



Small Discussion Groups - Information

In the morning you will choose **either** a facilitated small discussion group or to hear the research presentations in the main theatre. You will be sent a separate form (after booking tickets) to choose.

Research Presentations

We will be presenting some fascinating research projects in the main theatre (please see the programme for details). If you choose a discussion group but we are unable to accommodate you in the one you choose, and no other topic is suitable, you are invited to join this session instead.

Morning discussion groups

We aim to put you in a group that fits your interest but cannot guarantee you will get your first choice or that all groups will run. There will be plenty of spaces for the research presentations as an alternative. All groups are suitable for those who are using/have used sperm, egg, double or embryo donation unless specifically stated otherwise. Once you have booked your conference tickets, you will be sent options to book into a discussion group. Topics include:

Telling friends and family
Telling/talking with children
Hopes and fears - implications of using/having used an anonymous donor
"Mixed" families – Families with dc child(ren) and non-dc child(ren)
Men only discussion group
Older mums group – for women who conceived (or are thinking of conceiving) at 45+ yrs
Coping On your Own – solo mums
No genetic link in the family - double donation / embryo donation discussion
Donor conceived half siblings: thinking about the impact on your family and/or possible contact

We won't run a group with less than about 5 people and we will try not to have a group with more than 10 to ensure everyone has a valuable experience. If a topic is very popular, we may run more than one group. If you're not sure which group is best for you, do get in touch.

The discussion groups are **not** teaching groups/workshops. They are opportunities for peer support in an intimate and facilitated environment. If you have issues that are not addressed in the discussion group, please contact us at the office for further support. We can often put you in touch with another member sharing a similar situation. If you feel you need more support than these groups allow, do think about attending one of our workshops, either "Destination Parenthood" if you have not yet conceived or "Telling and Talking" if you have children.

Facilitators

Each group will have a volunteer facilitator leading and making sure that everyone gets a chance to introduce themselves and participate in the discussion.

If you would be interested in facilitating a small group please mention that on your booking form and we can send guidance notes. You would need to be happy to put your own needs aside for the duration of the discussion. Group facilitation is not for everyone, so it might be a good idea to have a conversation beforehand.