



What is TSA Outlook?

- TSA Outlook is part of the Tuberous Sclerosis Association
- It provides positive support and information for adults with TSC who are relatively mildly affected

What is the TSA Outlook Get Together?

Every year members get a chance to get away for a fun, active break. They:

- Stay for the weekend or join us for the day
- Meet other adults with mild TSC symptoms from across the UK
- Share experiences and talk about ways to manage TSC challenges

How does the TSA support the Outlook Get Together?

- Organises the weekend and sorts out the bookings
- Pays some of the hotel costs so Outlook members can afford to come
- Outlook Organisers and a specialist adviser come along too
- Outlook Organisers and specialist advisers do not supervise or manage the behaviour of members

Is the Outlook weekend suitable for YOU?

YES 😊 if you are over 18 and can

Travel independently and look after yourself away from home OR
Bring a friend or relative to help you

NO 😞 if you

Need a lot of individual support AND
Cannot bring a friend or relative with you

How to make the most of the TSA Outlook Get Together

- ✓ Come to all the activities during the weekend
- ✓ Make all members welcome
- ✓ Help new members make friends
- ✓ Be kind and respectful to everyone