

fertilitynetworkuk

The national charity, here for anyone who has ever experienced fertility problems

Information
If you are trying to have a baby, you can find information about fertility problems, treatment options, funding and emotional support here.

NHS Funding
Funding for NHS fertility treatment varies across the country, with access entirely dependent on your postcode.

News
News articles for those trying to become parents

Support
Our support network is here to offer those affected by fertility issues the support and understanding they need, when they need it.

Events
We have details of events which are free to attend and we will also list details of open days and free patient events for clinics who are members of our clinic outreach scheme.

Our new website will be launched at The Fertility Show in November:

www.fertilitynetworkuk.org

Fertility Network UK Staff Gallery



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Affected by fertility issues?

We, the national charity, offer free advice, support, information and understanding



fertilitynetworkuk

We can help, you are not alone

For free advice, support, help, understanding and information on NHS funding:



INFOLINE
01424 732361

email: info@fertilitynetworkuk.org

visit: www.fertilitynetworkuk.org

For free emotional support, and help with understanding medical issues surrounding fertility treatment:



SUPPORTLINE
0121 323 5025

Need peer support?

- to speak to someone with experience of fertility issues;
- to meet locally with others in a similar situation;
- or to join the online HealthUnlocked fertility community

visit: www.fertilitynetworkuk.org



fertilitynetworkuk

Fertility Network UK is the nation's leading patient-focused fertility charity

We are here to provide free and impartial help, support, advice and understanding for anyone affected by fertility issues:

- for anyone considering their future fertility
- for those trying to become parents
- for anyone facing the challenges of childlessness
- for people successful after fertility issues
- for anyone needing help to access NHS-funded fertility treatment

We understand the widespread impact of fertility issues. Individuals can be affected physically, emotionally, socially and financially; family, friends, relationships and work can all suffer. Feelings of depression, sadness, frustration, anger, helplessness and isolation are common.

That is why we are here on a practical and emotional level to support and advise you – whatever your experience of fertility issues.

Fertility Network UK welcomes new Corporate Partners



The Centre for Reproductive
& Genetic Health



See page 22/23 for further information



Natalie Gamble is
founder of the
UK's first
specialist fertility
law firm
Natalie Gamble
Associates



This is a question I am often asked, usually with a fair dose of interest and curiosity. However, it always fascinates me that – whether with a taxi driver, another lawyer or someone at a wedding – the conversation almost never ends without a story about a friend or relative who has been affected by some kind of fertility law issue. It probably isn't surprising when you see the statistics, with one in six couples experiencing difficulties conceiving and growing numbers of same sex, solo and older parents.

With the Fertility Show in mind, I am conscious that some of you are at the start of fertility journeys and are seeking information to work out your options. I wonder how many of you have thought about how much the law will affect you, your treatment and the family you are building.

After the first IVF baby was born in 1978, the UK put in place a legal framework for fertility treatment which has for the past twenty years regulated how fertility treatment works in the UK. Fertility clinics can only treat patients (or deal with human embryos or eggs or sperm) with a licence from the Human Fertilisation and Embryology Authority, and lots of conditions come attached to that licence. Even if you don't realise it, the legal framework will be there underpinning almost every aspect of your treatment.

Quality and safety is paramount, with clinics regularly inspected and required to report mistakes in treatment and near misses, but parameters are also set as to what clinics can and cannot do on ethical and social grounds. By way of example, parents are not allowed to select the sex of their child in the UK (unless there is a significant risk of a gender-specific medical disorder). Limits are set as to how long embryos and gametes can be stored for, the circumstances in which they can be used during someone's lifetime and after their death, and what happens if a couple separates with embryos in storage.

The law also sets parameters for how donation and surrogacy works in the UK, for example requiring donors in the UK to be unpaid and to be identifiable once any child conceived reaches the age of 18. It is also illegal for fertility clinics or professional agencies to broker surrogacy arrangements (although non-profit

Fertility Law What is it?

making agencies can do so). These are regulations which may not apply in other countries, and in an increasingly globalised world many fertility patients are crossing borders for treatment. If you are considering going overseas, it is important to understand the differences in law and regulation and how this will affect both you and your child in the future.

Fertility law also determines one of the most fundamental legal questions for anyone building a family: will we be our child's legal parents? For those conceiving through IVF with their own eggs and sperm the answer is usually straightforward, but for those conceiving with donated eggs or sperm or with the help of a surrogate, the legal position may not be so obvious.

UK law sets clear rules to protect families conceived through egg or sperm donation. In egg donation cases, it says that the woman who gives birth is the only legal mother (which means that under UK law an egg donor never has any legal status or responsibilities as a parent). There is also legal protection for couples conceiving through sperm donation, whether they are opposite-sex or same-sex couples. If the mother is married, her husband, wife or civil partner will be the child's other legal parent, provided he or she consented to the conception. If the couple is not married, the non-biological parent can be nominated as the father or second parent if treatment takes place at a clinic in the UK (there is a process of paperwork which must be dealt with before conception, with some care needed over the detail to make sure it is done right).

The parenthood rules are vital in protecting donor conceived families, but one size definitely does not fit all. The same rules mean that parents conceiving through surrogacy end up with the wrong people treated as the parents at birth – the surrogate and, if she is married, her husband or wife (even where both intended parents are the biological parents). The law therefore also creates a process for intended parents to apply to the family court after the birth for a parental order, which triggers their child's birth certificate being re-issued naming them as the parents. If you are considering surrogacy, it is important to realise that these rules apply even if you conceive overseas and your child is born in a country which recognises you as the legal parents from birth.

So if you are having or considering fertility treatment, fertility law will affect how your treatment is managed, the treatment options available to you in the UK and abroad, and your legal status as the parents of any child you conceive. Fertility law is not something you can escape coming into contact with, even if you do not mean to.

Our new Website is here!

Launched to mark the 2016 annual Fertility Show, with a brand new look and fresh up to date content, we are positive that it will be a fantastic resource, offering free and impartial help, support, advice and understanding for anyone affected by fertility issues.

We have to say a huge thanks to Merchant Technology Marketing (www.merchanttechnology.co.uk) for designing this fantastic new site, and to the Big Lottery Fund for funding towards it.

We understand the widespread impact of infertility. Individuals can be affected physically, emotionally, socially and financially. Family, friends, relationships and work can all suffer. Feelings of depression, sadness, frustration, anger, helplessness and isolation are all common. Our new website will provide practical and emotional support for everyone, whatever your experience of fertility issues.

Men matter too. There is information and advice, along with support options for men.

The site includes details of our Info Line which can help with general advice and information, including NHS funding issues. Our Support Line page outlines how you can access free emotional support and help with understanding medical issues surrounding fertility treatment.

Our events section lists events taking place across

the country. Our news page keeps you up-to-date with the latest fertility news and research.

If you need peer support, our online and face-to-face support groups offer the chance to speak to others in a similar situation.

Our new site also provides vital information and support for those who have not been successful and are facing the challenges of childlessness.

We have a lot more to add to the new website over the next six months, but the site is here for you now, and we'd be pleased to hear your suggestions for additional topics or content which you would like to see added. Please get in touch and let us know.

We are delighted to be working with River Street Events on this year's Fertility Show. For all the information on this year's Show, including details of the fantastic and informative speaker programme, take a look at the middle page spread of this magazine. Do come and stop by and say "hello", you will find us on stand D10 where we'll be waiting to welcome you and answer any questions you may have, or just to have a friendly chat at any point throughout the two day event.

Susan Seenan
Chief Executive



LOTTERY FUNDED



Information

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Support

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Events

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News

News articles for those trying to become parents

5 Top *Lifestyle* Tips



Here are
my top 5
essential
lifestyle tips
to optimise
reproductive
health.

1. Eat a nutritionally balanced diet.

When eating a varied, healthy, balanced diet, not only do we feel great but egg and sperm quality are at their best too. These days, owing to our busy lifestyles, the availability of ready-made meals, plus an increase in chemicals used in farming; the body can become overloaded with toxins, putting many of the body's systems, including the digestive system, under unnecessary strain,

making it even more important to eat a balanced diet full of wholesome food. In an ideal world everything we consume would also be organic. Organic produce has been grown/raised in an environment where chemicals, hormones and antibiotics haven't been added and specific farming guidelines have been met. However, as organic produce remains more expensive than non-organic produce, eating locally seasonal foods can be just as beneficial. There are many local farmers' markets available and their goods are often much cheaper than buying foods at the supermarket. Eating in this way ensures you are taking in all the important nutrients required for a person to function at their best, provide healthy eggs and sperm and aid in preparing an optimal environment where pregnancy can be achieved.

