

AFFINITY



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Hello and welcome to the Winter edition of Affinity, Fertility Network's magazine.

This issue coincides with our annual National Fertility Awareness Week, which this year runs from 31st October to 4th November. We would love you to be involved and you can find more information about what's happening on each day, the themes, and hashtags to use, including #Fighting4Fertility, within this magazine. This is a fantastic opportunity to gather the community together - sharing stories and experiences - we are truly stronger together and really can make a difference; remember this is your week.

We are delighted to announce we are working with the British Fertility Society on an ITN production 'Understanding Fertility', a news-style programme highlighting why fertility matters. 'Understanding Fertility' will give clear information about fertility and address stigmas and common misconceptions. The programme airs during National Fertility Awareness Week 2022, so watch our social media platforms and website for further information.

We're also giving a huge congratulations to the British Fertility Society, who are celebrating half a century of impact in the world of fertility. In September, we were delighted and honored to be invited to their 50th birthday celebrations in London.

Earlier this year, in partnership with Middlesex University, we conducted a major survey asking you about your fertility journey and experience of treatment. We had a great response - thank you to everyone who took part. Results will be released during National Fertility Awareness Week.

Thanks to the National Lottery Community Fund in England, we have enhanced the support we offer to our community in England and have recently welcomed three new team members: Jenny (Ethnic Minorities Community Project Worker), Clare (England Project Worker) and Rina

(London Representative). You can read all about our new team members on page 18; I know they will make a huge difference.

Our 2022 webinar programme continues to grow, with fantastic speakers covering vital topics, including Fertility in the Workplace, Changes to the Rules on Embryo and Gamete Storage and Consent, Egg and Embryo Quality, Unexplained Infertility and Making Decisions about Embryo Transfer. Catch up via our YouTube channel or on our website, where you will also find a host of information and support available.

The UK government recently published its Women's Health Strategy for England, and, as part of this, announced it will remove barriers to IVF for same-sex female couples, which is great news. It means same-sex female couples will no longer have to pay for artificial insemination to prove their fertility status and gain NHS treatment. Unfortunately, there do not appear to be plans to tackle the postcode lottery across England in accessing treatment. Fertility Network will continue to raise awareness and call on the government to act to end England's postcode lottery.

Remember, we are your charity: we have an amazing staff team, support line and volunteers who are dedicated to supporting you, so please do email, phone, text, use social media or even pigeon post to get in touch with us. If you would like to share your story or share feedback, please contact media@fertilitynetworkuk.org

We are here for you:
#YouAreNotAlone

Very best wishes,
Gwenda
Fertility
Network CEO



Join us in #Fighting4Fertility

What's on?

Monday
31.10

#FertilityFairness

Infertility is a recognised disease, yet the majority of UK fertility patients are forced to pay for medical treatment because access to NHS-funded fertility treatment is unfairly rationed. Only Scotland offers the recommended three full IVF cycles. Read our major new patient survey exploring what it is like to experience fertility struggles and fertility treatment and a big thanks to the more than 1,200 people who responded to our survey. You can also join our free online webinar at 6.30pm on this day with leading experts and tell us what needs to change and how you are affected.

Tuesday
1.11

#FertilityInTheWorkplace

Shockingly, fertility treatment is not recognised by the majority of employers as necessary medical treatment and there is no legal right to time off work for fertility appointments. We are calling for employers to recognise fertility treatment as a clinical necessity and to provide appropriate medical leave. Join our free online webinar at 6.30pm and tell us how you have been, or are, affected. Let's make change happen.

#Fighting4Fertility

**NATIONAL
FERTILITY
AWARENESS
WEEK**

31 Oct - 4 Nov 22

fertilitynetworkuk



This year's National Fertility Awareness Week 31 October - 4 November 2022 looks set to be bigger and better than ever and we're hoping you will join us - watching our daily webinars and videos, reading our social media posts and patient experience blogs and sharing your stories too. This is your week - so let's make some noise.

The aim of the week, as ever, is for the fertility community to come together with one loud voice to:

- Challenge and change perceptions of fertility
- Signpost support to anyone who needs it
- Do some fantastic fundraising

There's a packed programme to look forward to and hopefully something for everyone. Each day has a different focus, with a specific call to action. Please be as vocal as you can on social media each day, using that day's hashtag. Shout out about your experiences.

This year's theme is #Fighting4Fertility and there's a lot to fight for. Tell us what you would like to see changed. What would improve your fertility journey?

**Wednesday
2.11**

#HIMfertility

Male factor fertility problems are the most common reason for a couple to seek fertility treatment, yet far too often men's fertility is not tested when a couple first seeks medical help, leading to unnecessary delays and distress. We are calling for men's fertility to be tested in a timely manner at the same time as a woman's fertility is explored. Join us for a free online webinar at 6.30pm assessing what needs to change and highlighting men's experiences.

**Thursday
3.11**

#FertilityEd

Fertility education is now part of the secondary school curriculum but what is taught is still too limited. We are calling for comprehensive fertility education for teenagers and young adults, so they understand fertility isn't a guarantee, how age and lifestyle impact fertility, and appreciate the limits of fertility treatments, including IVF and egg freezing. Join us for a free online webinar at 6.30pm asking what needs to be included in high school fertility education and hearing how a lack of fertility knowledge impacts lives.

**Friday
4.11**

#TalkFertility

Infertility can be a lonely experience: too many people struggle in silence when talking about what you are facing can make a big difference. We signpost the help that is available, including our regional and specialty online groups and highlight your experiences. Hearing how others have coped with their fertility journey can be extraordinarily helpful.

Get involved in #Fighting4Fertility

There are 3.5 million people in the UK dealing with fertility issues. Fertility Network is here to support them, but we can't do it without your help.

Be a media volunteer – share your story



We want to hear from you. Your voices are so important in raising awareness of what fertility struggles are like. If you are happy to share your story during the week, anonymously or not, please contact our Communications Manager, Catherine, with brief details of your situation and how best to contact you.

Email Catherine at:
media@fertilitynetworkuk.org

Why not hold a Fertili-Tea party?

If tea and cakes are more your thing than getting sweaty on a bike or a run, then why not brew like you've never brewed before. Everything seems better after a cup of tea, so we're asking patients, the public and fertility clinics to host a Fertili-Tea, selling tea and maybe fertility-themed cakes to friends, family and colleagues.

As well as raising vital funds that will change lives, by getting everyone talking over a cuppa you will also help to break the silence around fertility.

Don't forget to play the exclusive Fertili-Tea Quiz -
for more info contact:
sharon@fertilitynetworkuk.org



#Fighting4Fertility

NATIONAL FERTILITY AWARENESS WEEK

31 Oct 22 - 4 Nov 22

fertilitynetworkuk



#FIT4FERTILITY



WALK
RUN
SWIM
& CYCLE

Over 3.5 million people in the UK experience fertility challenges

Our aim is to make sure everyone on a fertility journey, whatever stage they are at, has the support and information they need.

So many of our patients are denied access to treatment due to their BMI. We want to support patients to make healthy lifestyle choices, including increasing their fitness levels, to support them both physically and emotionally on their fertility journey.

