinator Kelly Da Silva in our video as she talks through how our peer-to-peer 'CARE Buddy' support and Skype support groups work.

While IVF doesn't give a guarantee of parenthood, the development of new techniques and more research to gain greater knowledge means that the chances of success keep getting better and better with each new breakthrough. CARE has a well-established commitment to pioneering scientific improvements and our research has helped thousands of people become parents with **50,000 CARE babies born** – and counting!

All our staff are committed to your wellbeing and we understand the emotional intensity of trying to start – and grow – a family. Our promise to you is that we will do everything we can to make your journey through treatment as smooth as possible. **Get in touch with us if you're ready to learn more by calling our Enquiries Team on 0800 564 2270.**



Links and resources:

[Meet Our Teams From Our Sperm & Egg Banks | CARE Fertility](#)

[Fertility Network \(fertilitynetworkuk.org\)](#)

[Donor Conception Network | Supporting families through donor conception \(dcnetwork.org\)](#)

Video: Kelly Da Silva 'Supporting You, Supporting Each Other'

<https://www.youtube.com/watch?v=0waYvxuzHS4>

With love,
CARE Tunbridge Wells xx

For more information about Fertility Circle, please contact: Jan.Reece@carefertility.com