2. Moderate Exercise

There are many benefits to exercising and regular exercise can help in maintaining a healthy body and mind. Moderate exercise for just thirty minutes a day can aid in lowering blood pressure – increased blood flow being beneficial to the reproductive organs – maintaining blood sugar balance, and improving your mood and mental wellbeing. It is important to remember that when embarking on fertility treatment exercise is performed in moderation. Too much exercise is just as detrimental to one's health and fertility as doing too little. There are many forms of exercise and it is important to find one that is enjoyable for you as you are more likely to stick with it.

3. Managing stress levels

Embarking on fertility treatment can be one of the most stressful and challenging times people face. Many struggle with the loss of control in the fertility process and are often so focused on the outcome that they don't take care of their mental wellbeing. In addition, there are often financial burdens; having to deal with resentful emotions when friends and family conceive; and even feelings of guilt and relationship breakdowns.

When the body is in a state of stress it doesn't function at its best, causing hormonal disruptions and

havoc with mental wellbeing. For a person experiencing stress, their normal, rational and calm way of thinking can be somewhat distorted. Reducing stress can help a person think with more clarity, making informed, rational decisions and allowing them to look at all options available with a clear open mind. There are many tools and techniques that when practised regularly, can be beneficial in decreasing stress levels. Some of these include yoga, meditation, visualisation and moderate exercise. However, just taking 5 minutes per day to sit quietly focusing on taking deep belly breaths can have enormous results. Recognising what triggers stress is also important and having tools in place to cope will greatly improve your stress levels.

4. Positive thinking

The mind over matter concept, has a huge impact on the way in which we function in our day to day lives. When we struggle to conceive we often have negative thoughts around the situation and often people are unaware of the negative self-talk that can go on. It is therefore imperative that being mindful of one's thoughts is practiced, and negative self-talk is recognised and adapted to a more positive thought. It can be difficult at first to change the way in which we subconsciously speak to ourselves but through regular practice, we can train our subconscious mind into thinking powerful positive thoughts.

5. Take care of yourself

Trying to conceive can often be all consuming. Couples can sometimes become so fixated on the outcome that they forget the process is a journey. Remembering to take care of ourselves and each other throughout that journey is very important. It helps us to enjoy life in the moment a little more, and aids in getting through any tough times. It's also important to highlight that partners can experience very different emotions as part of the process and it is important that they can be open with each other without judgement or blame for the difficulties they may be undergoing. Allocating quality time to spend together can really help in dealing with the struggles that may unfold, even taking time out to do things you both enjoy can be beneficial in getting you through an often tiresome process and help to reduce stress.

Be kind to yourself, nourish your body, keep it moving, have tools in place to manage stress and keep an eye on that negative voice in your head through the process. All of these can increase your chances of conceiving and maintain a healthy body and mind.

Hayley Taylor
Volunteer



fertilitynetworkuk

Have you used our free Support Line...?

Many people do. A medical diagnosis of infertility is, for the individual and/or their partner, a life crisis, which represents a threat to their hopes and dreams of achieving a family. Initially, the immediate response may be one of surprise and disbelief. To discover that there is now no control, no pregnancy as originally planned, is unbelievable. It is common to hope that tests results are wrong and often couples will seek further advice or a second opinion to confirm their diagnosis.

Fertility Network UK's Support Line can offer help with our friendly confidential service, giving support to those experiencing a strong sense of isolation, loss of control and all the other associated feelings that are

experienced by those undergoing endless tests and treatment cycles.

Some callers ring once, but many callers ring more often and find that a regular call with Diane, who has many years of nursing experience, gives them the help and support they need whilst embarking on their fertility journey, and often through the pregnancy too, if their treatment has been successful.

So, if you haven't rung the Support Line yet, do! Diane is available Monday, Wednesday and Friday between 10am and 4pm and will look forward to speaking with you, in confidence – it's good to talk!



Diane Arnold
Email: support@
fertilitynetworkuk.org

Don't forget you can speak to Diane on the Support Line free of charge and is available Monday, Wednesday and Friday from 10.00am to 4.00pm enabling you to discuss in confidence, all aspects of fertility investigations, treatment or just for some support. *Please note that as this is a free service, calls cannot be returned if a message is left.* Diane can also be reached via a pre-booked Skype call, please email her to arrange a mutually convenient day and time.



SUPPORTLINE
0121 323 5025

Here are two questions that often get asked from callers to the Support Line. Each edition will feature two of the most frequently asked...

Hydrosalpinx

This condition, which when translated, simply means water in the tube. Fallopian tubes have a natural lubrication in them to allow sperm to swim along and the egg to travel down. Occasionally, the end of the tube(s) called "fimbriae" stick together. This then blocks the exit for excess fluid to escape. There is then only one way for this fluid to get out, and that is through the womb end of the tube. Many consultants now believe that this excess fluid can prevent implantation of a developing embryo. Because of this, the tube is often dealt with by either clipping it/them or complete removal, prior to IVF treatment. Occasionally, a surgeon may consider trying to open up the end(s) of the tube(s), but this can prove difficult to do and cannot be guaranteed to be successful. Some causes of blocked Fallopian tubes can be due to pelvic inflammatory disease (PID), endometriosis or scar tissue that forms after pelvic surgery.

Can I take anti-inflammatory drugs during a treatment cycle?

All anti-inflammatory drugs can sometimes cause problems with the foetal heart. Baby doesn't use part of the heart whilst still in your womb, as it can't breathe oxygen. There is a special opening that closes off when baby is born to allow him/her to breathe oxygen, and these drugs can cause this "duct" to fail to close. As we are not always aware that we are first pregnant, it is best to steer clear of anti-inflammatory drugs, which can also cause bleeding in "mum-to-be" too. It's best to stick to paracetamol for pain relief if needed.

NB: Always discuss any medication with your doctor before starting or stopping it, especially if you are self-medicating.

'UK first' IVF embryo trial to compare 'fresh' and frozen

New IVF research is currently going on in fertility centres around the country. IVF births using frozen embryos will be compared to births from 'fresh' embryos in a large-scale multi-centre trial which is the first-of-its-kind in the UK and led by a team from the University of Aberdeen in collaboration with the NPEU Clinical Trials Unit, University of Oxford.

Researchers want to see which method produces the greater number of healthy* babies, as well as considering the health of the mother and costs to the health service and longer-term to society.

Chief Investigator Dr Abha Maheshwari made headlines in 2012 when she published a paper calling for a debate into whether freezing embryos is healthier for mother and baby than using fresh embryos.

Previously it was argued that using frozen embryos could result in fewer births but current research has found that using frozen embryos can lead to a lower chance of low birthweight babies. In addition using frozen embryos is safer for the mother, the risk of ovarian hyperstimulation is avoided, which can make mothers extremely ill and can require hospital admission and, in some rare cases, even lead to death. Recent evidence is suggesting that freezing all embryos followed by frozen embryo transfer leads to higher live birth rate as compared to fresh embryo transfer.

Whilst this provides reassurance for frozen embryo transfers, such a radical change in treatment for all needs further evidence before being put into practice.

We are very lucky in UK to have this trial funded by NIHR to compare fresh embryo transfer and frozen embryo transfer.

Participating couples will be randomly split into two groups – the 'fresh' group will have their embryos

created and transferred in the same week, as is current practice, whilst the 'frozen' group will have the embryos frozen which will be replaced as soon as 4-6 weeks and definitely within three months, once the effects of hormone stimulation have worn off and the uterus has had a chance to return to its natural state. The freezing of embryos is already a routine procedure but currently for second best rather than best embryos.

Dr Maheshwari said: "This trial will help to gather robust data allowing us to compare the advantages and disadvantages of each method in a large number of couples. We are all excited about getting this trial up and running. It has already received publicity at conferences and the fact that 12 centres across the UK will participate in this trial is testament to how interested the medical community is in evaluating the use of frozen embryos which in future could change the way IVF is delivered."

Recruitment for the study is currently underway and is set to conclude in December 2017. 1,086 couples will be recruited from centres across the UK. For more information on E-Freeze and about taking part please see: www.npeu.ox.ac.uk/e-freeze

** In the context of the trial, a healthy birth will be considered to be one baby delivered after 37 weeks, within normal weight parameters.*



BioNews

BioNews is a weekly email news digest published by the Progress Educational Trust (PET) to provide a balanced and accurate view on the latest developments in fertility treatment and human genetics. BioNews covers the science, law and policy in these areas.

It has been published since 1999 and has a rich archive, so if you are researching a particular treatment, such as womb scratching, you can see how long it has been being offered and what the research says.

BioNews also publishes comment pieces from

leading people in the field – sometimes critical of the hype and increasing commercialisation of fertility treatment and at other times excited about a new development.

Our aim is to ensure that people like you are better informed about what assisted conception and genomic medicine can offer, and so that you have access to appropriate medical treatment. The UK's fertility regulator and the Department of Health read BioNews to learn what is going on too!

The BioNews email is FREE and is a quick and easy way to keep up to date and could be a valuable resource in assessing whether to pay a bit more for an add-on to your treatment offered by a clinic.