We challenge every clinic in the UK to get involved and encourage everyone to sign up to #FIT4FERTILITY. Participants can run, walk, swim or cycle and each person can decide on the length and duration of their challenge. We encourage every staff member of the clinic to take part, and of course patients and their friends and family.

How can you help?

The best way for the clinic or individuals to raise funds is by setting up an online fundraising page.

All you need to do is visit JustGiving, choose Fertility Network UK and select the #FIT4FERTILITY challenge from the list. Your Just Giving page is the easiest way to raise awareness, record your progress and support Fertility Network.

Make sure to personalise your page with pictures of your clinic and participants and any updates you have as you go.

When you select Fertility Network as your chosen charity, all income is transferred directly to us. All you have to do is share your page on Facebook, Twitter and Instagram to get the word out to all your patients, colleagues, friends and family.

A full-page photograph of a forest in autumn. Tall trees with yellow and orange leaves line a path covered in fallen leaves. A person with a red backpack is walking away from the camera in the distance. A semi-transparent blue circle is centered over the image, containing the title text.

Firing blanks

When most people “fire blanks” it can be very daunting, scary, and confusing.

Me and my partner had been trying to have a baby for over two years. We had researched how we could have a better chance of conceiving, we changed our lifestyles, ate healthier, exercised more, drank more water, took vitamins, we even tried a gel you place on the penis before intercourse, but we lost all hope and decided to get ourselves checked. My partner went first. The gynaecologist told her that she was “good to go”; that all seemed to be working fine. Then the attention turned to me. I was nervous, scared, and anxious. I was unable to complete several sperm analyses, because there was no sperm, so the urologist asked to check my testosterone and hormone levels via blood tests. The results were normal. This was all very confusing.

I explained to the urologist that as a 11-year-old I had undescended testicles, which were surgically removed from the groin area and placed into the scrotum. The urologist arranged for me to have two procedures, the first one being a flexible cystoscopy, and then a US testes examination. The flexible cystoscopy examination checked the urinary tract. This includes the entire urethra, prostate, bladder neck, the interior of the entire bladder and urinary meatus. This was a very uncomfortable procedure. The results did not show any abnormalities, apart from a slightly lower and smaller urethra. The US testes examination did not show any other abnormalities either, other than slightly smaller testicles than the average for my age and height. I was advised by my urologist to complete another sperm analysis, and a urine sample after ejaculation, so that retrograde ejaculation could be ruled out. The latter was successful.

The final procedures I have had to date are the noisy MRI (to check the prostate) and a rigid cystoscopy, which was much more advanced and extensive than the flexible cystoscopy. This time I was put to sleep, my urethra was dilated, and cut open to widen the area. The after-effects of this procedure were very painful and uncomfortable, as I was given a catheter to wear for the healing process. I am due to have a sperm retrieval procedure.

How have procedures and examinations made me feel?

At the beginning of this whole process, I was nervous about the examinations, especially as I wasn't producing any sperm. I was worried about my partner's reaction to the results; I didn't want her to feel overwhelmed by the experience, and even wondered if she would leave me. I was scared to talk about my fertility issues to my family and friends, in case they would judge me. I was anxious to know if I would be able to have kids naturally, and felt less of a man because I wasn't producing sperm.

But as I progressed with the examinations and procedures, I just wanted to explore and exhaust all my options for finding the sperm. The more I speak about my fertility issues, the more it becomes a coping and healing mechanism for my mental, physical and emotional state.

Perspective as a Black man

There are several social stigmas surrounding Black men and fertility. Media and society never portrays Black men with fertility issues. So as a Black man with fertility issues, this has been the most challenging part of my life. Culturally, subjects like fertility are not addressed or discussed - they're pushed under the carpet. There are real expectations that all men can produce sperm or have kids naturally. Coming from a large family, the importance to carry on the family name weighs heavily on me.

I now know that there are many options out there for me to have a child, such as using a sperm donor or adoption. I feel that everyone on this earth has a purpose; some find it in unexpected aspects of life, this is my case right now. I aspire to inspire, before I expire!

by Jonathan Luwagga



Artificial Intelligence in Egg Banking



Artificial intelligence is becoming increasingly significant in IVF laboratories. Embryo selection for embryo transfer and donor egg selection for egg banking are some of the most critical processes for embryologists.

Oocyte morphology is the primary sign of successful egg banking and vitrification processes. There are different parameters which are directly affecting the oocyte warming rate and blastocyst rate post-warming. Based on the morphological selection, embryologists are limited, so they can't concurrently control several parameters. Artificial Intelligence software can work time-lapse-based or image-based. AI-based software may analyze morphological parameters of the oocyte and, at the same time, can get information on the efficiency and previous medical outcome of the egg donor.

The AI-based selection success rate

Now some clinics have developed an algorithm that tracks whole cycles of egg donors. According to statistical analysis, the difference

in a morphological selection based on selection between a senior embryologist and an AI is 10%. This difference is giving higher chances to partner clinics and patients to have more possibility to achieve many blastocysts.

The AI-based morphological selection at the same time will get morphological parameters and spindle determination, which has a critical role in embryo development. Spindle determination software works on the same algorithm as AI-based software; however, AI software receives spindle visualization, size, and morphology parameters. Also, AI-based software will save the information on the PGT-A rate from previous cycles of egg donors.

The benefits of using AI-based software

AI-based selection will reduce the number of trials, and it will give the possibility to get successful embryo transfer in the first attempt with the aim of ensuring that only high-quality donor oocytes are selected.

Birol Aydin, scientific director at Ovogene.




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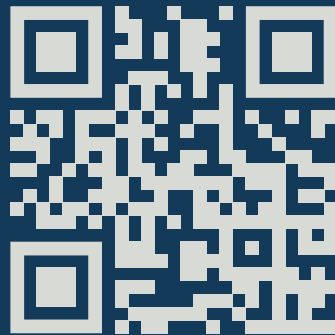




Our mission is to create positive change
in the world of male fertility.



Did you know **1** in **14** men are **affected** by **fertility issues**, globally that's around **60 million men**



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Women's Health Strategy



The first government-led Women's Health Strategy was announced in July, aimed at improving healthcare for women and girls across England.

Fertility Network UK made a submission in response to a call for evidence which generated almost 100,000 responses. The responses highlighted a need for greater focus on women-specific health conditions, including fertility and pregnancy loss, and gynaecological conditions such as endometriosis.

The strategy includes key commitments around:

- New research and data gathering
- The expansion of women's health-focused education and training for incoming doctors
- Improvements to fertility services
- Ensuring women have access to high-quality health information
- Updating guidance for female-specific health conditions, like endometriosis, to ensure the latest evidence and advice is being used in treatment

In relation to fertility, the strategy aims to improve transparency on provision and availability of IVF so prospective parents can see how their local area performs to tackle the 'postcode lottery' in accessing IVF treatment. It is worth noting that this information is already available on the Fertility Network UK website.

