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UK's Princess of Wales shares experiences of cancer – 30th November 2026

Level 4

Britain's Kate Middleton, Princess of Wales, has made a film about having cancer. It is called Heal. It follows Kate as she climbs the highest mountain in England, Scotland, and Wales within 24 hours. Money was raised for a cancer charity close to her heart. Kate hopes the film will encourage people facing illness. A royal official said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer."

In the documentary, Kate spoke about the emotional impact of cancer. She said she was in remission. She said cancer changes your body. She added: "There's a much, much deeper part to what a cancer diagnosis shifts in you." Kate said her hospital experience was scary. She explained that healing involved finding hope. She revealed that nature helped her recovery. She said: "I imagined nature from my hospital bed."

Level 5

Britain's Kate Middleton, Princess of Wales, has spoken in a documentary about having cancer. The film is called Heal. It follows Kate as she completes a challenge to climb the highest mountain in England, Scotland, and Wales within 24 hours. During the climbs, money was raised for a cancer charity close to her heart. Kate hopes the film will encourage people to support others facing 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."

In the documentary, Kate spoke about the emotional and physical impact of cancer. She disclosed that she was in remission. 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 said her hospital experience was dark and scary. She explained that healing involved 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."

Level 6

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."

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