To subscribe to BioNews visit:
<http://www.bionews.org.uk/subscribe>

fertility Preservation

Traditionally fertility preservation has been a means of protecting an individual's ability to have a genetic child if they are about to undergo medical treatment which may make them prematurely infertile (such as chemotherapy, radiotherapy or gender reassignment) or if they are at risk of premature ovarian failure. In recent times it has also become relevant to other people, such as those whose personal circumstances mean that they may be at risk of age-related infertility by the time they are ready to start a family and therefore wish to preserve their fertility as a back-up. This is often referred to as social fertility preservation.

Fertility preservation is the cryopreservation (freezing) of gametes (eggs and sperm) or embryos. For men and adolescent boys it usually takes the form of freezing ejaculated semen, though in some instances may involve freezing testicular tissue. Historically for women, creating and freezing embryos using their partner's or donor sperm was the only viable option for preserving fertility. Now it is possible to successfully freeze post-pubertal girls' and women's eggs. Though it is not currently common practice, in some rare instances ovarian tissue has been frozen.

Should you need to take steps to preserve your fertility, either following your doctor's advice or as a personal choice, the staff at fertility clinics will be on hand to talk you through the process, explain the risks and benefits and ensure you are fully informed before you make a decision. If you are eligible for NHS funding for fertility preservation your doctor will be able to refer you to an IVF clinic. If you're not eligible for NHS funding you may still be able to go ahead with fertility preservation on a self-funding basis. It's always a good idea to consider seeing a counsellor before undergoing fertility preservation to discuss any concerns you may have or just to talk things through. The staff at your clinic will be able to provide you with the details of an impartial independent counsellor.

For women, the decision about whether to freeze your eggs or embryos will be a personal one based on your own opinions and circumstances and on the services offered by the IVF clinic you attend. These days almost all clinics use a process call vitrification to cryopreserve both eggs and embryos (you may wish to check with your clinic), which means that the chance of them surviving the freezing and thawing process is high, compared to the previously used technique of controlled rate freezing which had much poorer survival rates. Healthcare staff will be happy to discuss with you the options available and talk you through aspects to consider when making a decision. For men it's import-

ant to know that at least half of the sperm frozen is unlikely to survive the freezing and thawing process. As men produce millions of sperm per ejaculate, this generally means that there will still be many sperm that do survive. The number of sperm available can influence the type of treatment the sperm could be used for in the future, therefore it's important to consider freezing more than one semen sample if possible.

For anyone about to undergo urgent medical treatment it's always important to take a balanced view of the overall picture to ensure that preserving their fertility won't make their condition worse. There's no medical preparation for men wishing to freeze sperm and therefore it's often possible to fit in sperm freezing appointment(s) before any potentially sterilising treatment begins, even if it's at very short notice. For women some preparation has to take place before eggs or embryos can be frozen and this can take up to six weeks. The process involves using hormones to stimulate the ovaries to develop multiple eggs rather than just the one that would develop in your normal cycle. The growth and development of the follicles within the ovaries is monitored and then the eggs are collected at the optimum time. Depending on the number of eggs stored, and on your circumstances, you may wish to undergo another cycle in order to maximise the chances of success when you're ready to thaw the eggs. Due to the timescale required, the medication and the surgical procedure involved, it's important for healthcare staff to consider whether you will be well enough to undergo the ovarian stimulation and egg collection process, that your condition won't be made worse by it and that there is enough time available before you need to begin your urgent medical treatment.

If you are about to have medical treatment we hope that your fertility won't be affected and that you'll be able to have children without help as and when you're ready. For those whose fertility has been affected, it can give some peace of mind to know your eggs, sperm or embryos have been cryopreserved for you. A year or two after your treatment has finished, the clinic where you underwent fertility preservation will invite you to visit them to assess your fertility and see if it has been affected. You can also contact your clinic at any time to discuss your cryopreserved samples and the options available should you need to use them.

For anyone about to undergo urgent medical treatment it's always important to take a balanced view of the overall picture to ensure that preserving their fertility won't make their condition worse.

For further information on fertility preservation please see Fertility Network UK's website: (<http://www.infertilitynetworkuk.com/information/factsheets>) or the Human Fertilisation and Embryology Authority's website: (<http://www.hfea.gov.uk/8621.html>)

Susannah Wood
on behalf of ACE



Fertility News Round-up

Fertility has been in the media spotlight on a regular basis in the last three months (June -August 16); from Scotland came very positive news about investment in NHS fertility services; sadly in England the headlines were again dominated by news about reductions in NHS fertility funding. If you are affected by any of these changes, please email Fertility Network UK's media relations officer Catherine Hill: media@fertilitynetworkuk.org



Sustained disinvestment in NHS fertility services in England

Cuts to NHS fertility services in England are increasing, in stark contrast to the situation in Scotland where NHS fertility services are being expanded.

Commenting on this, Susan Seenan, chief executive of Fertility Network UK said: 'What we are witnessing is a sustained disinvestment in NHS fertility services with the South East hardest hit. In East Anglia, half of the 8 clinical commissioning groups (CCGs) in the region are turning their backs on helping people diagnosed with infertility. Ipswich and East Suffolk CCG and West Suffolk CCG currently offer 2 NHS-funded IVF cycles, but both CCGs announced in July that they are consulting on cutting this to 1 cycle or stopping offering any treatment. Weeks earlier Cambridgeshire and Peterborough CCG cut the number of IVF cycles it offers from 2 to 1 without consultation and at the end of last year South Norfolk CCG decommissioned its NHS fertility services. Elsewhere in the South East, both Basildon and Brentwood CCG and Bedfordshire CCG are consulting with a view to decommissioning NHS-



IVF does not increase breast cancer risk

A major study looking at whether IVF treatment increases the risk of developing breast cancer has found that it does not – in contrast to previous research which had suggested a link. The study looked at 19,000 women who had had IVF between the years 1983 and 1985. The average age of the women at the start of the study was 33 years and they typically had between three to four IVF cycles. The researchers assessed the breast cancer risk of these women when they turned 54 and found out that it was almost similar to women who had not had IVF.

funded IVF, while Mid-Essex CCG and North-East Essex CCG have already stopped offering access to fertility treatment.'

If you are affected by any of these cuts to NHS fertility services, please contact Fertility Network UK and also contact your MP. In order to make contacting your MP as straightforward as possible for you, Fertility Network UK has prepared a draft letter/email to send which is available on our website at: http://fertilitynetworkuk.com/nhs_funding_2 (about half way down the page).

If you are comfortable doing so, it is helpful to include details of your personal situation: how fertility struggles affect you physically, emotionally, financially and socially. Details of how to find your MPs contact details (address, email and twitter account) are also on our website.

Obscure virus a cause of fertility problems?

A little-known virus found in women with fertility problems may explain their inability to conceive, scientists are suggesting. A new study found that a member of the human herpes virus family, called HHV-6A, infects the lining of the uterus in 43% of women with unexplained infertility – but cannot be found in the uterine lining of fertile women. The research also found that the response of the immune system to the virus may contribute to making the uterus less hospitable to a fertilized egg. The virus appears to activate immune cells called natural killer cells in the uterus, and then leads those cells to produce chemicals called cytokines, which the immune system uses to orchestrate an attack on a foreign invader, like a virus. Scientists believe this may affect fertility because the activated immune system cells and abnormal levels of certain cytokines may make it harder for a fertilized egg to lodge in the uterus, and grow into a baby. Little is known about HHV-6A, which was discovered in 1986 and is one of nine human herpes viruses. Since HHV-6A is typically not detectable in the blood or saliva, its true prevalence is unknown

National Fertility Awareness Week

As 31st October draws closer we are, as always, blown away by the response from our awesome fundraisers, clinics and corporate partners.

So far we have people taking part in all sorts of imaginative ways to help us raise awareness and raise much needed funds. We have Fertility Cycle Events in Scotland (see page 17 for more details), and in London (see below) along with cake bakes, tea parties and even an Egg & Sperm race!

We asked our Facebook friends to send us photographs, to show the #HiddenFaces of people who have struggled with fertility problems, either in the past or currently. We were genuinely moved by how many people were willing to join our campaign and we thank you all. Leading up to the week we will be featuring as many of the photographs as we can in a series of Facebook posts and Twitter updates, and our Fertility Awareness Week poster.