The strategy also aims to remove additional barriers to IVF for female same-sex couples. There will no longer be a requirement to pay for IUI to prove fertility status, and NHS treatment for female same-sex couples will start with six cycles of IUI, prior to accessing IVF services, if necessary.

For anyone with endometriosis, the strategy aims to ensure specialist services have the most up-to-date evidence and advice by updating the service specification for severe endometriosis, which defines the standards of care patients can expect.

“

We need to make it as easy as possible for women to access the services they need, to keep girls in school and women in the workplace, ensuring every woman has the opportunity to live her life to her fullest potential. This strategy is a major step in the right direction, listening to the concerns of women, professionals and other organisations to tackle some of the deep-rooted issues that we know exist.

Dame Lesley Regan, Women's Health Ambassador

“

We welcome the government's Women's Health Strategy and the commitment to improving access to NHS-funded fertility treatment, although there remains considerable progress to be made before the 'IVF postcode lottery' is removed. We would have liked to have seen a clear strategy for ending the current geographical variations.

Kate Brian, Operations Manager, Fertility Network

Being a volunteer

Ogechi

Outside of my day job, I volunteer for Fertility Network UK by hosting support meetings, moderating the Facebook group and monitoring the inbox for the Black Women's Fertility Support group. Our group supports Black women experiencing fertility challenges.

I have hosted support meetings every month since I started volunteering in July 2021. I have a different approach to hosting the support meetings - some are peer-led, and some have a guest speaker.

Guest speaker meetings tend to be popular with the group. The guest speakers who have joined our meetings include Dr Christine Ekechi, Dr Belinda Coker, Vanessa Haye, Yvonne John, Kezia Okafor, Sarah Trimble and Noni Martins. Ola Toke and Shernez Farquharson will join as guest speakers in meetings scheduled later in the year. In peer-led meetings, I encourage the women to share their experiences to help others in the group.

Volunteering allows me to connect with the community, make new contacts and develop my social, communication and presentation skills. Volunteering with Fertility Network UK has provided a sense of purpose and helped me build my confidence in speaking to groups of people. I enjoy networking and helping people by pointing them in the right direction when they need help or information.

In May this year, I volunteered to assist Fertility Network UK at the Fertility Show. I answered questions from attendees, spoke to Black women and encouraged them to join the group to get support.

I am currently going through fertility treatment; this group also helps me, and the women in the group are very encouraging. Sometimes it is hard to hear about difficult experiences. The best thing to do as a volunteer is to show empathy and encouragement.

I have received good feedback from the women in the group and Fertility Network UK. It is very encouraging and helps with my fertility journey. Volunteering requires patience and understanding but I am grateful for the opportunity and look forward to seeing what the future holds.



A decorative graphic on the left side of the page. It features a large light blue circle, a smaller green circle above it, and a woman's portrait in a circular frame. The woman has brown hair tied back and is wearing a dark blue shirt with small red heart patterns. The background of the portrait shows a wall with blue and green circular patterns and the word 'Berk' partially visible.

Katherine

I began volunteering with Fertility Network UK earlier this year. After my own experience of IVF treatment, I wanted to do something positive for others in the same position. My mental health took a huge knock during my fertility journey and I was in a very dark place. The isolation of facing IVF treatment, and fear of all the unknowns ahead, was overwhelming. I so desperately needed to sit in a room with real people who were the same as me.

I joined the Berkshire Fertility Network Facebook group in November 2019. It wasn't a very active group at the time; scrolling through, I found that 'in person' support groups had taken place in the past, but there didn't seem to be any happening at that time, which was disappointing. There clearly had been the support I really needed; but like any charity, it relies on the time, commitment and goodwill of volunteers to provide it.

I got through my round of IVF with the help of professional counselling, and the love and support of my amazing husband and my mum. We were incredibly lucky and blessed that our NHS round was successful, and we welcomed our beautiful miracle daughter into the world in October 2020. But that dark time of deep isolation has never left me, and I don't think I will ever forget how lost and alone I felt.

So when I saw a post from Hannah looking for volunteers to help manage the group and host Zoom support groups, I felt a strong calling to get involved. I knew how much I had needed the kind of support that Fertility Network UK intended to provide, and what a difference it could make to people of their fertility journeys. It was very easy to get started. Hannah was so welcoming and helped me get started on my training and set up my first Zoom groups.

I have no background in counselling, and my knowledge of fertility treatment only extends to that which I have received, but I am able to bring other skills to my role: I have good communication skills from my job as a teacher, and my safeguarding training and experience in working with families in different ways has proved extremely valuable. Leading groups was scary to start with, but I cannot put into words the amazing buzz I feel after sitting in the presence of such brave, inspiring women who have come together to share their stories, their pain and their hopes, to listen to each other and offer support. We don't have answers a lot of the time, and we cannot solve the issues being faced, but we can take away some of that isolation and loneliness, and perhaps even walk away with a little hope.

Our fundraisers

Everest mission complete

It was two years in the making and hampered by various rounds of COVID-19 but our fundraisers Ian Stones, Aaron Sutton, Ciaran Hannington and Tony Suckling completed their trek to Everest Base Camp in March 2022. Their mission was to raise awareness of male fertility and fundraise for FNUK.

On reaching Base Camp Ian stated: "The emotion poured out of me. For years I'd worried about my ability to complete this challenge. I'd worried I wasn't fit enough, that my Meniere's disease would stop me making it, yet here I was fit and well and standing at the foot of the world's highest mountain."

All four of our trekkers will cherish this experience for the rest of their lives and you can read the full details of their trek on the FNUK website.

The level of support they received was incredible and between the four of them they have raised over £10,000.



Dundee Kilt Walk

Fertility Network Scotland are forever grateful to our fantastic fundraisers who participate in the famous Scottish Kilt Walks. These events take place across Scotland's cities throughout the year. The Dundee event took place in August and our group of amazing fundraisers Karen Campbell, Eilidh Gangel, Joanne Verner, Caroline Robertson, Anita O'Reilly and Ashley McLaughlin raised a staggering £2,671.

Please look out for the events next year and be sure to sign up and let us know you are participating, and we will send you one of our t-shirts.



Man vs Mountain Challenge

Andrew Dawkins, Head of Andrology at TDL, understands the devastating impact when people are faced with an infertility diagnosis and how the emotional support provided by Fertility Network helps so many face their fertility journey.

On 3rd of September 2022, he participated in the Rat Race: Man vs Mountain Challenge.

This legendary mountain adventure run starts at sea level in the stunning Caernarfon Castle before weaving its way to the summit of Snowdon. The challenge continues down the other side into Dinorwic Quarry, where there is an array of punishing obstacles, including the infamous Vertical Kilometre to tackle before crossing the finish line.

Andrew successfully crossed the finish line due to pure willpower as his body had thrown in the towel on the ascent of Snowdon. He managed to complete the event in seven hours, 3,200 calories lighter, and although the event was extremely tough on both body and mind Andrew is already considering another one!



Porsche Club GB

A massive thank you to Kent Joint Regional Organisers, Porsche Club GB for hosting a dinner dance for Fertility Network, raising an eye-watering £4,138.



