

Surrogacy

Surrogacy is when someone has a baby for people who cannot, or choose not to, get pregnant themselves.

In the UK either sperm or egg can be from a donor, but not both.

Surrogacy is legal in the UK, but it's illegal to advertise for surrogates and the surrogate cannot be paid a fee.

For more information:

- www.gov.uk/government/publications/having-a-child-through-surrogacy
- www.gov.uk/legal-rights-when-using-surrogates-and-donors

Trans and non-binary parents

If you're thinking about starting treatment to physically change your body or you've already started treatment, you can find more information at:

www.hfea.gov.uk/treatments/fertility-preservation/information-for-trans-and-non-binary-people-seeking-fertility-treatment

Ways to become a parent if you're LGBTQ+

The number of LGBTQ+ people becoming parents is increasing. If you're thinking about having children, below are various routes to parenthood available to you.

- *Donor insemination*
- *IUI (intrauterine insemination)*
- *Surrogacy*
- *Adoption or fostering*
- *Co-parenting*
- *Trans and non-binary patients*

Donor insemination

If you choose donor insemination, it's better to go to a licensed fertility clinic where the sperm is checked for infections and some inherited conditions. Fertility clinics can also offer support and legal advice.

If the sperm is not from a licensed fertility clinic, the person donating the sperm can get tested for sexually transmitted infections at a sexual health clinic. In the UK, the HFEA makes sure licensed fertility clinics run safely and legally.

For more information:

- www.hfea.gov.uk/treatments/explore-all-treatments/using-donated-eggs-sperm-or-embryos-in-treatment
- www.hfea.gov.uk/donation/donors/home-insemination-with-donor-sperm
- www.hfea.gov.uk/choose-a-clinic/clinic-search

IUI (intrauterine insemination)

Intrauterine insemination (IUI) is a fertility treatment that involves directly inserting sperm into a woman's womb.

See your GP if you are considering having IUI on the NHS.

You may be offered IUI if:

- ⇒ you're unable to have vaginal sex – for example, because of a physical disability or psychosexual problem
- ⇒ you have a condition that means you need specific help to conceive. For example, if 1 of you has HIV and it's not safe to have unprotected sex
- ⇒ you're in a same-sex relationship and have not become pregnant after up to 6 cycles of IUI using donor sperm from a licensed fertility unit (the Stonewall website has more information about IUI for same-sex couples)

Bear in mind that the waiting list for IUI treatment on the NHS can be very long in some areas.

IUI is also available from some private fertility clinics. The Human Fertilisation and Embryology Authority (HFEA) has a fertility clinic finder.

Costs range from about £700 to £1,600 for each cycle of IUI treatment.

Useful websites:

- Fertility finder: www.hfea.gov.uk/choose-a-clinic
- IUI for same-sex couples: www.stonewall.org.uk/help-advice/information-and-resources/parenting-rights/donor-insemination-and-fertility-treatment
- Over all information from NHS: www.nhs.uk/conditions/artificial-insemination

Adoption or fostering

You can apply to adopt or foster through a local authority, or an adoption or foster agency. You do not have to live in the local authority you apply to, and you can be single.

You'll have to complete an assessment before adopting or fostering, with the help of a social worker and preparation training.

For more information:

- www.newfamilysocial.org.uk/page-18149
- www.gov.uk/child-adoption
- www.gov.uk/becoming-foster-parent

Co-parenting

This is when 2 or more people team up to conceive and parent children together. As a co-parent, you will not have sole custody of the child. It's advisable to get legal advice at an early stage of your planning.

For more information:

- www.stonewall.org.uk/help-advice/information-and-resources/parenting-rights/co-parenting