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## **Fertility Network UK plans campaign for change during this year's Fertility Week**

**30 Oct – 5 November 2023**

### **Highlights:**

- New survey revealing the intense effects of the cost-of-living crisis on fertility patients
- Campaign on the crucial need for change when it comes to fertility access and support

**Fertility Network UK are striving #Forward4Fertility as they prepare to raise awareness about the 3.5 million people in the UK who are dealing with the devastating effects of fertility issues.**

Every year, the charity holds their annual Fertility Week campaign as a way of changing perceptions about fertility challenges, signposting support, and fundraising for their cause.

With just one month to go, Fertility Network UK have released information about the various themes they seek to explore throughout the week. These include the impact of fertility on ethnic minorities, the LGBTQ+ community, men's health and those who are childless not by choice. They will also discuss the importance of recognising fertility in the workplace and fertility education for young people.

This year, Fertility Network UK will also be releasing the results of their latest survey on the impact of the cost-of-living survey on fertility patients.

**Catherine Hill, chief executive of Fertility Network UK, said:** "This year's Fertility Week is very special as we're celebrating 20 years of Fertility Network. It's an opportunity for us to look back and reflect on how far fertility treatment and support for fertility challenges has

come, but very importantly, it's the moment to look forward and highlight what still needs to change.

“That’s why this year’s theme is #Forward4Fertility. We want to hear from you about the change you want to see, the support you need, and how we can work together to create a better fertility future.”

## **WHAT’S ON DURING THE WEEK**

### **MONDAY 30TH OCTOBER – COST OF LIVING SURVEY**

#### **#FertilityFairness**

Leading up to Fertility Week, we have been running our Cost-of-Living survey which gathers information about how the cost-of-living crisis has impacted fertility patients. The results of the survey will be released on the first day of Fertility Week, followed by discussions around the fertility patient experience and what needs to be done to help people navigate their fertility journey in times of economic uncertainty.

### **TUESDAY 31ST OCTOBER – ETHNIC MINORITIES**

#### **#FertilityEquity**

Shockingly, injustice in infertility is a real experience for many people from ethnic minority backgrounds. It has been found that people from racially marginalised communities having poorer access, experiences and outcomes in fertility care and treatment.

Join us in fighting to address the concerning disparities in fertility treatment as we host a panel discussion on Fertility & Health Inequalities with actress, musician and theatre-maker, Avital Raz (additional guest speakers TBC).

We will also be sharing content from contributors and community members to highlight stories of ethnic minorities and cover different stages, pathways and reflections of members’ fertility journeys.

### **WEDNESDAY 1ST NOVEMBER – MORE TO LIFE**

#### **#ChildlessNotByChoice**

Many men and women are childless by circumstance and not by choice, causing huge emotional impact and the need for increased awareness and support.

During Fertility Week, we will be sharing the many experiences of our More to Life community, as well as signposting the support available via the My Journey App.

We will also be hosting a webinar with guest speaker Jessica Hepburn, who will be talking about her experience of being childless not by choice, and reflecting on how her experiences and adventure have changed her life.

## **THURSDAY 2ND NOVEMBER – LGBTQ+**

### **#LGBTFamily**

The biggest barrier facing LGBTQ+ couples is significant lack of funding in NHS fertility treatment, especially in England, creating an unfair and unequal pathway to parenthood.

Join us during our Q&A webinar to learn more about the support available during your fertility journey as an LGBTQ+ person, as well as hear from guest speakers Michael from 2 Dads UK, Laura-Rose from LGBT Mummies and Bethan Shoemark-Spear from FNUK.

Throughout the day, we will also be signposting our Pathways to Parenthood, Trans Fertility Preservation, and How to Select an Egg or Sperm Donor webinars, as well as information about fertility access across the UK. We will also be sharing stories and testimonials from our LGBTQ+ fertility community.

## **FRIDAY 3RD NOVEMBER – FERTILITY IN THE WORKPLACE**

### **#FertilityintheWorkplace**

Many employers do not recognise fertility treatment as necessary medical treatment and there is no legal right to time off work for fertility appointments. This shows how far we have to go in educating society and employers about the importance of fertility support within the workplace.

Join us on Friday morning for an early yoga session to promote healthy mental wellbeing and stay tuned for our 'Fireside Chat' Instagram live which will discuss the importance of employers developing tailored fertility policies, as well as allow you to get to know the team behind the FITW mission.

## **SATURDAY 4TH NOVEMBER – HIMfertility**

### **#HIMFertility**

Men account for around half of all infertility problems, hence the importance of speaking up about fertility being more than just a women's issue.

Throughout the day, we will be on a mission to amplify male voices and emphasise the importance of nutrition for men's wellbeing.

Join us for our online session, hosted by Regan Heatly, which will address what foods, drinks and supplements can help men's health, well-being and fertility. Regan will also touch on sleep, anxiety, depression, low mood, food timing, eating cost-effectively, and more.

## **SUNDAY 5TH NOVEMBER – EDUCATION**

### **#FertilityEd**

In 2023, fertility education for young people remains 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.

During Fertility Week, we will be sharing comments gathered from students at Freshers events across the various regions, as well as showcasing the 8 well-being factors we use to educate young people.

When it comes to fertility education, there is a lot of misinformation. Join us in discussing and debunking the many fertility myths.

<https://fertilitynetworkuk.org/national-fertility-awareness-week-2023/>

### **Notes to editors:**

Contact: Claudia Congrave, Comms & content manager on 07494-991288  
[media@fertilitynetworkuk.org](mailto:media@fertilitynetworkuk.org)

1. Fertility Network UK provides practical and emotional support, information and advice for anyone experiencing fertility issues. The charity works to raise the profile and understanding of fertility issues and to push for timely and equitable provision of fertility treatment throughout the UK.  
[www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org)
2. Fertility Network UK provides a free and impartial Support Line open from 10am to 4pm.

Mon, Wed and Fri: 0121 323 5025, [support@fertilitynetworkuk.org](mailto:support@fertilitynetworkuk.org)

Tues and Thurs: 07816 086694, [janet@fertilitynetworkuk.org](mailto:janet@fertilitynetworkuk.org)

3. Fertility Network UK supports people. We rely on voluntary donations to continue our vital work. You can donate now via text; text FNUK plus the donation amount to 70085. Or you can donate by visiting [www.justgiving.com/fertilitynetwork](http://www.justgiving.com/fertilitynetwork)

