

Antenatal Results & Choices in 2025-26



Impact Review

arc-uk.org

Helpline 020 7713 7486

INTRODUCTION

FROM OUR DIRECTOR, JANE FISHER



Welcome to Antenatal Results and Choices' (ARC)
Impact Review for 2025-26.



Our Impact Reviews focus the spotlight on ARC's work with parents and healthcare professionals across the UK. I think we can look back with pride at our achievements in 2025-26. I am particularly pleased that our work to extend our reach has gone from strength to strength. We formalised new partnerships with three Home-Start charities (in Greenwich, Glasgow and Birmingham) to help us reach more disadvantaged communities. The online conference for healthcare professionals attracted more attendees than ever, who were treated to excellent talks on how to improve equity with antenatal screening and diagnosis. Further afield, I'm proud that we could extend our free training for professionals as far afield as Orkney, Newry and Cornwall.

Day-to-day our dedicated ARC helpline team quietly handled thousands of texts, emails and calls from anxious and distressed parents around the UK, providing a vital lifeline.

Thank you so much for your support.

Jane Fisher, Director



"I was really floundering whilst trying to grasp antenatal information my daughter and her partner are experiencing. Our conversation was really helpful - I was listened to effectively and with kindness, and offered expert knowledge when I requested it"

**Bereaved grandparent
feedback**



ARC'S YEAR AT A GLANCE, 2025-26:

Supported over **5,700** parents via our helpline



Reached over **6,500** parents in our forums



Welcomed just under **10,000** visits a month to our website



Trained nearly **1,500** UK healthcare professionals



Launched our Fetal Medicine Midwives Network (with **200** members)



Ran our online conference to over **200** delegates



Started our first regular online meeting for **40** bereaved parents



Our Fundraising champions

In 2025-26 we received nearly **£210,000** from donors and legacy gifts, and our fundraisers raised an incredible **£78,000**! Challenges included the London Marathon; marathons in Newcastle, Bath, Edinburgh, Southampton and beyond; an ultra-marathon across Hadrian's Wall and an impressive cycling feat to Suffolk. The impact of ARC's support was clear from our fundraisers' feedback. Mark, who completed the London to Brighton bike ride and the London Marathon in memory of his baby, said:

"Fundraising in Gerogie's name meant a lot to us... We didn't know who ARC were before we needed their help, and they were there for us when we needed them most so I felt a compulsion to run to raise awareness and money."

PARENT SERVICES: IMPACT AND IMPROVEMENT

Highlights in 2025-26 demonstrated the sustained value of our parent services. We listened to feedback, and focussed on reaching underserved demographics by:

- **Launching our first online support group for bereaved parents:** 'TFMR: Questions and Conversations'. These informal sessions feature ARC staff and professionals, encouraging discussion on all aspects of Termination for Medical Reasons (TFMR). One parent let us know that:

"ARC's webinar support group have been incredibly valuable in helping us navigate the ongoing challenges of grief and next steps in our TMFR journey."
Parent attendee
- **Improving accessibility by partnering with Clear Voice.** This means we can offer our Helpline support in over 250 languages.
- **Expanding our outreach partnership with UK charity Home-Start.** The projects - in Portsmouth, Greenwich and Glasgow, and due to start in Birmingham - support families facing challenging pregnancy journeys and encourage informed choice through information and emotional support. By Spring 2026, all project staff were connecting with local professionals and agencies, and building relationships to improve engagement with expectant and grieving parents. In this period, we were delighted that the projects connected with 65 organisations and around 500 individuals. The evident impact - as voiced by staff and beneficiaries - reinforces the project's relevance:

"The focus on non-clinical emotional support, alongside clear information and advocacy, fills an important gap and complements existing clinical care... I think it is particularly relevant that this support is delivered within the Home-Start Hub as a community-based and accessible service, enabling families to engage more easily."

**Feedback from a Specialist
Midwife in Glasgow**

Into 26-27, these initiatives aim to continue building engagement with new beneficiaries in underserved communities. We will publish updates on our website in due course.

PROFESSIONAL SERVICES:

IMPACT AND IMPROVEMENT

We're proud that in 2025-26 we ran our bespoke training (online, face-to-face and free) to nearly 1,500 healthcare professionals, with highest engagement in London, Wales, the North West and Scotland. A few highlights from Coordinators in each country:

England: Laura facilitated the newly launched Fetal Medicine Midwives Network; delivered training sessions to professionals and students; and worked on expanding ARC's policy engagement with MPs. She has joined several All-Party Parliamentary Groups (APPGs), ensuring that the experiences of parents affected by prenatal diagnosis are better understood. Also delivering training across England, Jenny provided free or low-cost sessions for Deaf East community group, a professional study day in Birmingham and information talks for perinatal mental health teams.

Scotland: Before retirement, Karen delivered impactful training to healthcare professionals in Shetland, contributed to the Glasgow Regional Day, continued ARC's involvement in National Bereavement Care Pathway (NBCP) work and contributed to awareness-raising activities across Scotland.

We welcomed Zoe as our new Scottish Coordinator in December (see photo). Zoe has focused on building relationships with healthcare professionals, Fetal Medicine services and baby loss organisations. She also delivered training to the NBCP group and establishing training needs in hospitals from Dundee to Stornoway on the Isle of Lewis.



Wales: Key highlights for Miranda were chairing the TOPFA pathway as part of the new Bereavement Care Pathway in Wales, and delivering free student midwifery, and professional, training across Wales, with impactful feedback:

"The course provided me with valuable insight, reassurance and practical guidance that I will carry forward into my practice. Miranda was absolutely wonderful, delivering the programme with great confidence, empathy and professionalism."

**Professional attendee,
Abergavenny**

We are also delighted to appoint Nicola to our Coordinator for Northern Ireland role! We look forward to reporting on the impact of her role.

CONFERENCES AND RESEARCH IN 2025-26

ARC's online conference in October 2025, *Improving equity in antenatal testing and its consequences across the UK*, attracted over 200 delegates. Going online allowed us to encourage a greater regional attendance – our key strategic priority – and talks included topics such as progress in Northern Ireland, Wales, Scotland and England, as well as speakers who explored specialist support, research and policy. We were interested in what learnings delegates took from our programme, for example:

"To look again at what my trust is providing to support women who choose TFMR and for those who continue. [to] clarify when women are referred / seen and what support and information is provided."

Conference delegate
feedback



Our Liaison and Development Coordinator, Jenny made valuable connections with both professionals and bereaved parents at the Equitable Bereavement Care Conference, and attended the Association of Genetic Nurses and Counsellors Conference.

These were worthwhile opportunities to both hear and learn from peer charities and organisations, and increase awareness of ARC's services.

Hannah, ARC's Research Associate, presented posters and spoke at conferences across the UK. This included communicating uncertainty and supporting parents to the British Medical Ultrasound Society, and research into how AI tools respond to common questions ARC's helpline receives to the British Maternal and Fetal Medicine Society. The results of Hannah's research work informs ARC's healthcare professional training and supports the work of the helpline team.



For more on all our professional activities and training opportunities, scan the QR code