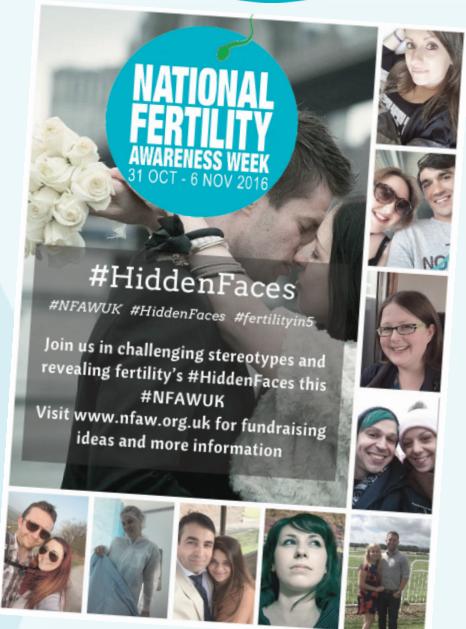
Please do all share our posts using the #HiddenFaces and #NFAWUK, and in the month leading up to National Fertility Awareness Week we will be asking everyone who can to join us in our social media campaign to show the intimate, physical, emotional, social and financial reality of what it's like to live with fertility issues. What is your day-to-day experience: whether that's struggling to conceive and carry a baby, the day-to-day reality of childlessness or experiencing success after years of struggling. The idea

is to tweet with the hashtag #fertilityin5 and say whatever you want. This could be 5 words focusing on how you feel: lonely, stressed, invaded, on hold. Or they could simply be that day's reality; my worst five ever were: I'm sorry there's no heartbeat.

Go to our website: www.nfaw.org.uk and download the poster, or our logo, and use it! Share it on your website, on social media, print the poster and put it up where you work, and help us to show people that this is something that affects so, so many people.

There's still time to get involved in fundraising too! Host a Fertility Friday event (or any other day) – challenge yourself to do something new, host a get together with friends, organise a dress-down day at work, and let us know so we can share your event on our social media! Email: Kara@fertilitynetworkuk.org

Remember, it doesn't matter what you do – just do something because together we are stronger.



**Thank you
- Together
we are
stronger!**

Will you come and join us on our London Fertility Cycle

Static Bike Challenge?

With National Fertility Awareness Week (NFAW) just around the corner a London Fertility Cycle – Static Bike Challenge has been organised which will take place between 10am and 4pm on Friday 4th November in West Kensington. I would like to thank Saatchi & Saatchi Wellness (<http://www.saatchiwellness.com/>) for providing a venue for the challenge – Pembroke Building, Kensington Village. The venue is a very convenient short walk from Kensington Olympia which is the venue for The Fertility Show on 5th and 6th November, so we are hoping that lots of exhibitors for the show will pop along for a session on the bike before or after setting up their stand for the following big day!

Anyone can get involved in the Fertility Cycle – Static Bike Challenge! If you would like to get involved then

please give me a call or email me and I will let you know all the details. I have set up a JustGiving page for sponsored cycle slots: www.justgiving.com/fundraising/FertilityCycleNFAW

Recent topics for the monthly online group via Skype have included: 'Ask a Consultant – the 10 most frequently asked questions' and 'Male Infertility' with an Andrology specialist guest speaker. The Male Infertility talk is being repeated during NFAW so please check the website or get in touch for more information.

**Hannah Tramaseur
England Co-ordinator**



THE FERTILITY SHOW

In association with



London Olympia 5 - 6 November 2016
Manchester Central 25 - 26 March 2017



The essential event for your fertility journey

- 60 talks by top fertility experts
- Fertility clinics from the UK and abroad
- Advice for single women and same sex couples
- 100 exhibitors
- Fertility assessments and consultations
- Medical and complementary alternatives

London show tickets now on sale
Find out more at fertilityshow.co.uk

The Fertility Show

Is back to help those struggling to conceive

The Fertility Show, the UK's largest and most established fertility event, returns to Olympia, London on 5th-6th November for its eighth year of helping all those looking to start a family by providing expert advice about the fertility journey and exploring treatment options such as IVF, egg donation and surrogacy.

Once again, the event will be staged in association with Fertility Network UK and takes place during National Fertility Awareness Week which runs from 31st October-6th November 2016.

New for this year is the Q&A stage – also in partnership with Fertility Network UK – presenting sessions with key fertility experts such as Haitham Hamoda, Consultant Gynaecologist and Subspecialist in Reproductive Medicine and Surgery at King's College Hospital; Professor Geeta Nargund, Create Fertility founder and Professor Alan Balen, Professor of Reproductive Medicine and Surgery at Leeds NHS Centre and Chairman of the British Fertility Society.

The audience will be encouraged to take a seat, bring questions to put forward either openly or anonymously and either listen to or join in the expert discussion.

Overall, 3,600 visitors are set to attend this year with 60 expert talks and more than 100 exhibitors including information and advice groups, UK and overseas clinics, fertility assessment and consultations, charities and patient care groups, and lifestyle advisors

And, with the success and popularity of this long-running London event, an additional, new show will be held at Manchester Central Convention Complex, on 25th-26th March 2017. Watch this space for further details...

For further information and to purchase tickets go to: www.fertilityshow.co.uk follow the Show on Twitter @fertilityshow or join them on Facebook.

Tickets for the two-day event are priced at £12 (£15 on the door) for each day or £20 for a 2-day ticket with seminar tickets £3.

SPEAKER PROGRAMME

SATURDAY SEMINAR TITLE and SPEAKER

10.30-11.15	How to get pregnant (and to have the best possible pregnancy). <i>Zita West</i>
10.30-11.15	Innovations in embryo selection. Do they really make a difference? <i>Dr Rachel Cutting</i>
10.45-11.30	Stress and its impact on fertility. <i>Prof Jacky Boivin</i>
10.45-11.30	Surrogacy in the UK- A Patient Journey legally and clinically <i>Sarah Templeman & Helen Prosser</i>
11.30-12.15	Natural Cycle and Mild IVF - fertility treatment without the drugs? <i>Prof Geeta Nargund</i>
11.30-12.15	The Basics. What you need to know to get pregnant and how to prepare for pregnancy. <i>George Christopoulos</i>
11.45-12.30	Next Generation IVF? <i>Prof Simon Fishel</i>
11.45-12.30	Dealing with recurrent miscarriage. <i>Dr Vidya Seshadri</i>
12.30-13.15	Reduced ovarian reserve: Is anyone too difficult to treat? <i>Mr Sam Abdalla</i>
12.30-13.15	Factors to consider when choosing a fertility clinic. <i>Kate Brian</i>
12.45-13.30	Going abroad for treatment? Question time featuring 2 overseas clinics. <i>Dr Bruce Shapiro & Dr Natalia Szkrb</i>
12.45-13.30	Counselling through infertility. <i>Tracey Sainsbury</i>
13.30-14.15	Immunology – potentially hazardous treatment or your best chance of success? <i>Mr Amin Gafar, Professor Siobhan Quenby</i>
13.30-14.15	Boost fertility and prevent miscarriage with nutrition <i>Dr Marilyn Glenville</i>
13.45-14.30	Improving the odds of IVF working for you. <i>Mr Yacoub Khalaf</i>
13.45-14.30	Coping Strategies. <i>Wendy Martin</i>
14.30-15.15	Testing your fertility and the value of your ovarian reserve <i>Dr James Nicopoulos</i>
14.30-15.15	Freeing your mind to improve fertility. <i>Russell Davis</i>
14.45-15.30	Dealing with Polycystic Ovary Syndrome (PCOS) <i>Prof Adam Balen</i>
14.45-15.30	Issues for families created with donors. <i>Olivia Montuschi</i>
15.30-16.15	What men need to know about their fertility – testing it, boosting it, treating it. <i>Prof Allan Pacey</i>
15.30-16.15	Complementary Therapies – can they boost your fertility? <i>Dr Gillian Lockwood, Andrew Loosely and Barbara Scott</i>
15.45-16.30	Fertility treatment for older women. <i>Dr Tarek El-Toukey</i>
15.45-16.30	Boost fertility and prevent miscarriage with nutrition <i>Dr Marilyn Glenville</i>
16.30-17.15	Sperm and egg donors from the UK. <i>Verenna Smith</i>
16.30-17.15	How to keep costs down – do you really need those add-ons? <i>Dr John Parsons</i>
16.45-17.30	Can acupuncture improve fertility? <i>Mr Michael Dooley & Emma Cannon</i>
16.45-17.30	The arguments for travelling to the USA vs Portugal vs Norway. <i>Dr Angeline Beltsos, Dr Valdimiro Silva, Dr Jon Hausken</i>

17.30-18.00 Steps to choosing the right adoption agency. *Gemma Gordon-Johnson*
17.30-18.00 Travelling to the USA for egg donor treatment – the patient's perspective and the clinic that treated them.
Sarah Esdaile & Dr Michael Levy

