



Pulmonary
Hypertension
Association UK



Hello,

Thank you for helping us to start conversations about pulmonary hypertension for **PH Day UK**.

As a rare disease, it's vital that we help more people discover what PH is, and how it affects those in our community. We need quicker diagnosis, and wider understanding of how it impacts those who live with it – and those around them too.

This kit is full of tools to help you start conversations for PH Day UK, which takes place on **Friday 6th November 2026**.

You can download more copies of everything in this pack by scanning the code below or visiting phday.phauk.org. Alternatively, drop us a line at hello@phauk.org and we will happily post you some extras.

***Thank you once again.
Together, we can make a difference!***

#WeNeedToTalkAboutPH
#PHDayUK



**SCAN TO VISIT
OUR PH DAY UK
ONLINE HUB**

**TURN OVER
FOR TIPS ON
USING THIS KIT**



How to use this kit



POSTER

Pin to a noticeboard in your community (supermarkets are usually very willing to help) or display in your window or door panel at home.



PHOTO CARDS

Snap a selfie and post it on your social media channels! You could get pets involved as models too. Choose a side to display and personalise with your own words in pen if you wish (we've left space for this just in case).



STICKERS

Peel and paste these where they'll be seen, to encourage people to scan the code to learn more about PH.



POCKET GUIDE TO PH

This handy little booklet opens out into a comprehensive introduction to PH. Keep it in your back pocket for when you get chance to start a conversation!



SHARING YOUR STORY

If you're comfortable to talk about your personal experiences with PH, contacting your local media is a really impactful way of raising awareness. This advice sheet aims to support you through the process.



HEAR THEIR VOICES

This compact leaflet contains links to interviews with people living with PH. Help them be heard by sharing with those around you.



HELP YOUR GP UNDERSTAND PH

This pack also includes items to send to your local GP practice - a letter which can be personalised (with information on the reverse) and a poster for them to display in their waiting room.

TOP TIP...

Why not ask if you can use a table at work or school to spread out the kit contents on **6th November**? Use the balloons to catch people's attention!

This kit is also perfect for displaying as part of a bake sale or coffee morning...

