fertility network
scotland

Are you struggling to conceive and have experienced pregnancy loss?

Feeling alone? We are here to support you.

PREGNANCY LOSS

Sadly pregnancy loss can affect up to 1 in 4 of pregnancies and fertility patients are acutely aware of every loss including very early losses of failed ICF cycles, or chemical pregnancies which do not develop.

Miscarriages at any stage of a pregnancy are heart breaking.

The impact is profound for anyone experiencing loss, however we recognise that for fertility patients who have often endured a long and harrowing fertility journey, the trauma and emotional consequences can often trigger isolation along with depression, or anxiety as well as PTSD. Sometimes joining a miscarriage support group elsewhere where members conceive naturally without assisted conception, can be hard to feel understood.

We hear you say that you want to be supported in a group of people who understand your loss and how this is compounded by the additional difficulties of a struggle to conceive and your fertility journey. As a result of your feedback, Fertility Network Scotland have created a Pregnancy Loss peer support group facilitated with a **BICA*** trained Volunteer Counsellor and now hold online monthly group meetings.

Together with our Support and Info Helpline and availability of additional wellbeing programmes of mindfulness and yoga, we aim to offer a wraparound support service to those that have experienced loss.

PREGNANCY LOSS GROUP

Our online group meetings are held on the last Thursday of the month at 7pm and are facilitated by Gemma Antcliffe, who is a trained **BICA** fertility counsellor. Join our private Facebook group to gain insight and support here For further information and details on how to join, please contact pregnancyloss@fertilitynetworkuk.org

You can find out more about Gemma here: **Meet your facilitator – Pregnancy Loss Support Group | Fertility Network**

*British Infertility Counselling Association

We offer a wide range of support, both in person and online. Get in touch to see how we can help you.

FERTILITY IN THE WORKPLACE

FertilityNetwork UK(FiTW) supports the new directive which hascome intoforce for those affected by pregnancy loss in Scotland, England and Wales which aims to support and protect employees with recommendations for two week's leave to be offered by employers.
For details of the new directive click here: https://www.davidsonmorris.com/new-statutory-miscarriage-leave-for-bereaved-parents/

WALK AND TALKS

Our new Walkand Talks inGlasgow,Edinburgh and Dundee are an ideal way to connect face-to-face with others on a fertility journey to find companionship and support, whilst getting out in nature. These are accompanied by a Fertility Network volunteer and always close to a coffee shop for shelter and a cuppa.
For details of the next Walk and Talk please contact: scotland@fertilitynetworkuk.org

HEALTH AND WELLBEING PROGRAMMES

We offer mindfulness, nutrition and yoga wellbeing programmes. To check for upcoming courses go to https://fertilitynetworkuk.org/access-support/health-wellbeing-programme/

LEARN ABOUT FERTILITY ISSUES

To better understand your own fertility and fertility treatment, we have a number of Fertility Factsheets that you are able to download for free; these factsheets contain expert advice.

You can also watch recorded webinars with experts and our YouTube channel has a wealth of expert information that you can access for free at: https://www.youtube.com/channel/UCwVqKDOogTMzZj3dyg7UD0A

This programme is supported by the Scottish Government Maternal and Infant Health Branch and aims to improve Health and Wellbeing services in relation to infertility, maternity and neonatal services across Scotland.

We offer a wide range of support, both in person and online. Get in touch to see how we can help you.

ADDITIONAL SUPPORT FOR PREGNANCY LOSS

The Miscarriage Association	www.miscarriageassociation.org.uk
BICA	www.bica.net
The Ectopic Pregnancy Trust	www.ectopic.org.uk
Headspace	www.headspace.com
Petals	www.petalscharity.org/
SANDS	www.sands.org.uk
Saying Goodbye	www.sayinggoodbye.org
Tommy's	www.tommys.org/baby-loss-support