SUNDAY SEMINAR TITLE and SPEAKER

10.30-11.15	A patient's experience of the fertility rollercoaster and what to expect <i>Jessica Hepburn</i>
10.30-11.15	Why should I give it another go? <i>Mr Tim Child</i>
10.45-11.30	Single women and lesbian couples – options for conceiving <i>Dr Raul Olivares</i>
10.45-11.30	Planning treatment abroad? The arguments for travelling to Greece vs Spain vs Russia. <i>Dr Dimitrios Dovas, Dr Ramon Aurell & Dr Yulia Gurtovaya</i>
11.30-12.15	Common causes of infertility and the main approaches to treatment <i>Dr Kamal Ojha</i>
11.30-12.15	Fertility Treatment for older women. <i>Dr Dimitrios Nikolaou</i>
11.45-12.30	Options for Adoption. <i>Jan Fishwick</i>
11.45-12.30	Unknown donor vs Known donor vs Co-parenting. <i>Natalie Gamble & Erica Tranfield</i>
12.30-13.15	What to think about before going abroad for treatment <i>Dr Nikos Christoforidis, Dr Carlos Dosouto & Ben Saer</i>
12.30-13.15	Boost fertility and prevent miscarriage with nutrition <i>Dr Marilyn Glenville</i>
12.45-13.30	What men need to know about their fertility – testing it, boosting it, treating it. <i>Prof Allan Pacey</i>
12.45-13.30	Dealing with and treating, endometriosis. <i>Mr Haitham Hamoda</i>
13.30-14.15	The Top Ten ways to cope with infertility. <i>Anya Sizer</i>
13.30-14.15	Surrogacy arrangements. <i>Natalie Gamble & Helen Prosser</i>
13.45-14.30	Improving the odds of IVF working for you. <i>Mr Yacoub Khalaf</i>
13.45-14.30	Single woman in your 30s or 40s? Thinking about having a baby on your own? <i>Caroline Spencer</i>
14.30-15.15	New technologies in IVF. <i>Dr Lucy Richardson & Dr Elizabeth Barbieri</i>
14.30-15.15	Getting your head around treatments, clinics and statistics. <i>Juliet Tizzard</i>
14.45-15.30	Fertility treatment on the NHS? <i>Dr Amit Shah & Dr Anil Gudi</i>
14.45-15.30	Men Matter Too. <i>Lee Wray & Anthony Ryb</i>
15.30-16.15	Nutrition to help with PCOS, endometriosis and fibroids <i>Dr Marilyn Glenville</i>
15.30-16.15	How to deal with the diagnosis of unexplained infertility. <i>Dr Jane Stewart</i>
15.45-16.30	Overseas egg donors. Who are they and how are they chosen? <i>Dr Israel Ortega and Nancy Block</i>
15.45-16.30	How to keep costs down – do you really need those add-ons? <i>Mr Yacoub Khalaf</i>



Running an information service for donor conception

In this edition, the HFEA walks you through its information services for donors, donor conceived people and their parents.

With high profile media stories about egg freezing or the cost of fertility treatment, you could be forgiven for thinking that's all we work on, but most of the time we are busy doing less newsworthy, but vitally important work for the benefit of patients, donors and others affected by fertility treatment. One such area of work is running our information service for donor conception.

Each year in the UK, over a thousand children are born following treatment with donated eggs or sperm. And as the regulator, we hold information about those treatments: information about the donor and about how and where their eggs or sperm were used; information about the recipients and the treatment they had; and information about the children born from that donation. We guard that information carefully so that those involved in donor conception can request it when they are ready to.

We call this the Opening the Register (OTR) service. It offers donors and donor-conceived people with the chance to find out about - if you're a donor - the number, sex and year of birth of any children conceived from your donation(s); and - if you're donor-conceived - identifying or non-identifying information (depending on your age) about their donor, and details of any donor-conceived genetic siblings. Our OTR staff answer enquiries, handle applications and, most importantly of all, offer a listening ear to people who want to talk through their options.

There's been a steady year-on-year rise in applications for information. In 2010, for example, 36 donors and five donor-conceived people applied; by 2015 it was 82 and 36 respectively. And since 2013, seven applications for information identifying their donor have been received from donor-conceived people. These may seem like small numbers now, but it's worth remembering that this growth will likely continue up to 2023, when, as the first wave of donor-conceived people born after laws on donor anonymity changed, start to seek their donors, many more applications will be made.

We also run a service called Donor Sibling Link (DSL), a voluntary contact register for donor-conceived people who want to make contact with half-siblings born from the same donor but to different parents. Since launching DSL in 2010, almost 100 people have signed up. Although only about 10 people are registering for this each year so far, this is a really

positive number, and we expect a continual year-on-year rise for this too.

With the increases in the number of applications for information from the Register, there is more demand for counselling and support services to make sure donors and donor-conceived people are supported throughout the process. Our post-donation support service, which was introduced last year, is aimed at donors and donor-conceived people who received treatment carried out at a licensed UK clinic. The service offers a number of free and paid-for support sessions provided by professionally-trained counsellors at PAC-UK on our behalf.

People who donated between August 1991 and March 2005 and are considering re-registering to become identifiable; and donors who are aware that a donor-conceived person has applied for identifying information about them, are entitled to two free support sessions. This is also available to donor-conceived people over 16 years of age if they are considering finding out information about their donor or their donor-conceived siblings. And donors, donor-conceived and siblings wanting to meet each other can get three free support sessions with PAC-UK intermediaries.

The service is in its second year of a three-year pilot, and the number of people using it so far is quite low so we obviously want more people to benefit from it. We'd really appreciate your help in getting the message out there even more. If you come across anyone you think might benefit from accessing the service, please tell them about it. Of course, it may be that you already talk to donors who are thinking of re-registering and who have come back to their clinic to talk about their options. That's great, and we don't expect you to turn them away, however if you feel they would also benefit from the support service then let them know. And if you come across donor-conceived people thinking about contacting us to find out about their donor, or donors who have already been contacted by their donor-conceived child, please tell them our support service is here for them.

You can read about our accessing the register service on our current website: <http://www.hfea.gov.uk/113.html> or alternatively, you can read about it on our new website, which is currently in the draft 'beta testing' stage (and we'd really appreciate your feedback!): <https://beta.hfea.gov.uk/donation/donor-conceived-people-and-their-parents/apply-for-information/>

ff fertility fairness

AUTUMN Update

Fertility Fairness (FF) is in the process of producing a 2016 dataset of Freedom of Information Request (FOI) responses from all 209 CCGs across England, following the success of the 2015 audit. We intend to publish an updated league table of CCGs that provides every local commissioner a ranking of their IVF provision. This will allow patients to determine exactly what access exists in their area, relative to the rest of the country. FF continue to urge patients living in areas with low ranking IVF access to contact their local CCG and MP, using templates and information on the FF website.

FF recently wrote to the Department of Health, NHS England and the Minister to raise awareness of the inequitable provision of IVF, we also discussed the vast discrepancy in price that CCGs pay for a cycle across the country. Further to this work, FF was keen to support NHS England's recent consultation on investigating an outcome-based non-mandatory currency for IVF services, we responded to the proposal by detailing how this could address the inequality in access and improve clinical outcomes for patients.

FF sustains a 'rapid response mechanism' to local consultations about fertility services in addition to the above national activities. An increasing number of CCGs are ignoring the correct definition of a full cycle, many are reducing the number of cycles provided or decommissioning fertility services entirely. FF engages with such CCGs and fights against cuts. FF continues to target the MPs representing the constituencies of these CCGs to lobby on behalf of patients. In particular we have been campaigning in Essex, Bedfordshire, Suffolk and Lancashire. If you live in any of the affected areas, please contact FF to see how you can become involved in local campaigning efforts.

FF would like to encourage anyone who hears of a CCG running a public consultation on fertility services to alert us to this situation, and again to write to their local CCG and MP themselves. You can find more information about this process and template letters on our website: www.fertilityfairness.co.uk

Contact Us

If you are experiencing problems accessing NHS funding, have any questions relating to funding, or would like to help FF with its campaign, please email FF at: info@fertilitynetworkuk.org

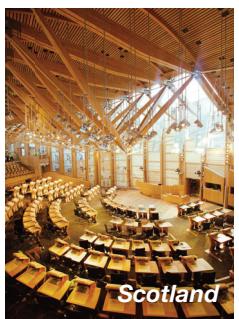
Scotland

FF has publicly spoken about Scotland's equity of provision, which is far in advance of the rest of the UK for IVF treatment. Changes implemented from 1st September 2016 will further increase access to patients where one partner has no biological child, following recommendation from the National Infertility Group. The Group will assess the impact of the introduction of this new piece of criteria in approx. February 2017 with a view to confirm a date for the second piece of criteria, three cycles of IVF. We continue to champion Scotland as a marker for success for England, Wales and Northern Ireland.



