



Fertility Circle is CARE Tunbridge Wells' face-to-face support group – whether you're our patient or not – for you to come along and share your experiences of fertility treatment and get some friendly advice and information. We hope we'll be able to resume **Fertility Circle** for 2022, but for now, we hope this month's Newsletter will give you some pause for thought about how to manage the challenge of facing Christmas when you're struggling to start your family.

Covid meant Christmas 2020 got cancelled so everyone's determined to make this year's Christmas a Christmas to remember. But, if you're facing infertility at Christmas, it can be really hard to put a brave face on and join the celebrations when you're feeling anxious or a bit down.

If you're thinking about having IVF or you're in the middle of treatment, the fact that you're making plans to do something about it will mean you're starting to feel more in control. So, this Newsletter will have an upbeat theme about the things you can do to stress-bust your way through Christmas.

First of all, check-in with how you feel: be open and honest to voice any negative thoughts you're having. This will help air any issues so you can work things out and get reassurance from either your partner or, if you're single, from your BFF. It'll also help you figure out some positive things you can do to avoid certain situations that you know you'll find challenging that you might choose to avoid altogether or find a different solution. Be flexible with your plans so if you're not feeling particularly emotionally strong, you can find a strategy to deal with that.

Don't forget to take pleasure in small things: walking in Kent's beautiful countryside; sitting in front of a roaring fire in a country pub; beachcombing or planning next year's holiday ...

And look back at how far you've come on your fertility journey over the last 12 months! You will undoubtedly have had a steep learning curve about your fertility and, more importantly, have learned what options are available to help you start your family.

We've put together a video to help you stress-bust and also some more gentle fertility yoga exercises. Take time out for a bit of self-care: whether it's a spa day with a buddy or thinking about acupuncture or reflexology, now's a good time to look into doing positive things for yourself.

If you're at the very start of thinking about starting a family, **book a 1-2-1 appointment** and tell us about your fertility journey so far. We will listen to you and talk about the options available for treatment here at **CARE Tunbridge Wells** – simply contact our Central Bookings team on **0800 564 2270**.

This month's video is by **Chloe Austin, CARE's Brand & Communications Executive**, for some great stress-buster exercises and some gentler yoga exercises. We hope that this will help not only by doing something positive but also kick-start the New Year for a healthier and fertility-fit you for 2022!

As always, **CARE is here to help support you**, whatever time of year it is. If you're having treatment with us, our specialist fertility counsellors are here to help you; **contact our clinic for more information 01892 614110** or to book an appointment, either alone or with your partner.

We also have our **Buddy Support schemes** where we can put you in touch with another couple or patient going through the same treatment as you.

[Fertility Information Events | CARE Fertility](#)

Our online support events include **Men's Online Support** and also our **Walk 'n' Talk events**.

- ❖ **Our next online support meeting for December is on: Wednesday 1st Dec 2021 @ 7 – 8 pm**
- ❖ **Our next Male Focus Online Support Group event is on: Monday 29th November @ 7 pm**
- ❖ **Our next Walk 'n' Talk event in the south east is on: Sunday 5th December at Regent's Park, London**

For more details on our Buddy Support and online support events, you can contact our CARE Support Coordinator: Kelly.DaSilva@carefertility.com

There are a lot of excellent organisations with resources available to give you great advice on how to plan and equip yourself with strategies (see below for details).

Links and resources:

Fertility Network UK:

CARE is proud to be partnered with **FNUK's The Patient Pledge Coping with Christmas | Fertility Network (fertilitynetworkuk.org)**

Donor Conception Network (DCN) CARE is also proud to be partnered with **DCN** as a member of their Clinic Supporter Scheme. **DCN** can help support you along each step of your journey to becoming a parent with donor eggs, sperm or embryos. They offer workshops and have books and resources available to help you and your child in the longer term, to teenage and young adulthood. Their next online information session is on Wednesday 24 November 6.30 – 7.30 pm. Book via <https://www.dcnetwork.org>

www.mind.org.uk - for Christmas coping tips

With love from
CARE Tunbridge Wells XX

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