

Brought Up By Booze...

10.45pm, BBC1 ★★★★★

There are currently estimated to be 1.3 million children in the UK living with an alcoholic parent – something Calum Best knows all about. In this Children In Need special, the son of the late footballer George embarks on a very personal journey to explore the effect his father's drinking had on him as a child, and continues to have on him as an adult. Insightful, moving and, at times, unexpectedly uplifting; the surprisingly endearing Best Jr makes an empathetic and thoughtful interviewer.