



It's vital we hear from people who have been on a journey.

We need your help to ensure that the research community keep patients and their families at the forefront of their work, and that we fund only the best research projects that will have the greatest impact.

We want to hear from everyone, including those from minority groups who are underrepresented in health research. We actively encourage individuals of all backgrounds to sign up to ensure our network speaks for the broader population of those affected by heart diseases.

Anyone over 16, living in the UK with experience of living with or caring for someone with a heart condition can sign up. You don't need any skills or qualifications to take part, just the desire to want a future free from heart diseases.

Make your voice heard



Sign up to our Patient and Public Network today by scanning the QR code or by visiting heartresearch.org.uk/ppn

Signing up is quick and easy. You'll receive a welcome email and we'll be in touch by email with opportunities based on the information you provided at sign-up. These opportunities will be clearly explained, and we will support you every step of the way.

If you have questions, or feedback for us, contact us by emailing info@heartresearch.org.uk or call us on **0113 234 7474**



YOUR EXPERIENCE, OUR SCIENCE:

Have you or your loved ones been affected by heart diseases?

Heart patients and their loved ones – people like you – are vital in driving progress against heart diseases. We are committed to involving people who have been affected by heart diseases across all areas of our work, particularly in research.



Join Heart Research UK's Patient and Public Network today.

heartresearch.org.uk/ppn

Tell us what our priorities should be

The Patient and Public Network (PPN) offers you the chance to improve the patient experience and quality of life.

We invite you to join the network, to help form our strategy, inform and guide our charity activities and the research we fund.

If you are living with or have had a heart condition, we want to hear from you. If you are a carer, friend, or family member of someone with a heart condition, please share your experiences with us.

Katherine McIsaac used her experiences to review and comment on medical research grant applications.



“I have gained confidence in joining the group and feel that my desire to help in some way has direction. It’s very important for patients and the public to be involved in research, so that the human story behind the research is represented. I believe that patients need more voices to advocate for them, improve patient pathways and provide more timely treatment”.

“I felt the discussion was well facilitated and my participation was encouraged and welcomed”.

Michael Kelleher
(Member of PPN)



Being part of the Heart Research UK Patient and Public Network is being part of something life-changing:

- Share with us the needs and priorities of people who live with heart diseases, and those who care for them
- Use your unique insights, experiences and perspective to advise researchers in the design and management of their research projects
- Assist us in the communication of research findings, cut through the jargon, using language that is clear, concise and accessible to help bring the research to life
- Be a critical friend and develop strategies, resources and projects that engage people

Why join the Patient and Public Network?

- Share your lived experience of heart diseases to influence the work of Heart Research UK
- Allow your voice to be heard and represent your communities to change things for the better
- Give something back, learn new skills, feel valued as part of a team
- Meet new people from a range of backgrounds who have been through similar experiences as you
- Improve self-esteem, confidence, and wellbeing

“I was slightly nervous before I joined the meeting. This was because my default position can be to imagine others would be far more educated, articulate, and confident than myself and I would feel out of place. However, that did not happen, and my experience of the meeting was a very positive one where the researchers were very welcoming and appreciative of my comments”.

Angela Lennon
(Member of PPN)



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