

## Newsletter



Celebrating Black History Month!

### Fertility advice

This is a statement which often gets bandied about, often in jest, but is there an element of truth to it?

True or false?  
Tighter underwear can make men infertile.

False! A common rumour but it is not true - there is no effect on fertility.

### Awareness week/month

Black History Month - here at LFC, we wanted to take this important opportunity to commend the incredible work performed by people of all races, ethnicities and backgrounds within our centre and across the wider fertility family.

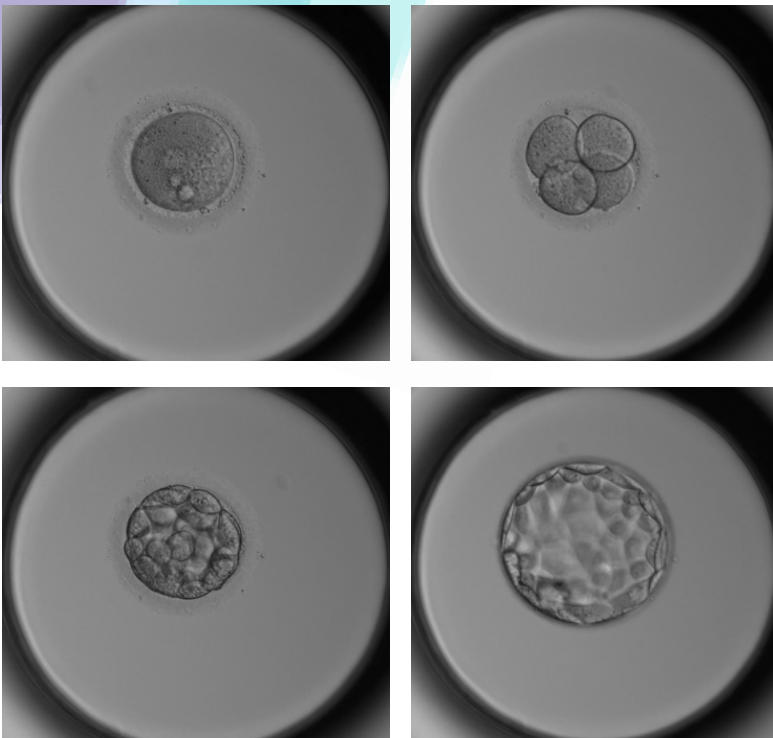
Baby Loss awareness week - this year, the campaign is planning a #GlobalWaveOfLight on the 15th October, where families across the world are urged to light candles to commemorate the lives of babies and share memories of the all-too-brief time they had together. At LFC, we wholeheartedly support this effort. We stand shoulder to shoulder with all those experiencing the pain of baby loss, today and every day.

### Contact us

General enquiries email:  
[uhl-tr.lfcinfo@nhs.net](mailto:uhl-tr.lfcinfo@nhs.net)

Reception: 0116 258 5922

These images show the development of an embryo from day 1 to day 5.



## Online events

The Fertility Alliance is a fertility charity offering support and accurate information for anyone who wants to know more about their fertility.

This QR code will take you to The Fertility Alliance website and show the upcoming online group meetings.



## Fertility facts

The average age of first-time IVF patients increased to just over 35 years old in 2022. But we're ready to help those of all ages, backgrounds and ethnicities on their journey to parenthood.

Around 1 in 6 children born as a result of IVF treatment were conceived using donor eggs, sperm or embryos in 2019, highlighting the critical role of donations in aiding those struggling to conceive.

## Latest news: Testimonials

“Just wanted to thank all of you for your help on our journey, and giving us the opportunity to start our family. We feel so lucky to be where we are now, but it is down to all of your help and support.” - Mr & Mrs S, 2025.

Our centre has been in business since 1989 - that's 36 years of offering fertility expertise to countless individuals.