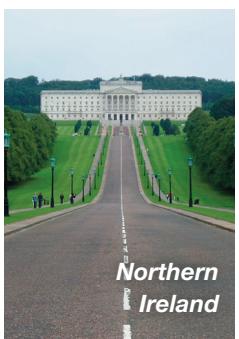
Wales

The All Wales Fertility Task and Finish Group, chaired by the Welsh Health Specialised Services Committee (WHSSC) have met twice over the last couple of months to discuss a variety of fertility issues, with particular emphasis in recent agendas on waiting time lists for IVF, eligibility conditions and access criteria (i.e. aiming to reduce those that are deemed exclusive or unnecessary). The Group is also investigating how to make the referral pathway from primary to tertiary care clearer and more transparent for both medical professionals and patients. The Specialist Fertility Audit day held by WHSSC in mid-September will also provide opportunity for further action.



Northern Ireland

With only one fresh and frozen cycle IVF/ICSI treatment cycle available on the NHS to eligible couples, Northern Ireland lags far behind other parts of the UK. Following the general election earlier this year, FF has met with a number of MLAs with the overall objective of securing interest and motivation to promote a members debate at the assembly for late autumn. FF has also met with the Secondary Care Division of the Department of Health to gain its support and will continue to work closely with Fertility Network UK and MLAs to campaign for policy makers to consider funding a second cycle of IVF treatment.



Introducing three new charity staff members to the team...



Mairi Handy

I wanted to introduce myself as the Development Officer for Fertility Network Scotland covering the North East of Scotland, and I have been in post since early June 2016. After taking some time to familiarise myself with the role, my objective is to continue to raise our profile in the area and to increase public awareness of the issues surrounding infertility.

I am originally from Dundee although I have lived in various parts of Scotland over the last few years, but am now happily resettled back in my home city. I studied law at university and after several years working for the Scottish Office in Edinburgh, I took some time out to have a family. Now that my children are all of school age, I am ready to start a new role which I am passionate about and offer a strong commitment of support to those on their journey of infertility treatment.



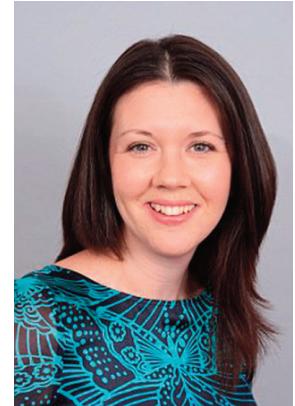
Gillian McLaughlin

I am delighted that I recently joined Fertility Network UK as Volunteer Co-ordinator. I have volunteered with lots of charities over the years following support for me and my family, and I wanted to volunteer my time with them as a thank you for supporting us. I have been involved in many aspects of volunteering including support groups, media and helping to sell merchandise on a stall at a

charitable event. I am passionate about volunteering and if you would like to volunteer with Fertility Network UK please contact me, I'd be delighted to hear from you.

Anya Sizer

I am so excited to have joined Fertility Network UK as their Regional Organiser for London. I am joining the team after working for several years at two London clinics as a patient co-ordinator, a role which focused on patient care and support. I have been involved with various media and speaking opportunities highlighting the need for emotional support, as well as running a fertility support group for 8 years which is constantly one of the highlights of my work.



Helping patients deal with the emotional impact of trying for a family is something that I am passionate about, and the need for such support is partly as a result of my own 6 year journey with IVF. As someone who has worked in the sector as well as having been a patient I know just how important such care really is.

I will be working 15 hours a week visiting clinics, focusing on the Fertility Fairness campaign and any way in which I can support you on your fertility journey. I would love to hear from you in regards to how best we as a charity can support you?

Introducing a new Trustee to the charity Board... Dr Rachel Duffy



I am so pleased to join the board of Fertility Network UK. I, like so many others, have been affected and impacted by infertility experiencing my own personal journey to become a mother. I was challenged to understand and navigate the complex and confusing system of care, conduct my own research and make difficult decisions on clinical options, and ultimately coordinate my own care plan and treatment. Just as challenging and difficult was the need to attend to my own mental and emotional wellbeing to build and maintain my resilience and ease my feelings of distress and isolation. I hope that in accepting this position I will be able to support the fantastic work of the charity in raising awareness of infertility, supporting those struggling to conceive and those living with infertility, listening and being a voice on your behalf, and working with and influencing professional bodies.

In my professional life I have over 20

years' experience in Organisational Development and am a Doctor of Board Effectiveness and Strategic Organisational Development. My experience has been gained in the public and private sectors - the last ten years working at a national and strategic level in the NHS specialising in: senior leadership development, board effectiveness, transformational change, and improvement. I am currently working with General Practice developing system leadership and providing change and improvement expertise to help them implement new models of care, redesign services, and introduce new ways of working. I have held board positions as Trustee of a youth charity, and School Governor.

I feel I have much I can contribute to the work of the charity and the board from my personal and professional experience. Being a Trustee is a privilege. It provides me with the opportunity to make a difference, supporting a cause I feel passionately about. I endeavour to serve you to the best of my abilities and sensitivities, and know you will find us open, welcoming and supportive.

Updates • from the Charity Team

Scotland

It has been lovely to talk to everyone who has got in touch recently. All of the Scottish staff have been really busy lately preparing for and attending Fresher Festivals all around Scotland; we will be able to give a full update with some pictures on our activities in the next magazine edition.

In the last edition of the magazine it was mentioned that we had hoped to hold an event in Scotland at the end of October with exhibitors, expert speakers and some alternative therapist taster sessions. Unfortunately due to unforeseen circumstances this has been delayed until February 2017. Further information will be updated on the website, Facebook, Twitter and in the next edition of the magazine.



We are hoping some of you will get involved during National Fertility Awareness Week (NFAW). In Scotland we are holding a Fertility Cycle, static bike challenge in Glasgow Central Station on Wednesday 2nd November from 8am – 4pm. You can get involved in so many ways; jump on a bike for 10 minutes, half an hour or longer; help out on the day having fun motivating our volunteers; make a small donation to help Fertility Network Scotland make a difference to the 1 in 6 couples who experience the pain fertility problems can bring. We are encouraging as many people to get involved as possible, clinics, anyone who has been touched by fertility problems, politicians, media, volunteers, etc. If you would like to get involved and raise awareness please contact me, Gwenda Burns, or if you would like to make a small donation to support the event please visit: <https://www.justgiving.com/fundraising/Fertility-Network-Scotland>

Northern Ireland

In Northern Ireland we have four peer support groups running in Belfast, Craigavon, Omagh and Derry. These groups are largely run on a monthly basis except for Derry which runs every two months. I am delighted to report that, following the success of three recent grant applications, we are now in a position to add value to the peer support groups by running interactive workshops for the period from September 2016 to March 2017. Topics will include fertility nutrition, fertility counselling, enhancing and protecting your relationship, enhancing your resilience to stress, mindfulness, acupuncture and fertility yoga. At the workshops we will be endeavouring to improve one's physical, emotional and mental wellbeing by introducing coping strategies, health & lifestyle changes and alternative therapies. We previously ran these workshops in Londonderry/Derry and the feedback was great. The interactive workshops are free to anyone, living in Northern Ireland, and suffering the effects of infertility. If you have not already booked, please contact Sharon Davidson on: 02890 825677, by text: 07837 987562 or email:sharon@fertilitynetworkuk.org to check availability and register your interest.

Plans for National Fertility Awareness Week (NFAW) in Northern Ireland include a coffee and cake morning taking place at the NHS Regional Fertility Centre in Belfast. Both private fertility clinics in Northern Ireland have again voiced their commitment to support the NFAW campaign. For more information on Northern Ireland support, campaigning or general fertility issues, please get in touch with Sharon Davidson.



Wales

The Pierhead building in Cardiff Bay is the prestigious location for our Wales Fertility Options event which will be held on Saturday 19th November 2016, and is free for individuals to attend.

The day will bring together fertility clinics, practitioners and support agencies from all over the UK and Europe and will run between 10am and 4pm. Drop in for an informal chat or pick up information on clinical and donor treatment options; fertility counselling; alternative family options; male fertility and local support services.

For organisations wishing to exhibit, individuals wishing to attend or seeking more information, please contact Alice Matthews: alice@fertilitynetworkuk.org

Future copy dates
as follows:

Winter Edition

(published end of
January 2017)

Copy date

20th November 2016

Spring Edition

(published end of
April 2017)

Copy date

20th February 2017

Summer Edition

(published end of
July 2017)

Copy date

20th May 2017

Autumn Edition

(published
October 2017)

Copy date

20th August 2017

Editor's note The views expressed in any articles or correspondences included in this magazine are those of the individual writers and not necessarily of Fertility Network UK or the Editor. Their inclusion does not necessarily imply endorsement by Fertility Network UK. Readers of this magazine are expected to make their own enquiries/check any service or organisation they intend to use. Fertility Network UK does not recommend or endorse any one clinic/company.

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We are extremely grateful to The Lister Fertility Clinic for their support and generosity in providing us with a meeting room and catering for our quarterly Board Meetings every year at their London location. Thank you to everyone involved in co-ordinating and providing this important contribution to the charity.

