



Into That Good Night, C4, 7.30pm

Today's Highlights With Sharon Lougher & Larushka Ivan-Zadeh

Pick Of The Day Into That Good Night C4, 7.30pm

You can't help but be moved by what counts as a life-affirming moment for the group of terminally ill patients featured in this documentary. For Henry, it's cycling downhill with the wind in his hair; for Mark, it's sitting by the sea with a bag of chips. They're taking part in a group workshop in which they'll each have their portrait taken by a photographer – an action that provides the catalyst for a discussion about identity as they move into the last stages of their life. Gut-wrenchingly sad, but a valuable opportunity to gain a bit of perspective.

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