

PICK

Looking After Mum: A Children In Need Special BBC1, 10.35pm

With an estimated 700,000 young carers in the UK, the makers of this film were presumably spoilt for choice when it came to finding three families to illustrate the challenges faced. But while their stories may not be unique, their courage is exemplary. For youngsters Tom and Joe, doling out medication for their mother, who has liver disease, is part of daily life. Elsewhere, 11-year-old Antonia-Rae is the sole carer for her stroke-afflicted mother, while Kashanna acts as her blind mother's eyes. ★★★★★