

# Maintaining Intimacy

## can marriage ceremonies be arranged in the Hospice?

Yes, we are able to offer this, please ask to speak to one of our Chaplains.

## can other special occasions be arranged?

Yes, this may be possible but please speak to one of our Chaplains or another member of staff for more information.

*“The value of the personal relationship to all things is that it creates intimacy - and intimacy creates understanding and understanding creates love.” (Anais Nin).*

## organisations that can give you more information:-

[learnzone.macmillan.org.uk](http://learnzone.macmillan.org.uk)

[www.macmillan.org.uk/information-and-support/coping/relationships/you-and-your-partner](http://www.macmillan.org.uk/information-and-support/coping/relationships/you-and-your-partner)

if you have any more questions please contact:

**Sophie Lines**

Clinical Nurse Specialist Lead

or

**Complementary Therapies Office**

or

**Claire Tune**

Counsellor

**Large print version available on request.**

Phyllis Tuckwell Hospice Care

Waverley Lane, Farnham  
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The Beacon Centre,  
Gill Avenue, Guildford,  
Surrey GU2 7WW

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[www.pth.org.uk](http://www.pth.org.uk)

helping you stay...



Jenny - Therapy

February 2020



## What is the purpose of this leaflet?

*In our experience, illness can impact on the way you feel about yourself, how others feel about you and your intimate relationships. We like to give our patients and carers the opportunity to explore this aspect of their life. The purpose of this leaflet is to answer frequently asked questions about this part of a patient's care.*

### What can intimacy mean?

Intimacy is a normal part of life and can include cuddling, holding, hugging, kissing and time alone with family and friends. Intimacy also includes sexual relationships.

### Is there anyone I/we can talk to about my/our intimacy needs?

Yes, if an opportunity has not already been offered please talk to someone involved in your care.

### Who can I talk to if I need to discuss any specific worries and concerns?

You can ask a member of the nursing team who may then refer you to an appropriately trained person.

### Are patients given the opportunity to sustain intimate relationships?

Yes, we can arrange for you to have some private time together.

### Can my partner sleep with me in my room?

Yes this can be arranged, please ask a member of the nursing staff.

### Can my partner sleep with me in my bed?

Although we only have single beds, we can pull another alongside so that you can sleep next to your partner. Please ask if you would like us to arrange this.

### How can I ensure privacy with my partner?

Practical arrangements can be made to put this in place by making sure there are no interruptions. Please ask a nurse how this can be arranged. There are also "Do Not Disturb" signs provided in each room.

### Can my child/children stay overnight at the Hospice or in my room?

Yes, if under the supervision of a second adult. We have a separate guest bedroom or can put another bed into your room.

### Can I gain more information on how my medication may affect my intimacy needs?

A member of the medical staff will be able to advise you on this matter.

### Will all my questions be treated in confidence?

Yes, all questions will be treated in confidence and with respect and dignity.

*"It must be stressed that being sexual and expressing sexuality is more than just 'having sex'." (Cancerlink 1996).*