

Fertility Matters

Many of us take for granted that falling pregnant will be straightforward. In fact infertility is far more common than many of us realise, with friends and colleagues often suffering in silence behind closed doors.

In this session we will discuss what infertility is and what can be done to improve a couple's chances of conception. We will cover what actually happens if you need IVF and what different options are available for single parents and couples in same-sex relationships.

We will also share helpful ideas if you are supporting friends and colleagues, including what you can say to be helpful, and also phrases that you should definitely avoid saying!

Above all, this workshop is a safe space to share experiences and discuss a topic that is often difficult to navigate alone.

Session Outline

- The scope of the problem (percentages of couples who suffer from infertility)
- Definitions of infertility
- How infertility is treated
- Conceiving in same-sex/ single parent relationships
- Supporting friends/ colleagues through infertility (what to say/ what not to say)

Session Includes

An comprehensive presentation from a practicing doctor

Relevant information for the whole organisation

An open forum with an opportunity to engage and ask questions



Speaker: Dr Brooke Vandermolen

Dr Brooke Vandermolen, better known as her online handle “The Obgyn Mum”, is a practicing NHS Obstetrics & Gynaecology doctor, as well as a mother to 2 babies. She has worked and trained in a variety of London NHS hospitals. She has presented her research into high-risk pregnancy at major international conferences and published in prominent medical journals. Brooke is experienced at dealing with all aspects of women's health and pregnancy.

After having difficulty finding accurate, evidence-based information to trust to guide her through her own first-time pregnancy and parenthood, Brooke began sharing insights and tips around pregnancy, birth, fertility, menopause and more through social media and blog posts. She works as a digital content creator for the Royal College of Obstetricians and Gynaecologists, NHS England and well-known brands.

She is an experienced public speaker and social influencer, and, is on a mission to talk openly and informatively about women's health and parenthood.