



# **Need to talk about sex and intimacy problems?**

**A specialist psychosexual service for  
people with cancer and their partners.**

## **The impact of cancer on sex and intimacy**

Relationship difficulties may arise following any cancer diagnosis and treatment.

The challenges of the disease and treatment (and its side effects) can impact on intimacy and the sexual aspects of your life.

This can sometimes feel difficult to discuss with your medical team so we offer a confidential space to seek support.

## **What does the service provide?**

An opportunity to explore how cancer has affected your intimate and sexual relationships.

A series of up to eight sessions for couples or individuals with a specialist psychologist.

Sessions take place at Dimbleby Cancer Care situated in the Cancer Centre at Guy's Hospital.

## **What sort of problems can we help with?**

- Body image issues following cancer treatment.
- Loss of interest in, or desire for, sex and intimacy.
- Problems faced following treatment that are connected with intimacy such as erectile difficulties, painful/uncomfortable sex or menopausal symptoms that may affect sexual functioning.
- Sexual and relationship issues with an existing partner or concerns around how it might be with a new partner.

## **How can I be referred?**

Any health professional involved in your care can refer you.

You or your partner can also refer yourselves to the service.

We accept referrals at diagnosis, during and after treatment, recognising that difficulties may take time to emerge.

The specialist nature of this service means that we are able to receive referrals up to five years after the end of your treatment.

## **How can I contact the service?**

You can contact us on the phone number or by email or by coming to the Dimbleby Cancer Care reception in person.



## Useful sources of information

### Macmillan Cancer Support,

**w:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Contact us

If you have any questions or concerns, please contact us, **t:** 020 7188 5918, Monday to Friday, 8.30am-5pm. Out of hours, please leave a message on our voicemail.

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, at

**w:** [www.guysandstthomas.nhs.uk/cancer-leaflets](http://www.guysandstthomas.nhs.uk/cancer-leaflets).

For leaflets on other conditions, procedures, and services offered at our hospitals, visit

**w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

The logo for Dimbleby Cancer Care is a blue rounded rectangle with the text "Dimbleby Cancer Care" in white. The text is arranged in three lines: "Dimbleby" on the top line, "Cancer" on the middle line, and "Care" on the bottom line.

**Dimbleby  
Cancer  
Care**

**Dimbleby Cancer Care** provides cancer support services for Guy's and St Thomas'. We have a drop-in information area staffed by specialist nurses and offer complementary therapies, psychological support and benefits advice for patients and carers.

Dimbleby Cancer Care is located in the Welcome Village of the Cancer Centre at Guy's,

**t:** 020 7188 5918

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am-5pm

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

**Leaflet number: 4895/VER1**

Date published: January 2020

Review date: January 2023

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A list of sources is available on request



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NHS Foundation Trust