

ARC Parent Forum

***Please note:** The information provided in this section has been sourced from the ARC website and was not created by Ellie's Gift. ARC has been instrumental in supporting the development of Ellie's Gift and their contribution has been significant to the content within our specific TFMR area. ARC were also involved in the focus groups that helped inform and shape the content that has been developed to support families experiencing TFMR.*

ARC Parents' Forum

A private space to connect with other parents following TFMR

After TFMR, it can be incredibly helpful to connect with other parents who have experienced something similar. Sometimes family and friends can offer support, but they may not fully understand the particular circumstances and emotions that can follow a prenatal diagnosis and the decision to end a wanted pregnancy.

The **Antenatal Results and Choices (ARC) Parents' Forum** provides a private online space for bereaved parents who have ended a pregnancy following a prenatal diagnosis.

The forum is **password-protected and gently moderated by ARC staff**. It gives parents the opportunity to share their experiences, feelings and coping strategies, ask questions and connect with others who understand something of what they have been through.

Who is the forum for?

The forum is specifically for people who have ended a pregnancy following a **prenatal diagnosis**.

This means that the forum brings together people who have experienced TFMR in different circumstances and for a wide range of diagnoses. You may find people at very different stages of their journey, some may have

recently been through TFMR, while others may be months or years further on.

What can you find on the forum?

The forum can provide a place to:

- Share your own experience of TFMR
- Read about other parent's experiences
- Ask questions and receive support from people who have been through something similar
- Talk about feelings that can be difficult to explain to people who have not experienced TFMR
- Share coping strategies and things that have helped you
- Talk about anniversaries, due dates and other difficult milestones
- Discuss relationships, returning to work and life following loss
- Connect with other bereaved parents over time
- Offer support and understanding to someone who is earlier in their journey

You can participate as much or as little as feels right for you. You may want to post and connect with others, or simply read what other parents have shared.

Is the forum private?

The ARC forum is **password-protected** and is gently moderated by ARC staff. This means it is a more private space than an open social media group.

As with any online space, it is still important to think carefully about what personal information you feel comfortable sharing.

How do I join?

You need to be **registered with ARC** to access the forum.

For people living in the UK, registration and access to the forum are **free**. ARC asks for your name, full postal address for their confidential records, and a brief description of your experience. You can contact ARC directly to register.

Email: info@arc-uk.org

Telephone: 020 7713 7486

Text (UK only): 07908 683004

ARC's helpline is open Monday to Friday, 10am–5.30pm.

Visit the ARC Parents' Forum

You can copy and paste this address into your web browser:

<https://www.arc-uk.org/for-parents/arc-forum/>

You can also find the forum by visiting the ARC website and selecting **For Parents → Parents' Forum**.

A note from Ellie's Gift

You do not have to join a forum or share your experience if you do not feel ready. Some people find connecting with other parents incredibly helpful, while others prefer more private forms of support.

There is no right way to grieve. Take what feels helpful to you and leave what does not.

You are not alone in this experience.