

Useful Support Resources

Below is a small selection of the many resources which might be of help and interest on the subject of fertility and trying to conceive:

General Information/support/resources:

HFEA www.hfea.gov.uk

The HFEA is the UK's regulatory body. They provide clear and impartial information on UK fertility clinics and fertility treatment. A great source of information.

Fertility Network UK www.fertilitynetworkuk.org

Provides an extensive range of information on all aspects of fertility treatments; facilitates a number of support groups (one being for the North east of Scotland), with various groups such as for those affected by secondary infertility; over 35's, single women, a men's support group; a support line; a rich catalogue of webinars on a range of topics related to fertility you can watch live or via their website at a later date; run live classes for yoga and meditation throughout times of the year. Look up their YouTube channel!

Myivfanswers.com (Stronger Together) www.myivfanswers.com

A library of webinars covering a host of information and opinion from international experts on fertility related topics.

Progress Educational Trust <https://www.progress.org.uk>

Sign up to their BioNews monthly update to watch webinars, read articles and general information relevant to fertility treatment. It is worth looking up their YouTube channel to watch their webinar series.

British Fertility Society www.britishfertilitysociety.org.uk

Information in the form of 'Quick Guides' to fertility assessment and treatments

Fertility Scotland www.fertility.scot

For fertility help, for patients, egg and sperm donors and professionals, or anyone who is interested in finding out more about NHS fertility services across Scotland.

Fertility Friends www.fertilityfriends.co.uk

A free membership community with members at every stage of treatment and post treatment.

All About Fertility <https://all-about-fertility.com>

An informative website explain all about the various factors around fertility.

Baby and pregnancy loss:

Saying Goodbye www.sayinggoodbye.org

A charity offering support for anyone who has suffered the loss of a baby during pregnancy, at birth or infancy.

SANDS www.sands.org.uk

Support for stillbirth and neonatal death through a free national helpline, bereavement support app for parents, families and carers; support groups with befrienders; an on-line forum

Tommy's www.tommys.org

Support for parents and families who lose a baby, experience premature birth and to help with a healthy pregnancy

The Ectopic Pregnancy Trust www.ectopic.org.uk

Offers support to those affected by an early pregnancy complication, discussion forums, a helpline and treatment leaflets

Particular Health Issues:

Miscarriage Association www.miscarriageassociation.org.uk

Helpline, on-line and other resources to support people affected by miscarriage

Endometriosis Society www.endometriosis-uk.org

Information and support to those affected by this condition.

Polycystic ovary Syndrome www.verity-pcos.org.uk

Information and support for those affected by this condition.

The Daisy Network www.daisynetwork.org

Information and support for Premature Ovarian Insufficiency.

Involuntary Childlessness and Ending Treatment support:

Gateway Women www.gateway-women.com

Set up by Jody Day, a global friendship and support network for those affected by involuntary childlessness. Jody has written a well regarded book 'Rocking the Life Unexpected'

More to Life <https://fertilitynetworkuk.org/life-without-children/>

Hosted by Fertility Network UK, this offers community, webinars, personal stories and a self-help step-by-step guide to support an unfulfilled wish for family

My Journey <https://myjourney.pt>

My Journey is a self-help interactive program based on Contextual Cognitive Behavioural Therapy that provides step-by-step support to ease acceptance of an unfulfilled wish for children.

The Dovecote www.thedovecoteorg.wordpress.com

“Enabling and inspiring people facing involuntary childlessness to reconnect with their daily lives and rediscover a passion and purpose”

Podcasts:

The Full Stop

Happily Ever After (without children)

Books:

‘A Mother in My Heart’, by Ginny Fraser

For Men:

HIM Fertility Campaign www.himfertility.com

A forum providing information and support for men experiencing fertility issues including a monthly Zoom meeting and private facebook support group

The Mens Fertility Forum www.mensfe.net

Support and information around male fertility

Podcasts:

IVD Dad

The Male Fertility Podcast

The Male Infertility Podcast

General Fertility Podcasts:

Big Fat Negative (they also have an Instagram page offering live interviews and webinars etc)

Total Fertility

The Fertility Podcast

Fertility Café

The Fertility Warriors

Let's Talk Fertility

(All are available on the regular podcast platforms)

Guided Meditation; breathwork; mindfulness:

There are many helpful resources available on platforms such as YouTube which offer free guided meditation, affirmations, breathing exercises and mindful practice for those going through fertility treatment and trying to conceive. It is a personal choice as to whether these would be of help to you but worth exploring and finding ones that might work for you.

Information and support specifically on donor conception or surrogacy is available on request. Please email angela.park@nhs.scot if you would like to have this sent to you.

Compiled by Angela Park, Counsellor, Aberdeen Fertility Centre

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