

A vibrant, painterly illustration of a young girl with dark skin and hair in pigtails, wearing a yellow long-sleeved shirt and green overalls. She is sitting on the back of a large, white, fluffy polar bear. The bear has a friendly expression with rosy cheeks and a small black nose. The girl is holding a string attached to a green and white diamond-shaped kite flying in the sky. A small brown bird is also flying nearby. The background features rolling green hills, distant blue mountains, and a bright, hazy sky. The foreground is filled with a variety of colorful flowers in shades of red, yellow, blue, and pink.

# How to Mend a Friend

Karl Newson

Illustrated by  
Clara Anganuzzi

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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

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FSC DUMMY

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Some friends need a great big hug



to help them feel well.

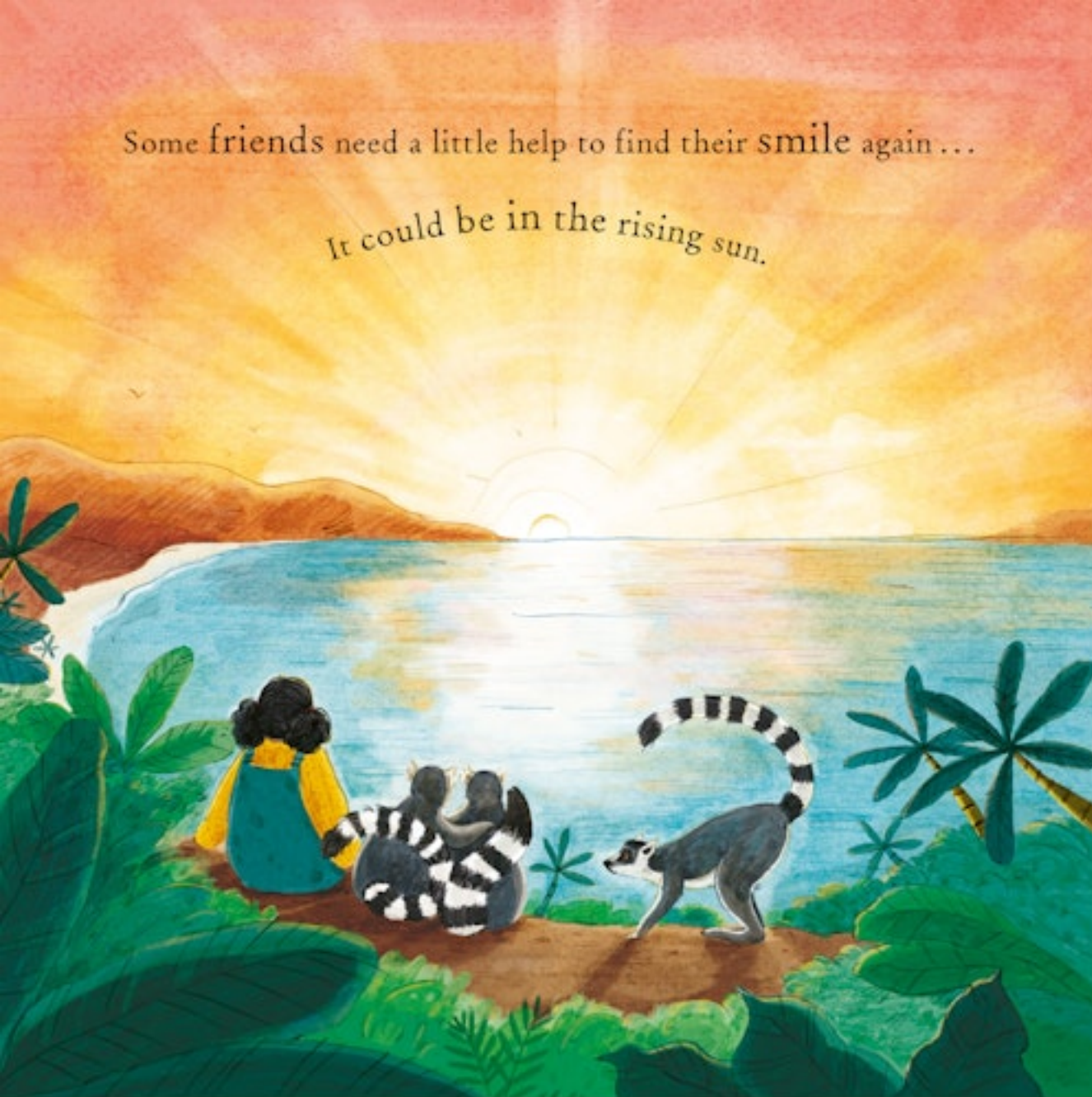






Some friends need a little help to find their smile again...

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 young girl with dark skin and curly hair, wearing a blue shirt and yellow sleeves, holding a long list of things. She is standing in a forest with large green leaves. Three red squirrels are present: one is perched on a tree branch, another is hanging upside down from a branch, and a third is sitting on a log in the foreground. The text is written in a simple, handwritten style.

Some friends

have a list of things

they'd like to try to do.

An illustration of a young girl with dark skin and curly hair, wearing a blue shirt and yellow sleeves, lying on her back on a yellow, grassy field. She has her arms raised and a smile on her face. Above her, a lion is lying on its back, also smiling, with its paws tucked up near its face. The background is a bright yellow field with small green and blue butterflies. The text is written in a simple, handwritten style.

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

