UK's Princess of Wales shares experiences of cancer

30th November 2026



Britain's Kate Middleton, Princess of Wales, has spoken openly in a 30-minute documentary about her battle with cancer. The film is called Heal. It follows Kate as she completes the Three Peaks Challenge, climbing the highest mountains in England, Scotland, and Wales within 24 hours. During the challenging climbs, money was raised for a cancer charity that is close to her heart. Kate hopes the film will encourage people to support others facing life-threatening illness. A royal official said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer and transform access to holistic cancer care which supports wellbeing, resilience and quality of life during and after diagnosis."

In the documentary, Kate spoke candidly about the emotional and physical impact of cancer. She announced her diagnosis in March 2024 and disclosed that she was in remission in January 2025. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, much deeper part to what a cancer diagnosis shifts in you." Kate described her hospital experience as a dark, scary and disorientating time. She explained that healing involved learning to live differently and finding hope despite uncertainty. She revealed that nature helped her recovery. She said: "Even when I physically couldn't get into nature, I imagined nature from my hospital bed."

Sources: theguardian.com / *cbsnews.com* / *nbc.com*

Writing

Speaking openly about illnesses is very important. Discuss.

Chat

Talk about these words from the article.

princess / speaking openly / documentary / cancer / challenge / mountains / illness / documentary / diagnosis / hospital / scary / healing / hope / uncertainty / recovery

True / False

1) There is a new hour-long documentary about a UK princess. T / F
2) The film is called Feel. T / F
3) The Princess of Wales climbed three mountains in 24 hours. T / F
4) The princess raised money for a charity she liked a lot. T / F
5) The princess first announced she had cancer five years ago. T / F
6) The princess said she had a comfortable experience in hospital. T / F
7) The princess said healing means living life as you have always done. T / F
8) The princess visualized being in nature from her hospital bed. T / F

Synonym Match

(The words in **bold** are from the news article.)

1.	**openly**	a.	effect
2.	**documentary**	b.	collected
3.	**raised**	c.	visualized
4.	**challenging**	d.	respite
5.	**resilience**	e.	demanding
6.	**impact**	f.	film
7.	**remission**	g.	the unknown
8.	**disorientating**	h.	strength of character
9.	**uncertainty**	i.	confusing
10.	**imagined**	j.	frankly

Discussion – Student A

a) What do you think about what you read?
b) How often do you speak candidly about things?
c) How would you deal with a serious illness?
d) How can we make hospital stays better?
e) Do you live a healthy life?
f) What can we do to make all cancer curable?
g) How healing is being in nature?
h) What questions would you like to ask the princess?

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Phrase Match

1. a 30-minute documentary
2. a cancer charity that is
3. support others facing life-
4. access to holistic
5. quality
6. In the documentary, Kate spoke
7. disclosed that she was in
8. a much, much deeper part to what
9. a dark, scary and
10. finding hope despite

a. threatening illness
b. cancer care
c. uncertainty
d. about her battle
e. remission
f. a cancer diagnosis shifts
g. of life
h. disorientating time
i. close to her heart
j. candidly

Discussion – Student B

a) What do you know about Kate Middleton?
b) Would you like to see Kate Middleton's documentary?
c) How important is it for famous people to talk about illnesses?
d) What do you think of Kate climbing the three British mountains?
e) What charities do you give money to?
f) What can we do to help cancer charities?
g) Have you ever gone through a process of healing?
h) What advice do you have for Kate Middleton?

Spelling

1. a 30-minute eydmoartncu about her battle
2. money was raised for a cancer rticyah
3. Kate hopes the film will enegucaro people
4. access to tislcohi cancer care
5. cnierilese and quality of life
6. during and after isiagdons
7. Kate spoke lcyanddi
8. the otlamenio and physical impact
9. disclosed that she was in esmirnois
10. a dark, scary and sogaiitertnind time
11. finding hope despite tytcainnuer
12. nature helped her oreevcry

Answers – Synonym Match

1. j	2. f	3. b	4. e	5. h
6. a	7. d	8. i	9. g	10. c

Comprehension Questions

Listen to / read the news article. Answer these questions. (Answers are on p. 27 of the 27-page PDF.)

1.	What is the name of the documentary about the Princess of Wales?
2.	How long did the princess have to climb three high mountains?
3.	What does the article say was close to the princess' heart?
4.	Who does the princess hope people will support?
5.	What does the princess hope to transform access to?
6.	When was Kate first diagnosed with cancer?
7.	What does Kate say cancer does to you?
8.	How did Kate describe her time in hospital besides dark and scary?
9.	What does Kate say people must find while they are healing?
10.	What did Kate imagine when she was in her hospital bed?

Speaking – Recovery

Rank these with your partner. Put the best things to help us recover from illnesses at the top. Change partners often and share your rankings.

- Medicine
- Exercise
- Nature
- Friends
- Art
- Support groups
- New hobbies
- Diet

Answers – True False

1	F	2	F	3	T	4	T	5	F	6	F	7	F	8	T

Answers to Phrase Match and Spelling are in the text.

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