

A vibrant, colorful illustration of a young girl with dark hair in pigtails, wearing a yellow long-sleeved shirt and green overalls. She is smiling and holding a string attached to a green and white diamond-shaped kite flying in a blue sky. A small brown bird is also flying nearby. In the foreground, a large, fluffy white bear with a black nose and closed eyes is looking towards the viewer. The bear is surrounded by a field of colorful flowers in shades of red, blue, yellow, and pink. The background features rolling green hills and blue mountains under a bright, hazy sky.

How to Mend a Friend

Karl Newson

Illustrated by
Clara Anganuzzi

How to Mend a Friend





For Dr Kris Zegocki, Clinical Nurse Specialist Karen Bennett
and all the amazing NHS staff at Whipps Cross Hospital and
St. Bart's Hospital, London – Thank You! ~ K N

For Farheen, Rachel and Emilie. Thank you for the
countless years of love and support!

~ C A

How to Mend a Friend



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FSC DUMMY

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Karl Newson

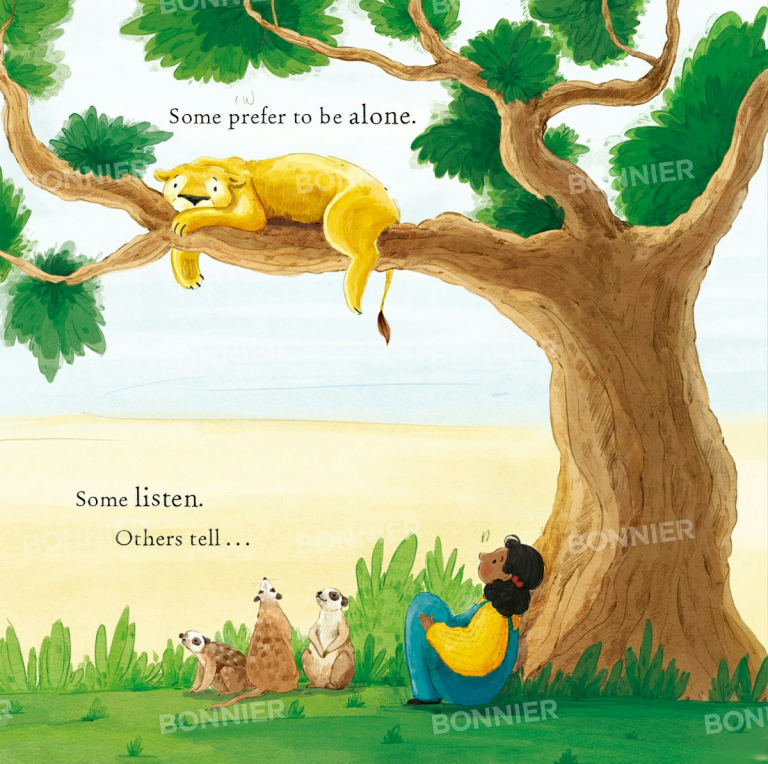
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Some friends need a great big hug



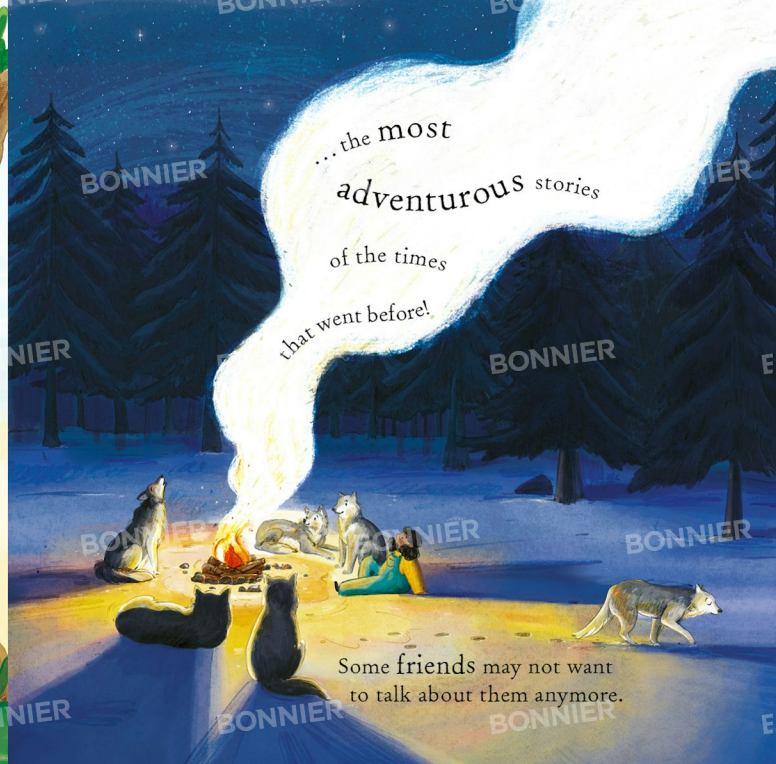
to help them feel well.



Some prefer to be alone.

Some listen.

Others tell ...