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*Dr Gill Lockwood,
Medical Director and Fertility Specialist*



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Let's stay in touch

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My Surrogacy Experience

In 2018, my husband and I were advised by a gynaecology consultant that our best chance of having a child would be through surrogacy.

Prior to this devastating news, I had undergone investigative scans and tests which revealed that I had developed extensive scar tissue in my uterus and a thin endometrium lining, which was attributed to my history of having undergone three fibroid surgeries. Although I subsequently underwent a hysteroscopy surgery in an attempt to remove the scar tissue, and took oestrogen to increase my uterine lining, this did not appear to make a significant difference.

I was advised that trying to conceive naturally would be challenging and that if we were to go through IVF, there was a high chance that I would experience recurrent implantation failure. Furthermore, even if I were to fall pregnant, I was made aware that I would not be able to carry a baby to full term and would also be at a high risk of experiencing a ruptured uterine.

With this in mind, the consultant strongly recommended we consider surrogacy.

“ I felt frustrated with my body and experienced deep and profound grief

Receiving this news was one of the worst days of our lives. My mind was clouded by a range of emotions from overwhelming distress and sadness to shock and confusion. I felt frustrated with my body and experienced deep and profound grief for the loss of my inability to carry a child.

We didn't know anyone who had gone through IVF, let alone surrogacy. I desperately searched online for stories like ours and for support to help me come to terms with the diagnosis.

However, I had difficulty finding any sources of support that I resonated with, and where I

felt represented as a Black woman. Sadly, in Black communities, reproductive health and fertility issues are not spoken about freely and continue to be stigmatised.

My husband and I confided in our immediate family members who were immensely supportive, however nothing could have prepared us for the emotional, financial, mental and social challenges we were going to experience on this journey.

Joining the Fertility Network's Black Women's Group, created in 2021, was a tremendous source of comfort for me. It validated the rollercoaster of emotions I was experiencing and improved my coping skills. In retrospect, I believe we should have also engaged in professional counselling at an early stage of our journey to help us come to terms with the inability to carry a child.

“ remember that your self-worth is not based on your ability to conceive or carry a baby

We considered applying to join the Surrogacy UK organisation, however due to the long waiting times to be accepted at the time, we chose alternative options. After much research and consideration, including attending a surrogacy event in London that hosted gynaecology consultants from various clinics in the USA, Cyprus, Greece and Ukraine, we decided to embark on a surrogacy journey with a clinic in Greece.

Gestational surrogacy is the journey we embarked on. This is when the surrogate carries the embryo - she is not genetically linked to the baby. This required going through IVF using our eggs and sperm, and four embryos were created and subsequently frozen.

We were introduced to our surrogate for the first time in June 2020 and this was one of the highlights of our journey. The moment was a mixed bag of emotions as we felt nervous,

anxious and excited all at the same time.

Two embryos were transferred to our surrogate at the initial transfer but unfortunately this ended in a miscarriage after four weeks. At the second attempt, one embryo was transferred but it failed to implant. Both attempts delivered a severe blow to any hopes of a successful pregnancy. When the final embryo was transferred, the two-week wait for the results was a stressful time.

We were elated when we received a positive pregnancy result but remained cautiously excited given the previous failed attempts.

In February 2022, our precious baby girl was born. It was a surreal moment. Beautiful memories of holding her in my arms for the first time, feeling her warm body against my chest, hearing her breathing and feeling her heart beat, will forever be imprinted in my heart.

To those seeking alternative pathways to parenthood, I encourage you to remain resilient in your pursuit and remember that your self-worth is not based on your ability to conceive or carry a baby.

by Fisiwe Muvirimi



New members of the team



Claire Heuclin

Project Worker for England

My primary goal is to raise awareness and bridge gaps between our charity and fertility clinics, service users and stakeholders who may benefit from our services. I have a background in the charity sector and administration and am privileged to join the team across England in supporting as many people as possible who are going through their own fertility issues, or are supporting someone who is. I coordinate the Pregnancy After Fertility Problems groups online and an advocate for the transition from fertility to maternity, and beyond, endeavouring to raise awareness of the additional needs that can arise for those who have been successful after their TTC journey. Like a lot of the team, I have been on my own fertility journey and want nothing more than to be able to help ensure the services provided by Fertility Network UK reach the people who need them most, when they need them most. Please do not hesitate to contact us if you think we may be able to help you - you are not alone. I provide administrative support and advice to patients, professionals and those voluntary patient support groups already affiliated to Fertility Network UK, More to Life and AB.



Rina Biswakarma

London Representative

I am the London Representative for Fertility Network and the point of contact for the London clinics. I provide support to the London groups and volunteers at Fertility Network UK. I also co-ordinate activities within the region by liaising with different stakeholders to increase awareness of Fertility Network UK's support services in London and build regional contacts for the charity.



Jenny Okona-Mensah

Ethnic Minorities Community Project Worker

In my role as Ethnic Minorities Project Worker, my job is to support a diverse range of people from ethnic minority communities. Equality, diversity and inclusion is at the heart of the work of bridging the gaps between accessibility, awareness and support amongst Black, Asian and Minority Ethnic people. I am excited to promote our network to grassroots community organisations. I value being in a position to raise awareness about fertility issues to marginalised and underrepresented communities, to promote the advice and support that we offer, and to increase engagement with Fertility Network UK. My own experience of fertility issues as a Black woman inspires me to strive for effective change and to influence and improve race equality in fertility treatment. In addition, I aspire to advocate for people from ethnic minority communities to access support, treatment and better outcomes, at any stage of their fertility journey. Working in the mental health sector as a therapist, I am passionate about improving the support and wellbeing of those affected by fertility issues.



Bethan Shoemark-Spear

Project Worker for Wales

I am Bethan - the Wales Project Worker for FNUK. I have vast experience working for organisations who give a voice to communities that are otherwise hard to reach. The connections people can make on their fertility journey can be surprisingly powerful, and I'm honoured to be part of an organisation that puts the infrastructure in place for peer-led support groups. Importantly I am keen to support those who might face barriers to seeking this support, by finding appropriate support solutions to fit everyone's needs. As a gay woman, I know the importance of creating safe spaces, being understood and being equal.

Fertility in the workplace



“

This motion asks that UNISON branch Committee pursues a campaign to ensure that infertility is recognised as a legitimate health condition and that patients seeking time off work for treatment are granted leave under the same conditions set out in general employer/employee medical policies.

In 2014, we conducted a ground-breaking piece of work with Unison, one of the leading unions calling for this statement to be agreed upon, to ensure that anyone going through fertility struggles would be able to access the workplace support they should be entitled to.

The motion was passed unanimously and went on to be agreed by all Scottish councils, and for us at Fertility Network it marked the start of our political commitment to this issue.

As a charity we have a long history of campaigning and political work, and we are proud of our cross-party support when it comes to listening to the patient perspective.

Over the last two years there has been an increasing awareness of fertility issues, and appetite for companies to support their affected employees. We have now worked with over 70 organisations, including large well-known brands such as HSBC, John Lewis and AutoTrader, health trusts, local authorities and smaller organisations and charities.

