



# Dumfries House

## Fertility Wellbeing Programme

Dumfries House Fertility Programme is an online group programme through zoom which will help support you and your partner to make healthy lifestyle changes to improve your chances of conceiving, and achieving a healthy pregnancy and a healthy baby

You can attend the programme if you are planning a pregnancy, before, during or awaiting a fertility referral or treatment. The group numbers will be small, held with an opportunity to speak confidentially or receive individual supports, from our specialist health team.

The programme will include 6 early evening, 2-hour sessions over a 6 week period, and will include:

- Understanding conception and ovulation
- Nutrition for Fertility
- Activity for Fertility
- Happy, Healthy Relationships
- Managing stress and building resilience
- Moving on to further treatments

Our specialist acupuncturist and reflexologist have been trained in Reproductive Therapies and can offer support on an individual basis. There will also be the opportunity within the programme to try some other therapies – including yoga, hypnotherapy and mindset support

Our next programmes can be accessed through your specialist consultant, GP or self-referral. If you wish to find out more about it please call:

**Shiona**  
**Health & Wellbeing Coordinator**  
on  
**07772910472**  
**email [health@dumfries-house.org.uk](mailto:health@dumfries-house.org.uk)**