



## Thinking about becoming a TTPBuddy?

It's completely normal to feel a little nervous. Everyone does at first! But being a buddy isn't about having all the answers - it's about being there for someone who understands what living with (or supporting someone with) TTP can really feel like.

Whether you're a patient or a family member, your kindness, time, and understanding can make a real difference.

### Ready to take the first step?

You can sign up to be a TTPBuddy here:

It only takes a few minutes, and we'll help match you with someone who'll really value your support.



### Making that First Connection

Getting started is often the hardest part - but once you've said hello, it gets easier!

- Start with a friendly message or email to introduce yourself.
- When you're both ready, you could chat on the phone or via WhatsApp.
- Hearing a friendly voice or seeing a smile helps break the ice.
- Take it at your own pace - there's no pressure. This is your space to connect, not a checklist to complete.

### Agree What Works Best for You Both

A quick chat early on helps set the tone:

- How would you like to stay in touch - WhatsApp, text, email, calls?
- How often would you like to catch up?
- Are you happy to message in between?
- What feels comfortable to share?

Everyone's experience with TTP is unique. There's no right or wrong way to be a buddy - just listen, care, and be kind.

## Tips to Help You Connect

- Find out a bit about each other - where you live, your family, hobbies, or favourite foods.
- Share your TTP journey or experience supporting someone with TTP (only if you feel comfortable).
- Ask open questions to help the conversation flow:
  - “How did you feel when you first heard about TTP?”
  - “What helped you cope?”
  - “What’s been the hardest part?”
  - “How are things for you now?”
- After a few months, check in about how it’s going - reflect, adjust, and strengthen your buddy connection.
- If you need to change how often you catch up, that’s totally fine. Just talk about it. Being honest helps both of you.

## What Being a Buddy Is All About

TTPBuddies is about:

- Having someone to talk to who understands
- Sending and receiving friendly messages
- Sharing experiences and ideas
- Showing empathy and encouragement
- Pointing each other to trustworthy information

It’s the little things - a message, a listening ear, a bit of reassurance - that often mean the most.

## Keeping in Touch with TTPNetwork

From time to time, we may check in to see how things are going. We might also ask (if you’re happy to!) if you’d like to share your story to inspire others.

If you’re ever unsure about anything or want to share feedback, please email:

**[Buddy@ttpnetwork.org.uk](mailto:Buddy@ttpnetwork.org.uk)**

Thank you for being part of TTPBuddies - together, we’re helping no one feel alone with TTP.