However, we know that change within an individual organisation needs to be underpinned and supported by a wider social shift and political engagement.

Into this context we were contacted by an ex-patient who had experienced a very difficult time at her place of work while undertaking fertility treatment. As a result of this she had decided to contact her local MP Nickie Aiken to share her concerns about the lack of workplace support and crucially the lack of legislative backing for fertility patients.

As it stands there is no legal right for time off or flexible working for patients seeking the medical support they need for infertility, leaving patients to navigate this issue on an individual basis and with huge variations around experience in the workplace.

Nickie Aiken was both shocked and frustrated to hear of her constituent's experience and immediately committed to taking up this issue not just on a local but a national level too.

Much work has been conducted over the last few years to raise awareness of similar issues via the highly successful menopause mandate

campaign. This campaign has firmly set the topic into the workplace agenda and national conversation and has certainly helped pave the way for a new campaign around fertility, led by Nickie Aiken and supported by Fertility Network as the national patient charity.

There is now an appetite for acknowledging the enormous impact fertility struggles have within a workplace context. The struggle to combine work and medical treatment, time off for appointments, lack of reasonable adjustments, and lack of emotional awareness and support from the wider team, all take their toll on an individual.

We know for example that 63% of respondents admitted to reduced engagement at work and 36% had to take increased sickness absence. 80% did inform their employer about their fertility journey but 60% were not honest about the time taken off for appointments and fertility-related illness.

And critically 38% had seriously considered leaving their job - or had in fact quit.

Nickie Aiken has launched her own private members bill, which has already passed its first reading as it progresses through parliament. The bill attracted a great deal of public discussion and media focus as well as encouraging a great deal of cross-party support and is now set for a second reading in the autumn.

She will be collaborating with new ministers and the new Prime Minister to make sure this issue is firmly on the agenda going forward, and it was encouraging to see the focus given to this issue within the government's own women's health strategy. We are hugely grateful to her for all the campaigning and support for this vital issue.

All of this means we will certainly be seeing much more of this topic going forward and we are looking forward to continuing to work closely with Nickie Aiken; not just on the bill, but on a wider campaign for change.

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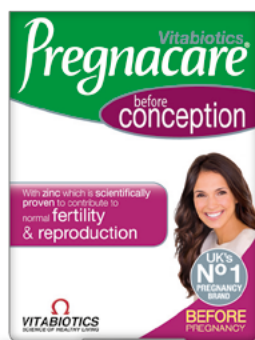
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fertilitynetworkuk fertilitynetworkuk.org

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Education Project in Scotland & Wales

Your Future Fertility is an education project funded in Scotland by The Scottish Government and in Wales by the National Lottery Community Fund. The project aims to improve knowledge of fertility and reproductive health right across Scotland and Wales, from education to the workplace and beyond. This is so important to our charity, as far too often we hear "I wish I had known that sooner" or "why did no one tell me that before?" so we have been providing evidence-based information to young adults. By educating on all aspects of fertility, we hope that they will be better able to make informed choices going forward.

Fresher Events

The project works with many universities and colleges across Wales and Scotland, to help students understand how to take care of their own fertility, the health and wellbeing factors that may impact their ability to conceive in the future, and when and how to seek help. We attend lots of Fresher events each year and look forward to speaking to many students with our message of empowerment. We also try to dispel many myths around fertility, especially about the costs of egg freezing, IVF costs and success rates. We also survey students about their knowledge and understanding of their fertility health and report each year on the results of our questionnaires. You can read more information about this on our website.

National Fertility Awareness Week 2022

The fourth day of this year's National Fertility Awareness Week, Thursday 3rd November, focuses on fertility education. We are

calling for comprehensive fertility education for teenagers and young adults so they understand fertility isn't a guarantee, learn how age and lifestyle impact fertility, and appreciate the limits of fertility treatments, including IVF and egg freezing. Join us for a free online webinar on this date, asking what needs to be included in high school fertility education and hear how a lack of fertility knowledge impacts lives.

#FertilityWeek #FertilityEd

Student Ambassador Volunteers needed

We need volunteers who are current students in further education in Scotland to help with our Education Project as Student Ambassadors. Our Student Ambassadors need to be committed to raising awareness of fertility issues, and the impact these issues can have on the one in six couples who suffer from infertility in the UK. For further information on this role, please contact:

Sarah Lindores-Williams (Scotland)
sarah@fertilitynetworkscotland.org

Emma Rees (Wales)
emma.rees@fertilitynetworkuk.org

Volunteering update



In England, volunteers facilitate our 35 regional support groups, covering 41 areas and counties. We can't thank our volunteers enough for all the emotional support they provide to those facing fertility issues. All Fertility Network UK volunteers should have received a special thank you gift and certificate during this year's Volunteers Week, which took place in the first week of June 2022.

In addition to regular calls via Zoom where volunteers get to meet others, share experiences and ideas to grow their groups and ask questions, a key focus for 2022 is to increase the amount of training opportunities we offer our volunteers. In May, volunteers were invited to a training session with Ruth Bender-Atik, the National Director of the Miscarriage Association. Ruth provided training on miscarriage and answered questions on how best to help members of support groups who have experienced baby loss. In June, volunteers were invited to a training session with BICA Counsellor Suzanne Dark who hosted a Q&A session on how to deal with personal triggers that may arise during a support Zoom setting and how to manage this whilst facilitating the call.

Our next training session, in October, is on suicide awareness. Unlike other sessions this will be recorded and shared with current volunteers that can't attend and will be sent to all new volunteers. The session will be run by Andrew Baines-Vosper, one of our Ambassadors, who is a training manager and volunteer for the Samaritans. He will help us understand how best to offer support to anyone we are concerned about.

Volunteers also help facilitate many of our UK wide specialist groups, the latest addition to which is our newly formed Treatment Abroad group. With growing numbers of patients travelling overseas for treatment, we wanted to provide a specific peer support group where they can share their experiences and ask questions in a safe space. As well as being a closed Facebook group where members can connect with each other 24 hours a day, the volunteer is planning supportive Zoom calls. Join the closed Facebook group @fertilitytreatmentabroad or email treatmentabroad@fertilitynetworkuk.org.

Fertility Groups

Fertility Network UK saw a 300% increase in calls during the pandemic; as a result, we've boosted our support services in a number of ways, including extending the hours of our free support line and creating more online fertility groups, including special interest ones.