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Antonia Rodriguez – Vice Chair
Louise Evans – Treasurer
Rachel Duffy
Jessica Hepburn
Melissa Hillier
Carol Hulley – MTL
Jill Martin

Patrons

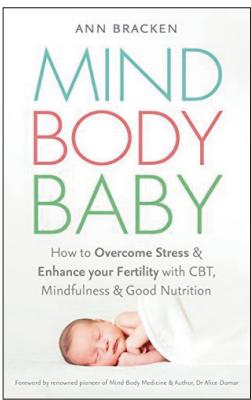
Cheryl Baker
Chris and Diane De Burgh
Dame Judi Dench
Vivienne Parry
Anthea Turner
Professor Lord Robert Winston



Click the pic to find out if there's a Support Group in your area, or visit:
www.fertilitynetworkuk.org



Click the pic for Useful Links or visit:
www.fertilitynetworkuk.org



Mind Body Baby – How to overcome stress and enhance your fertility with CBT, Mindfulness and Good Nutrition

by Ann Bracken

I think every woman going through their personal journey of fertility has heard the phrase, 'stay positive', which can prove to be a difficult concept to practice amidst the stress and plethora of clinical considerations that you are forever trying to implement.

I think this book allows you to find that practical method to actually allow your mind and body to feel positive and stay positive when you need it the most, especially with all the common stresses associated with infertility.

This book actually sets you up to implement mindfulness and allows the interface between science and well being to flow so easily. I feel each approach or method explained allows you to integrate this approach into your lifestyle and soon it becomes the holy shrine of peacefulness within you that helps immensely on days where scientifically things seems to be against you.

The proof that staying in this state actually allows you to cope and perhaps change your reality with your directed thoughts, offers you a hug of hope that really takes the edge off the darkness in difficult times.

Ann Bracken addresses the emotional aspect of this journey, but is also very factually and scientifically informative. I really am impressed by this approach, as I feel not many authors can express that interface between psychological and physiological experience as well as Ann.

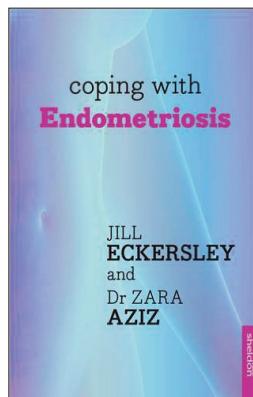
She also goes through a wide array of complementary methods to boost fertility, everything from yoga, exercise and breathing, to acupuncture, naturopathy, aromatherapy and supplementation using vitamins. I think every woman has questions they need answered, for how many other things can they possibly do to assist themselves to a positive outcome.

Overall, I found myself thinking differently, but also feeling differently and actually believing in what I was doing. Maybe even stepping on the taboo of actually embracing my journey.

I truly believe in Ann, with all her experience in counseling and behavioral science. I feel she can reach out to many women and offer that 'hand on your shoulder' when you need someone the most.

But best of all, after reading her book, I believe you yourself can be your own support and guide, and the liberty that comes from knowing you have that mental companion in yourself to stay so strong is invaluable.

Ridhi Sahi
Volunteer



Coping with Endometriosis

By Jill Eckersley
and Dr Zara Aziz

The first thing that stood out to me reading this book is the exceptional balance between scientific knowledge as well as empathetic approach for women with endometriosis. I think the combination of authors has worked extremely well, amalgamating their expertise in a concise and friendly manner. Speaking of friendly – as quotes by Dame Hilary Mantel in the foreword when dealing with endometriosis, 'what she needs is a friend: a well-informed, plain-speaking guide, who can suggest what she should do next and assure her that she is not alone. This book, I believe is that friend and guide.' I think it also sums up my opinion on the tone of this 'hand-book' for anyone going through this journey.

What stood out to me, and what I can relate to most is the practical self-help tools in the book, for example, the very simple concept of keeping a pain diary. Most commonly misdiagnosed for painful periods, I feel this tool in itself can help many women actually get themselves diagnosed and 'heard' much earlier on. The personal, friend touch, comes from all the real life quotes of actual patients and medical experts alike. Many parts of the book are in the words of actual women going through an experience, or their wisdom on having gone through it already. It feels like a night in with your girlfriends sharing intimate details freely and without judgment. It was truly liberating

As far as the medical explanations are concerned, I believe it is like sitting down with your doctor for hours at a go, and asking them every detail that you need clarified. Because doctors do not tend to have that much time, or when you are faced with asking them things you go blank. It covers everything in simple and understandable terms.

I like that it supports what you can do in your life other than just focus or worry on treatment. It discusses relaxation techniques, diet advice, as well as the simple benefit of mindfulness and complementary medicine options. It goes on to complete the journey, offering tender advice after the effects of endometriosis have ruled out fertility. Adoption advice is given positively and post-menopause advice makes you feel as if the support is everlasting.

The final chapter on support and help really ties it in for me. You feel able and motivated to get support from people that maybe you were too scared to approach. It is that big hug, from that old friend, that makes you feel like it is going to be alright.

Ridhi Sahi
I N UK Volunteer

REVIEWS
BOOK
BOOK



Every journey begins with a first step, and at Ferticentro we know the importance of it.

Located in Coimbra (Portugal), next door to one of the best medical schools in Europe, we specialise in the diagnosis and treatment of infertility, offering you the most advanced technologies in the Assisted Reproductive Technologies field.

Led by Professor Isabel Torgal, one of the most prestigious medical professionals in the area of assisted reproduction in Iberia, our group of experienced and highly qualified professionals work towards an integrated and comprehensive approach to the patients' clinical case.

your family starts here

We are a health centre specialising in infertility treatments, and we look at infertility in an integrated manner. We know that every clinical case is different

At Ferticentro, every case is analysed, discussed, and all approaches are considered in order to maximise the chances of success.

Ferticentro's team, headed by Professor Isabel Torgal, has for many years been fully focused on both studying and delivering services to couples that are trying to conceive. A combination of skilled fertility professionals, technical and scientific processes and technology, underpin the delivery of the most advanced treatments:

- IVF (in vitro fertilization)
- ICSI (intracytoplasmic microinjection)
- Frozen ET (frozen embryo transfer)
- IUI (intrauterine insemination)
- IVF with donor eggs and sperm
- PGD/PGS
- Egg banking
- treatment with donor eggs and sperm

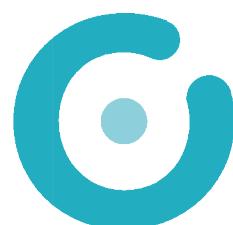
At Ferticentro we want the best for our couples and we do everything to help them conceive. That's what drives us every day; we always endeavor to reduce error rates and minimise factors that can cause a treatment to be unsuccessful.

Treatment infertility is very much about reducing the likelihood of failure. We know that sometimes a small detail can make all the difference for an individual embryo. And this "small" difference is certainly anything but small for that couple, who would have put so much physical, emotional and financial commitment into the struggle for the dream of a pregnancy and the right to have children.

This is why Ferticentro became a pioneer in the use of **Embryoscope**: a last generation incubator, designed to optimise the conditions for embryo development, while enabling continuous observation and evaluation of fertilised embryos, 24/7.

Our commitment to total quality management leads us to continuing develop and improve the quality of our services:

- **Preimplantation genetic diagnosis (PGD)** or preimplantation genetic screening (PGS) can be performed on embryos prior to implantation.
- **Log & Guard™ system**, the first monitoring and alarming system that has been specially designed to cover all needs of assisted reproduction labs, it is part of Ferticentro's daily routine. We control, measure and trace all lab conditions 24/7, 365 days per year, so we don't miss anything.
- **RI Witness™** allows us to track and record patient samples at each step of the ART process. Self-adhesive RFID tags are added to all tubes containing patient samples, monitoring the patient's identity at every stage of the treatment.



ferticentro
your family starts here

Allow us to support your clinic...

Fertility Network UK is committed to working closely with all clinics in the UK. As National Co-ordinator for England it is part of my role to be the main contact for clinics across England. Already part of our clinic outreach scheme and want to find out more about how we can help you support your patients? Please do get in touch. I can help you with anything from setting up a support group, visiting your clinic and giving a talk to your staff on the important work we do, to sending you out literature for your waiting rooms. By working together we show our joint commitment to patients helping them through the difficult journey that surrounds fertility issues.

I would love to hear from clinics on how best we can

work together. If you are a clinic outreach member and would like to promote a free to attend event, then please pass on your details and let us help promote this for you.

As a charity we value the support of members to our clinic outreach scheme and would love as many clinics as possible to sign up. If you have come across this magazine and we are not already working in partnership then please do get in touch to find out more.

