

The TTPBuddy programme

Our community is only as strong as the people within it — and every shared experience, conversation, and act of support helps make us stronger together.



Whether you're considering becoming a buddy or asking for support, taking the first step can feel daunting. That's completely normal. But reaching out — or being there for someone else — can make a real difference.

The TTP Buddy Programme brings together patients and family members with people who genuinely understand the challenges of TTP — because they've walked a similar path. By supporting one another, we help build a stronger, more connected TTP community.

What is a TTP Buddy?

A TTP Buddy is simply someone who listens, cares, and understands. Not a medical professional, not a counsellor - just a real person with real experience of TTP, offering their time and kindness to someone who could use a friendly, familiar ear.

Buddies can be patients or family members. So can the people they support. Because TTP affects everyone around it, not just the person with the diagnosis.

Taking that first step

Whether you're reaching out for support or offering it, getting started is often the hardest part - but once that first hello has been said, it gets easier!

Connection begins with a simple, friendly message or email. When you're both ready, you might move to a phone call or WhatsApp chat.

Hearing a friendly voice or seeing a smile really does help break the ice. There's no pressure and no rush - take it at whatever pace feels right for you both.

Making it work for you both

Every TTP journey is unique, so every buddy relationship looks a little different. A quick conversation early on helps set the tone:

- How would you like to stay in touch - WhatsApp, text, email, face to face, facetime/ video call?
- How often would you like to catch up?
- Are you happy to message in between, or prefer scheduled check-ins?
- What feels comfortable to share?

There's no right or wrong way to do this. Just show up, be kind, and let the connection grow naturally.

Ready to Get Involved?

Whether you want to offer your experience as a buddy, or you'd simply love the support of someone who understands - we'd love to hear from you.



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

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