We run fertility groups across the UK, and you can find a list of all our groups below. For contact details and information about how to join individual groups, please see the Support section on our website:



UK-wide groups

- Black women's group
- Fertility treatment abroad
- Fertility weight loss group
- LGBTQ+ group
- HIMfertility men's group
- More to Life Community
- Moving on from Treatment
- Pregnancy after Infertility
- Pregnancy Loss
- Secondary Infertility
- Single women's group
- South Asian group
- 40 and over group

England

- Bedfordshire
- Berkshire
- Birmingham
- Bristol
- Buckinghamshire
- Derbyshire
- Devon & Cornwall
- Dorset & Hampshire
- Durham
- East London
- Essex
- Hertfordshire
- Hull & East Riding
- Kent
- Lancashire & Cumbria
- Leeds
- Leicestershire
- Manchester
- Merseyside
- Newcastle
- Norfolk
- North London
- Northamptonshire
- Nottinghamshire & Lincolnshire
- Oxfordshire
- Shropshire
- Staffordshire
- Somerset
- South East London
- South West London
- South Yorkshire
- Suffolk
- Surrey
- Sussex
- Warwickshire & Worcestershire
- Wiltshire

Scotland

- TTC - North & East Scotland
- TTC - North & East Scotland (IVF/ICSI)
- TTC - 35+ North & East Scotland
- TTC - South & West Scotland
- TTC - South & West Scotland (IVF/ICSI)
- TTC - 35+ South & West Scotland
- TTC couple
- LGBTQ+ fertility group
- TTC with endometriosis
- Secondary Infertility
- Solo fertility

Wales

- Peer Support Fertility Group
- Information Support Group
- LGBTQ+ Fertility Group
- Fertility Weight Loss Group
- South Wales Fertility Group
- North Wales Fertility Group
- Shropshire & Mid Wales Fertility Group

Northern Ireland

- Online peer fertility group
- More to Life support group
- Acebabes support group



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*Opinium independent research (8th March - 22nd April 2022)

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Seeking support for secondary infertility

I have been a volunteer with Fertility Network UK since 2019, looking after the Secondary Infertility group with my fellow volunteer Annabelle. This group is for people who are experiencing fertility problems trying to conceive after having a child or children. Together, we moderate the Secondary Infertility Facebook group and facilitate monthly group meetings online. Having experienced my own struggle with secondary infertility, I am passionate about providing support to others experiencing this.

According to Simons¹, “women with secondary infertility might feel caught between two worlds”. They are not considered infertile as they already have an existing child or children, but are still unable to grow their family in accordance with their family plan and are often discounted from fertility groups or services.

This is why Fertility Network’s Secondary Infertility group is so valuable. It provides a safe, supportive space where individuals can ask questions and express their feelings without fear of reprimand or judgement. Over the last three years, the group has grown from 100 members to more than 500, highlighting that awareness and recognition of secondary infertility is on the rise and the need for psychological support appears greater than ever.

In January 2021, we introduced monthly online support Zoom meetings and now have approximately 10-15 regular attendees each month. These meetings have enabled members to connect and share with others going through similar experiences. We have also hosted a guest speaker, fertility counsellor Suzanne Dark, who discussed

coping strategies, and we ran a six-week Mindfulness course with practitioner Veronica Ellis.

As the group has evolved, it has become clear that members are at different stages of their journey, some are still actively pursuing fertility treatment while others are moving towards acceptance. These different stages can be very emotionally triggering, and after consultation with members and the charity, we have agreed to facilitate two monthly online support meetings - a group hosted by Annabelle for individuals still pursuing treatment and a group hosted by me for members moving towards acceptance. We hope this will be a beneficial and supportive experience for all.

Unfortunately, for those living with secondary infertility, there is no obvious solution to surviving it nor a way to fast forward through the complexities that arise. However, I hope our group can provide somewhere for the emotional and psychological complexities of this condition to be safely shared and reflected upon with others who “get it”.

by Mairi Smith

¹ Simons, H. F. (1998). Wanting another child: coping with secondary infertility. Jossey-Bass Publishers.



News from our team

England

There's been lots of positive change for England. It is all part of our wonderful funding received in April from The National Lottery Community Fund - Reaching Communities England. As a result, we have now expanded our England Team with three new members of staff.

In July, we welcomed a new England Project Worker, Claire Heuclin, a new Ethnic Minority Community Project Worker, Jenny Okona-Mensah and a new London Representative, Rina Biswakarma. We are continuing to make contact with fertility clinics and to grow our Clinic Ambassador scheme to act as a liaison point between the charity and clinics. This helps us spread the word about the wide variety of free support services we offer.

Our fertility groups are still meeting online. In June, our South-West groups came together for a joint meeting with guest speaker consultant Mrs. Uma Gordon, based in Bristol and the feedback was very positive. In August, we held our first Midlands meeting for groups from across the region with a guest speaker, Bryan Woodward, based in Leicester, answering questions about fertility treatment from the lab perspective. Again, it was very well received, with some people joining their first ever online group meeting. So, watch out for more larger regional online meetings in the future! Our HIMfertility

Group monthly online meetings continue to grow, demonstrating that men need support too. It can be daunting to join online group meetings and that's why we say you can take part with your camera on or off and say as much or as little as you choose. Just listening to others can make you feel less alone.

Now England has some fantastic funding, we're able to offer a number of courses this autumn. We have a six-week online Yoga for relaxation course, a six-week online Pathway to Parenthood course for the LGBTQ+ community, a four-week Mindfulness course and a four-week nutrition course focused on helping those who need to lose weight to access fertility treatment. We also provide continued weight loss support through our Fertility Weight Loss online group. Hopefully, these courses will provide many of those going through treatment with much needed relaxation techniques, will increase wellbeing and provide strategies to cope with what can be a stressful time for those struggling with fertility issues.

For more information about England's support services, courses or our Clinic Ambassador scheme, please do get in touch with Carla:

carla@fertilitynetworkuk.org
England Coordinator

Scotland

Peer Support

Our peer support services continue to be busy and we have a wide range of support groups covering all of Scotland. Our support services are delivered online via closed groups in WhatsApp and Facebook, and you also have the opportunity to meet up each month online with others via Microsoft Teams. If you would like to find out how we can support you in your journey to conceive, then please don't hesitate to get in touch. We understand how difficult this journey can be and sharing this experience with others on a similar journey can really help you feel less alone.

For further information and to join our groups, please contact Sarah (details below).

Fertility Education

We continue to raise awareness across Scotland about fertility issues and the support that we offer. Now that pandemic restrictions have eased in Scotland for colleges and universities, we are very happy to return to a full schedule of Fresher events this year. We are attending a record 39 Fresher events and look forward to talking to lots of students about their future fertility.

Fundraising

A huge thank you to all those that raised money for us at this year's Kiltwalk across Scotland. The Kiltwalk is so important to us, and thanks to the Hunter Foundation, all funds raised are topped up by a further 50%!

Your fundraising will make a real difference to the lives of the 3.5 million

people in the UK who find themselves struggling to conceive, and there are all sorts of ways you can help. Our supporters have successfully organised fundraising runs, cycles, hikes, Fertili-tea mornings, gaming marathons and more. For further information on how to fundraise for us, please contact Sarah.

Peer Support Volunteers Needed

We are on the search for Peer Support Volunteers for our closed support groups in Scotland. This role is particularly suited to those who have been on a fertility journey and are ready and able to help others navigate this journey. Retired staff who have worked in the field of fertility would also be welcome to volunteer with us.

We would like to thank the Scottish government for their continued support of our services.