Hannah Tramaseur
National Co-ordinator



Clinic Outreach Scheme Members

All clinics who are members of the scheme are also listed on our website with links through to their individual website where appropriate

UK CLINICS

Aberdeen Fertility Centre
Bath Fertility Centre
Birmingham Women's Hospital
Bourn Hall Clinic, Cambridgeshire
Bourn Hall Clinic, Colchester
Bourn Hall Clinic, Norwich
Bristol Centre for Reproductive Medicine
Burton IVF
CARE Fertility
Centre for Reproductive Medicine & Fertility, Sheffield
Centre for Reproductive and Genetic Health, London
City Fertility
Complete Fertility Centre, Southampton
Concept Fertility
Create Health Clinic, LLP
Edinburgh ACU

GCRM-Belfast Ltd

Glasgow ACS Unit, Nuffield Health
Glasgow Centre for Reproductive Medicine
Glasgow Royal Infirmary, ACU
Guy's & St Thomas' Hospital, London
Herts and Essex Fertility Centre
Homerton Fertility Unit
Hull IVF Unit
IVF Hammersmith, London
Leeds Centre for Reproductive Medicine
Leicester Fertility Centre
Liverpool Women's Hospital
Midland Fertility Services, Aldridge
Newlife Clinic, Epsom, Surrey
Ninewells Hospital, Dundee
Nuffield Health, Surrey

NURTURE, University of Nottingham

Origin Fertility Care, Northern Ireland
Oxford Fertility
Poundbury Fertility
Royal Hospitals, Regional Fertility Centre, Northern Ireland

The Agora Gynaecology & Fertility Centre, Brighton

The Bridge Centre
The Lister Fertility Clinic, London
The London Women's Clinic
Wessex Fertility, Southampton
WWL Hewitt Fertility Partnership
Zita West Clinic

OVERSEAS CLINICS

Clinica Vistahermosa, Alicante, Spain
Newlife IVF Greece

Corporate and Clinic Partnerships

GOLD CORPORATES



PHARMACEUTICALS

Ferring Pharmaceuticals are a leading company in the area of infertility treatment. By working in partnership with charities such as Fertility Network UK, we hope to help all those couples struggling to cope with infertility.



Merck Serono is a leading biotechnology company in the field of infertility. We believe that it is vital that patients are educated about infertility; receive information on new developments, especially in times of changing political focus and are able to make informed choices about the treatment options available to them.



OvaScience is a global fertility company dedicated to improving treatment options for women. Each OvaScience treatment is based on the company's proprietary technology platform that leverages the breakthrough discovery of egg precursor cells. One such treatment, AUGMENTSM, is currently only available in a number of select countries excluding the UK.

GOLD CLINICS



Pioneers of Natural and Mild IVF

CREATE Fertility, the charity's first UK flagship gold partner clinic, are pioneers of Natural and Mild IVF. Our fertility treatments work within a woman's natural cycle, without the need for long courses of stimulating drugs, and focus on the quality of eggs, not the quantity. We are proud of our excellent track record, which combines successful outcomes with an unparalleled safety record.



www.eugin.co.uk

Eugin is the egg donor specialist, performing 10% of such procedures in Europe. Backed by 15 years' experience and a team of 275 fertility specialists, the clinic offers a free online diagnosis. It's been the first assisted reproduction centre in Europe to implement the systematic genetic screening of oocyte donors.



IVF Spain is a leading fertility clinic in Spain with some of the highest success rates. Your fertility journey can be a challenging, lonely and sometimes a distressing one – throughout your journey we are committed to reducing unnecessary stress by providing a consistent, high level of care, treatment and support.



Embryolab is one of the most advanced fertility clinics in Europe. We care for couples and single women who are experiencing fertility problems, offer diagnosis and immediate treatment. Most of our clinical and lab staff were trained in prestigious UK hospitals and have extensive experience of working with international couples.



Ferticentro is one of the leading fertility clinics in Portugal; it offers personalised and integrated care with treatment packages including transport. All of the major IVF services, techniques and technologies (IVF & ICSI, PGD, PGS, Embryoscope culture, egg & sperm donation programmes, egg banking, etc) are available without waiting lists.



CARE has a world reputation in pioneering technologies for fertility treatment. Our ethos is to tailor appropriate, individual treatment in order to help you have a baby. We have often succeeded with patients who may have tried and failed elsewhere. If you are one of them, please don't despair because we may be able to help you achieve your dream. CARE's clinicians and embryologists are innovators, leading the way in IVF science. Whichever patient group you belong to – first time or more treatment cycles – our promise to you is that calmly, discreetly, professionally we'll always do everything we can to support you and help you have a baby.



The Lister Fertility Clinic is widely recognised as one of the leading fertility treatment centres in the UK. Established in 1988 under the leadership of our clinical director, Mr Hossam Abdalla, we have maintained our reputation for success with over 16,000 "Lister" babies born. Drawing upon our experience of treating over 2,000 couples per year, our skilled team of doctors, nurses, embryologists and counsellors are committed to providing you with a holistic and considered approach to investigating and treating a wide spectrum of fertility problems.

The Corporate Partnership scheme brings together Fertility Network UK and businesses working in the field of infertility and beyond. The aim is to develop close, effective relationships and work together in our role in the provision of care, treatment and support of those suffering the effects of infertility. Our Partnership Scheme is based on

stepped levels from Gold Partnership, through Silver, Bronze, to Corporate Friend and Supporter of the charity. If you know of any company interested in helping infertility sufferers through working with us then please contact: Andrew Coutts – Business Development Manager. Mobile: 07794 372351. Email: andrew@fertilitynetworkuk.org

BRONZE CORPORATES



Pharmasure is a pharmaceutical company that provides products and services to benefit couples seeking to have or add to their family. Our product portfolio includes specialised supplements; Inofolic – for PCOS (www.inofolic.org.uk) and Condensyl to prevent sperm DNA fragmentation by enabling the body's own antioxidant processes, thereby avoiding reductive stress.



Merck Serono Fertility Technologies represents an evolution of our fertility businesses and services expanding our range of solutions to cover the main aspects of assisted reproductive technologies, contributing to our goal of improving outcomes in fertility for the benefit of patients.



Vitabiotics Pregnacare is the UK's No1 pregnancy supplement brand, providing nutritional care from conception, throughout pregnancy and beyond. Pregnacare Conception is designed to support the nutritional requirements of women whilst trying to conceive, with comprehensive micronutrients including zinc, which has been scientifically proven to contribute to normal fertility and reproduction.

FRIEND CORPORATES



Casméd International has been producing high quality devices for use in all aspects of infertility treatment since 1984 and is now considered a world leader in this field. We have worked closely with infertility centres to design and develop an increasing range of products that are relevant and of high quality.



Access Fertility works with top UK clinics to provide IVF payment programmes and treatment plans. Our programmes will help you manage costs, improve your chances of success by committing to more than one cycle of IVF and give you the peace of mind that you have a plan in place.



The Stork home conception kit is an option which can help you to optimise your chances of conceiving naturally. Based on the cervical cap insemination technique it is designed to help couples with common fertility difficulties by placing semen closer to the cervix for longer.



Fertility Clinics Abroad can help find the best IVF clinic abroad to suit your needs. Our website has lots of facts and figures on clinics in Europe which enables patients to compare features and costs in order to make informed decisions about treatment.

THE FERTILITY SHOW



The Fertility Show is backed by Fertility Network UK and has been created solely for people who need information and advice on fertility. The show is a safe and discreet environment in which to learn and listen to experts, with a speaker programme that offers unparalleled access to the best minds in fertility.

FRIEND CLINICS



London IVF and Genetics Centre is a premier and exclusive fertility clinic located in the heart of London. We offer a full range of male and female fertility treatments to suit every patient's needs. We work with our patients in delivering their very best chance of treatment. Every couple presents a unique challenge and therefore require an individualised approach. By integrating a highly personalised care with the latest clinical and scientific interventions, we bring to our patients exceptionally affordable, high quality fertility treatments. We are committed to making high quality fertility treatments more accessible and affordable to all patients.



The CRGH consistently delivers top success rates in IVF and other treatments, making us one of the best fertility clinics in the UK. We have very high live birth rates for IVF and from egg freezing treatment. We also have a very large donor egg bank and our egg recipient program has no waiting list. We have excellent facilities on Great Portland Street and pride ourselves in delivering clinical excellence, creating bespoke treatment plans and responding to individual patient needs.

We are grateful to all of our Corporate and Clinic Partners for their commitment to patient care and our work.



We understand family

Whether you're looking for help starting or growing your family, our world-leading fertility group has spent decades developing new tests and treatments to give you the best possible chance of success.

And with clinics and satellite clinics spread across the UK, you can get the tailored support you need right on your doorstep. Because at CARE, your need for family drives all that we do – and together we'll do everything we can to make your dream come true.

We'll be at the Fertility Show on the 5th and 6th of November, stands C19 and D14.

Come and meet the team, have a one-to-one chat, or simply ask any questions you might have.

Visit CAREfertility.com