... the most
adventurous stories

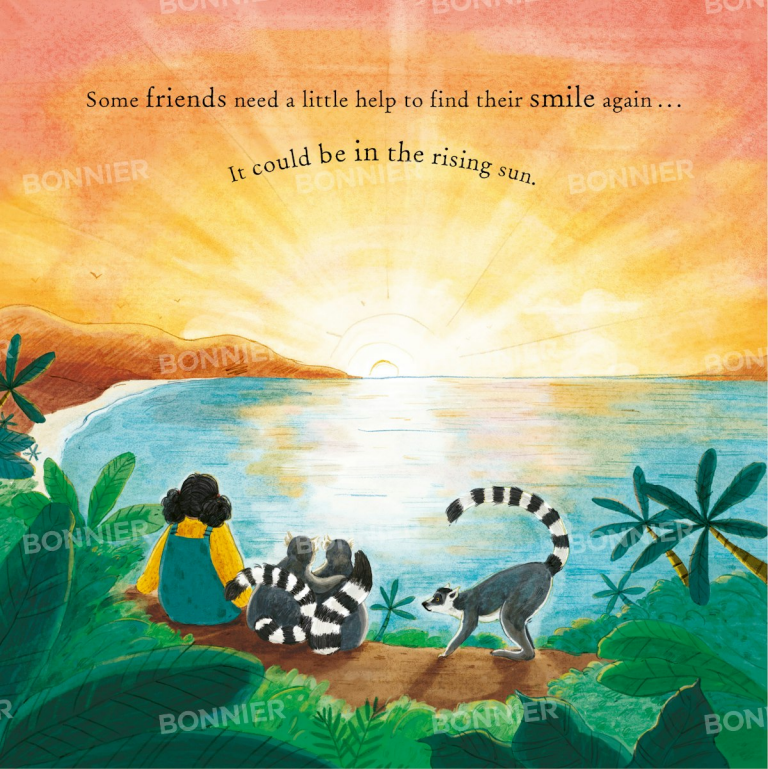
of the times

that went before!

Some friends may not want
to talk about them anymore.

Some friends need a little help to find their smile again ...

It could be in the rising sun.



It
might
be
in
the
rain.



Some friends like
to read a book,




and some friends
like a bath.



Some just
want to watch TV,




while others need
to laugh.

An illustration of a tree with several squirrels. One squirrel is on a branch, another is hanging upside down from a branch, and a third is on a log at the bottom. A girl with dark hair, wearing a blue top and yellow sleeves, is holding a long list of things. The background is a light yellow with green leaves and brown branches.

some friends

have a list of things

they'd like to try to do.

An illustration of a girl with dark hair, wearing a blue top and yellow sleeves, floating in the air with her arms outstretched. Above her, a lion with a large brown mane is lying on its back, looking up at her. The background is a bright yellow with a textured, brushstroke-like pattern. There are small blue and red butterflies scattered around.

Some friends will be happiest,
just to be with you ...

sitting, doing nothing much,
and saying not a word.

(Sometimes just a tiny smile
will let them know you've heard.)

Some friends keep a diary.



Some friends write a letter.



Some will sing their favourite songs to help themselves feel better.

Some friends say a flower helps a heart that has an ache.



Some prefer an ice-cream or a homemade chocolate cake.



Some friends don't want anything ... except to feel sad.



Some friends want for all the things they wish that they still had.



Some friends want to go back home.

Some may want to

SHOUT!

Some friends want
to keep it in,

while others let it out!

Some friends like to share their hearts
to show you that they care.



Some friends like to send a note,
to let you know they're there.

Some friends will be with you,
even if they are afar.



Some friends will be
there for you,
no matter where
you are.



Some friends will grow old with you.

Some may come and go.

Some will teach you things

about yourself you didn't know.

Some friends need a little **hug** to help them to feel good.

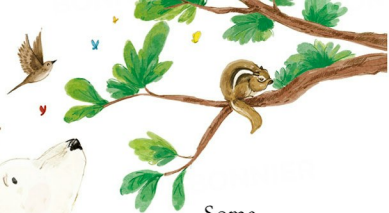


Some
friends
want to
run it
off...



around the neighbourhood.

Some friends want to fly away.



Some friends
want
to hide.




Some friends might want someone else.
But, still, they'll know you tried.

And maybe, in a while,
they'll be pleased that you were there ...



All of us are different.
Everybody.
Everywhere.



Some friends
need a lot of friends.

To help them see
things through ...

You can be the greatest friend
just by being you.

This story was written in the middle of my cancer treatment, when the days were a haze and the future was quite uncertain. Although it was one of the darker times of my life I found myself filled with a feeling of constant love and support from all those around me, from my partner who was there with me every single day (even when I was not there myself!), to my doctors, nurses and all the amazing NHS staff who lifted me up and found time to get to know me and enjoy a giggle in what were otherwise very strange and surreal days, to my family who filled me up with support and love, and to my friends of old and new who reached out from afar and gifted me with daily messages of support, and biscuits, and amazingly with what began as one, but soon grew into a whole herd of elephant illustrations that I will treasure for all my days.

This story is all those feelings I experienced, wrapped up in one, and sent with a great big hug. It's my 'Thank You' to them all for getting me through. I'd also like to say a special thank you to Clara Anganuzzi for bringing my words to life so wonderfully, and to the brilliant team at Studio Press for publishing me.

I hope the story helps anyone who needs it and reassures the reader that just being 'you' is as perfect as can be.

Karl Newson