To get in touch with the Scottish team, please email:

Sarah Lindores-Williams
Branch Coordinator
sarah@fertilitynetworkscotland.org

Anna Paterson
Education Development Officer
anna@fertilitynetworkscotland.org

Sarah Baird
Education Development Officer
Sarah.baird@fertilitynetworkscotland.org

Wales

Team Wales have been incredibly busy over the spring and summer months with a great number of information sessions and groups taking place. These included mindfulness and coping mechanisms for anxiety, nutrition to improve egg quality and uterine lining, a presentation and Q&A on the IVF process by a fertility consultant, and a mindful eating course for anyone struggling to lose weight for fertility treatment.

We developed a new and exciting creative project, RISE, which was a series of four workshops led by professionals in photography and creative writing for those looking for a safe space to share and express emotions while on their fertility journey. Some of the incredible work produced at the workshops will be released during National Fertility Awareness Week.

We launched our Wales LGBTQ+ fertility peer group in the spring and are delighted to say that it grew fast and is now a UK wide peer group. If you are LGBTQ+ and thinking about starting a family, or hoping to receive peer support from others, we run a monthly online peer support group on the first Tuesday of every month at 7pm. This group is for anyone who is LGBTQ+ who are trying to become parent(s) via fertility treatment. It offers a space to share your own journey with others who understand, in an environment where you can be yourself, and provide mutual peer support.

To join please email Bethan. You can also access our LGBTQ+ fertility Facebook group @lgbtfertilitygroup.

Team Wales also attended the Cardiff Pride Cymru event in August where we spoke to many couples, just like Lucus and James (pictured), who had no idea that they were entitled to NHS fertility treatment in Wales.

They said talking to Fertility Network UK and finding out this information had made their year.

Our education programme has been busy here in Wales too, with attendance at Bridgend and Pembrokeshire colleges, multiple presentations in healthcare and ongoing exciting work with Aberystwyth University, regarding our involvement and support in a new degree programme, not to mention lots of prep work for upcoming Freshers events!

For details of all our peer support and information sessions, see our 'Wales Groups' page on the website, and for further information on any of the above, follow @fertilitynetworkukwales on Facebook or Instagram, or get in touch with any of the team:

emma.rees@fertilitynetworkuk.org
Wales Coordinator

kimberley.thomas@fertilitynetworkuk.org
Wales Project Worker

bethan@fertilitynetworkuk.org
Wales Project Worker

michele@fertilitynetworkuk.org
Education Development Worker





Northern Ireland

As we head into the autumn and winter months, and on into next year, we have organised a jam-packed diary of wellbeing events.

We are also working hard to campaign for vital legislative and cultural understandings for those affected by infertility. It is encouraging to see large organisations and political leaders taking notice of these important areas of need.

But we know that there are still immense frustrations for fertility patients.

Waiting lists are long from GP referral to fertility outpatients appointment. Gynae appointment waits are even longer. Fortunately, waiting times once onto the NHS IVF list have reduced.

Many people still tell us of the difficulties they have in speaking to their employer about their fertility journey and getting the flexibility of time off for treatments. It is heartening to see increased recognition of infertility as a legitimate health condition and that employees seeking time off for medical appointments should be granted leave, flexibility and support. Queens University and Belfast City Council are two of the latest organisations that have embraced this for employees. We are actively encouraging more employers and political representatives to understand and follow this lead through our Fertility in the Workplace initiatives.

Our work with the Department of Health and Social Care to increase the offering of publicly-funded IVF cycles continues.

We hope that this will soon be able to be signed-off by a devolved government. We have launched our Get #Fit4Fertility programme with three main elements of Nutrition, Mindfulness and Exercise to help you optimise your health and wellbeing for your fertility journey.

Online programmes 'Nutrition for Fertility' and 'An Introduction to Mindfulness' are running this autumn. Spring sessions will focus on keeping your BMI within healthy limits to meet treatment criteria and exploring our relationship with food and mindful eating habits.

Our new 'Magic Mile for Me' challenge will help you reach a daily exercise goal of one mile, whether indoors, or outside in the natural world. Being active is so important, not only for our fitness and muscle and bone strength, but also for our mental health and wellbeing, by reducing stress and anxiety. If you join the challenge, you will find support and encouragement from others in our new closed Facebook group, plus tips on feeling good about exercising and making that magic mile part of your daily routine.

For more information contact:

hilary@fertilitynetworkuk.org
Northern Ireland Coordinator

rachel@fertilitynetworkuk.org
Northern Ireland Support Coordinator

The Patient Pledge



The Patient Pledge is a partnership between Fertility Network UK and clinics, demonstrating the focus and importance that clinics place on patients' emotional wellbeing throughout their fertility journey.

When someone starts fertility treatment, they may feel apprehensive, worried, scared, and most of all, alone. It is crucial that clinics ensure the correct emotional support network is in place for their patients. If your clinic is one of our Patient Pledge clinics, this demonstrates their commitment to patients and shows how they collaborate with the Fertility Network team to support patients. Clinics that are part of The Patient Pledge are offered training for all staff on the emotional and psychological impact that patients can experience throughout their fertility journey.

We also offer training and help in setting up support groups, which has proved extremely valuable to people during these last 18 months of uncertainty. Our charity still recommends that all support groups remain online to ensure patient safety.

The impact the pandemic has had on patients' wellbeing has been enormous. So many patients lost months of time when clinics closed, and for our older patients, these delays have increased their urgency and anxiety. Fertility Network UK supports clinics by offering our nurse-led support line, now available five days per week, as well as peer support groups, webinars and wellbeing classes, delivered by professionals in the field, for anyone facing fertility issues. The support of our clinics makes this all possible.

Our charity's aim for 2021 is to connect with every clinic in the UK. We recognise that building a good relationship with clinics is especially vital when striving to achieve the same goal: supporting patients through their fertility journey.

Fertility Network are now seeking Clinic Ambassadors. This volunteer role can be taken on by doctors, nurses, embryologists, andrologists, counsellors, or any other interested members of staff based in UK fertility clinics. The aim of the role is to try to improve the patient experience - you can find out more on page 16 of this magazine.

If your clinic would like to be part of The Patient Pledge initiative or are interested in fielding a Clinic Ambassador, please contact Sharon Martin at:

SharonM@fertilitynetworkscotland.org, or 07411 752688.

