Dear (name of MP)

My name is (your name) and I am a constituent living on (name of road) in (name of town).

I live with a rare medical condition called pulmonary hypertension (PH for short), a life-limiting disease that causes high blood pressure in the blood vessels connecting the heart and lungs. There is no cure, and some people require heart and / or lung transplants.

I am writing to ask if you will consider supporting an annual awareness initiative by the national charity Pulmonary Hypertension Association UK (PHA UK) by sharing a post on your social media channels.

**PH Day UK** takes place on **Friday 7th November 2025** and I’d really appreciate you posting on that date to show your support.

Some suggested wording is below:

*I’m supporting #PHDayUK, taking place today to raise awareness of the rare lung and heart disease pulmonary hypertension (PH). On behalf of my constituents who may live with this challenging condition, I ask you to take just 2 minutes to watch this short animation and find out more:* [***phauk.org/AboutPH***](https://www.youtube.com/watch?v=l37bBU_Yx34&list=PLj2hm05xEfKzFDmu1H9lN92xuR2rUJOXb&index=11)*. Remember – not all disabilities are visible!*

If you would like to tag the charity in your posts, you’ll find their handles below:

**Facebook**: @PULHAUK

**X:** @PHA\_UK

**Instagram:** @pha\_uk\_insta

**YouTube:** @pha\_uk

You can find out more about pulmonary hypertension and the PHA UK by visiting [www.phauk.org](http://www.phauk.org).

Thank you for reading, and I hope you feel able to support me in this way.

Kind regards

(Your name)