

## Factsheets

Please tick alongside factsheet(s) required with your membership pack

- Stopping Treatment
- Coping Strategies – Long Term
- Relationships
- Grief and Loss
- Men's Issues
- Moving On - A Positive Life Without Children
- Families, Parents, Friends & Colleagues
- Contact with Children

As part of joining More To Life is the opportunity to be put in touch with others and/or find out about any events/get-togethers which are being arranged, we would be grateful if you could complete the following:

I would like to be put in touch with other members

I am happy/not happy for my email/telephone number/postal town (delete as appropriate)

to be circulated to other members  
I would like to be updated by email on events/get-togethers

To enable you to log on to the website we need you to inform us of the following: -

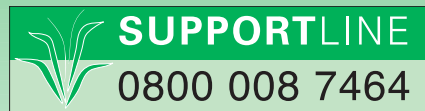
Username: \_\_\_\_\_

Password: \_\_\_\_\_

## What our members say

"I saw babies and children everywhere and thought that I was the only one without one. It's such a relief to know others are in a similar situation."

"I felt on the edge of society. Everyone else was occupied with family life except me. Now I have good friends with whom I can share my thoughts and feelings."



Charter House, 43 St Leonards Road,  
Bexhill on Sea,  
East Sussex TN40 1JA

**www.moretolife.co.uk**  
**email: admin@moretolife.co.uk**

More To Life comes under the umbrella of Infertility Network UK  
Charity Registered in England No. 1099960  
and in Scotland No. SC039511  
Company Registration No. 4822073



# Are you facing a life without children?

more to life  
more to life  
more to life



# More To Life is the largest national charity providing support to those who live involuntarily childless

More To Life embraces all of those who are involuntarily childless irrespective of whether they are people who have moved on from treatment, have never had treatment, or indeed people who are perhaps in a relationship where their partner does not want children, or are with someone who has children from a previous relationship and does not want more.

We recognise that individuals and couples need to grieve, and we offer them support to help them to do so and to adjust to this new time in their lives.

Our main goal is to help our members to move on and to find a new way of life that is joyful and satisfying. The website provides a gateway to the services available to members and an opportunity to get to know one another through the forums and chatroom. We hope that you will make friends whilst also providing one another with mutual support and understanding.

We recognise many of our members want to communicate in different ways, especially during the early stages of making the decision to move on. We also recognise that our members will want different things from More To Life including ways of coping and our activities.

It is our hope that by providing a variety of ways to get in touch: over the phone, by email, personal message and face-to-face, that our members never feel isolated or alone.



## Services

More To Life services are provided by our office based and regional staff together with our fantastic team of volunteers.

**Advice Line** – Members only Professional Advice Line

**Regional Organisers** - Providing regional information and assistance

**Regional Member Contacts** – A network of volunteers living across the regions

**Online Support** - Visit the members forum and chat rooms

**Newsletter** – Quarterly publication with contributions from members

**Groups and Events** – Information on meetings and social gatherings can be found in the events section in the newsletter and also on the website

**Support** – Find out more about the support available to More To Life members below

**Publications** – Books are available to purchase via our online book store at:

<http://astore.amazon.co.uk/mtl-21>, alternatively there are a selection of books available to borrow through the Lending Library



## Support

**Support is the most important thing More To Life offers to our members.**

Accepting the fact that you haven't had children can be extremely difficult and here we understand how that can feel. We have a network of volunteers who offer support. Most have been a member of More To Life for some time and recognise the feelings and difficulties you may be experiencing.

More To Life does not offer formal counselling, however many of our members firmly believe that the support and friendship received since joining More To Life has helped enormously as they travel this path.

Our growing online community has access to our supportive More To Life forums. Here you can seek support, make friends, ask for advice, request information, assist others and to suggest informal get-togethers. The website contains up-to-date information on relevant news, volunteering opportunities, events and how to fundraise for More To Life; helping to support your charity.

To find your Regional Member Contact or Staff Regional Organiser, or to view a copy of the books available to borrow within the More To Life Lending Library, please see your joining pack or contact us.

## Join us now & make a difference

We receive no statutory funding – your subscription can make a difference

To become a member of More To Life and access the services it provides, return this form to More To Life, Charter House, 43 St Leonards Road, Bexhill-on-Sea, East Sussex TN40 1JA. The annual fee is £20 (£30 if you are overseas).

Anyone on Income Support may Join or renew membership at the subsidised rate of £10 subject to proof of entitlement.

Name: Mr/Mrs/Ms/Miss

(No more than two on any application)

Address:

Postcode:

Tel No:

Email:

Where did you hear about More To Life?

**Gift Aid it** - If you are a UK taxpayer we are able to reclaim tax that you have already paid and add it to your subscription/donation. Gift Aid costs you nothing, all you have to do is tick the box

I/we wish to make a donation of £.....

Please tick in box if you would like a receipt

### Payment Method

1. I/We wish to pay by Direct Debit (please send details)

2. I/We wish to pay by Switch/Visa/Mastercard Charity Card

Issue No. .... Valid from..... Expiry Date.....

Card No.

Three digits on security strip on reverse

Cardholders name (as it appears on the card):

Signature:

Address of cardholder (if different from above):

3. I/We wish to pay by cheque

Please make cheques payable to Infertility Network UK