Aberdeen Fertility Centre
www.aberdeenfertility.org.uk

AGORA Brighton & Hove
www.agoraclinic.co.uk

In-Ovo Clinics Belfast
www.in-ovo.co.uk

Belfast Health & Social Care Trust Regional
Fertility Centre
<https://belfasttrust.hscni.net/services/rfc>

BCRM Bristol
www.fertilitybristol.com

Chelsfield & Sussex Downs Fertility Centre
www.thesussexdownsfertility.co.uk

NHS Orchard Clinic Craigavon
<https://southerntrust.hscni.net/our-hospitals/craigavon-area-hospital>

Dundee Assisted Conception Unit
www.acudundee.org

Edinburgh Fertility Centre
<https://weare.nhslothian.scot/edinburghfertilitycentre>

Glasgow Fertility Clinic
www.nhsggc.org.uk/your-health/health-services/assisted-conception-service

Hull IVF Unit
www.hulleastridingfertility.co.uk

APRICITY London
www.apricity.life

Centre for Reproductive & Genetic Health
www.crgh.co.uk

Gennet City London
www.city-fertility.com

IVF Matters London
www.ivfmatters.co.uk

London Women's Clinic
www.londonwomensclinic.com

Manchester Fertility
www.manchesterfertility.com

Newcastle Centre for Life
www.newcastle-hospitals.nhs.uk/hospitals/fertility-centre

Sheffield Teaching Hospital Jessop Wing
www.sth.nhs.uk/our-hospitals/jessop-wing

The Shropshire & Mid Wales Fertility Centre
www.shropshireivf.nhs.uk

Bourn Hall Fertility Clinic (multiple locations)
www.bournhall.co.uk

Care Fertility Group (multiple locations)
www.carefertility.com

CREATE Fertility (multiple locations)
www.createfertility.co.uk

TFP Fertility UK
<https://tfp-fertility.com/en-gb>

Corporate partnership programme

Fertility Network UK (FNUK) is the nation's leading patient-focused fertility charity working hard to help people affected by the devastation and pain of infertility. We provide free and impartial support, advice, information and understanding for anyone affected by fertility issues.

Why should you partner with Fertility Network UK?

Infertility affects 3.5 million men and women across the UK, which equates to 1 in 6 couples. This means that staff in your employment will be impacted by this condition. A partnership with FNUK will show that your organisation understands the impact fertility issues have on so many people and your support will make a difference to everyone suffering silently. If your company works in the fertility business, this is a fantastic opportunity to show that your organisation recognises the support patients need before, during and after a fertility journey.

Benefits to your organisation

Our cause matters to so many people. Increasingly, society views positively on corporations that support the charities that provide the invaluable safety net. Our patients have a positive image about the corporates that support the charity they trust. Enhance your brand and connect with your target audience, and extend your marketing strategy.

Your partnership impact

Income generated by the programme will be reinvested by FNUK to increase the levels of support and information offered to those who seek our help. This will be achieved by activities such as patient information events, enhanced online activity and the expansion of our regional staff network.

The detail

There are four levels of Corporate Partnership – Gold, Silver, Bronze and Friend.

The programme has been developed to facilitate greater interaction between FNUK and external organisations. The programme is designed to be flexible and mutually beneficial; each partnership proposal is unique, and FNUK will work with partners to attempt to ensure that their investment generates the required outputs sought. FNUK will assist partners to achieve their objectives through a diverse mixture of advertising, sharing of information and participation at events. Corporate relationships are renewable each year.

For further information please contact Sharon Martin at:
sharon@fertilitynetworkuk.org

Thanks to our corporate partners

GOLD PARTNERS



SILVER PARTNERS

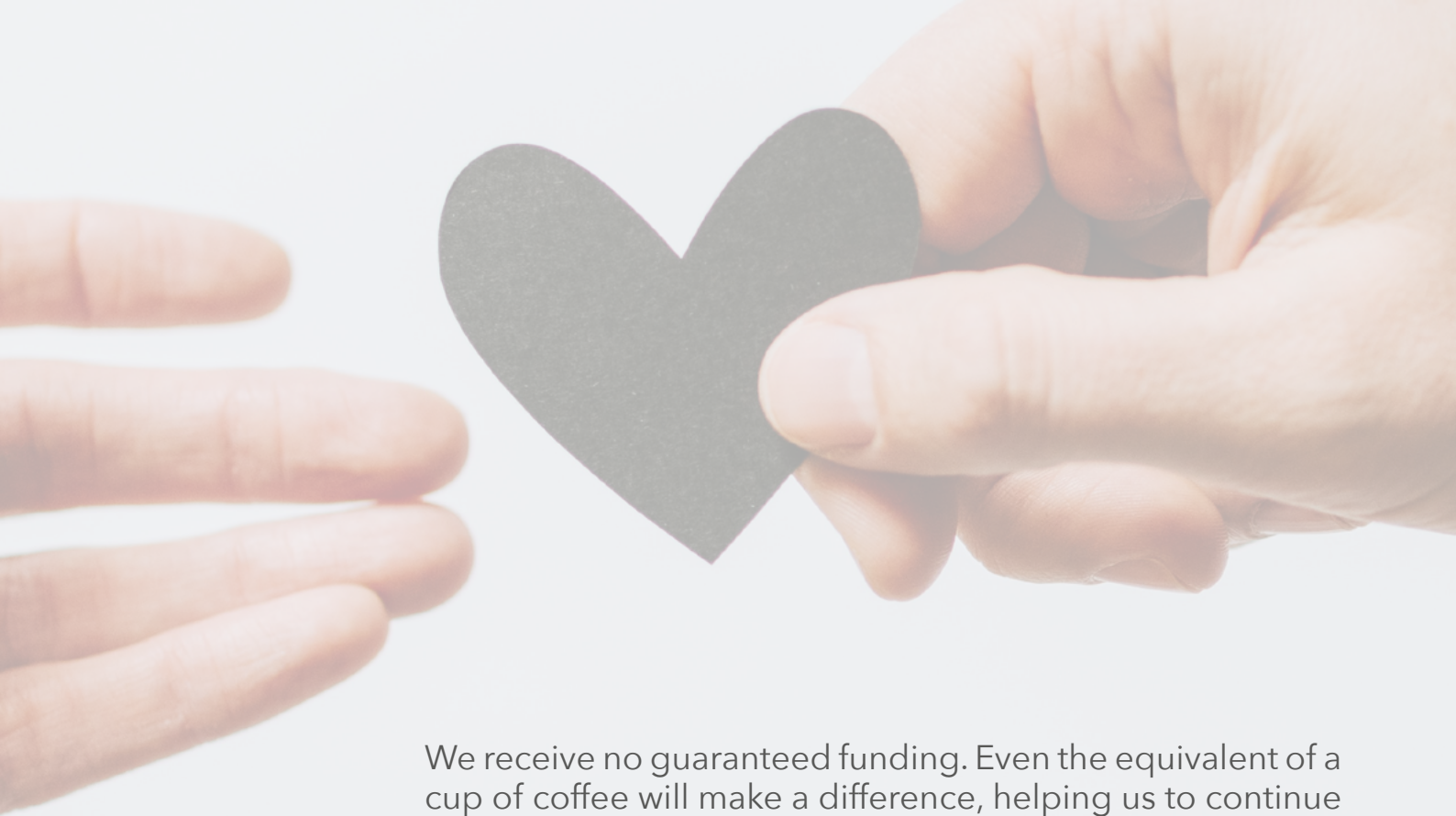


BRONZE PARTNERS



FRIEND PARTNERS





We receive no guaranteed funding. Even the equivalent of a cup of coffee will make a difference, helping us to continue providing free support services to anyone affected by fertility issues.

If you can donate to Fertility Network UK, please scan the QR code on your phone to explore ways to #HelpUsHelpOthers. Thank you.



Company Registration No. 4822073
Charity Registration No. 1099960
Company Registration in Scotland No. SC039511

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