

TENDER AND UPLIFTING

I watch so much TV that despite my flypaper mind, not an awful lot sticks. It can't – I'd go mad if my head couldn't release images of horrors like *You're Back in the Room* and *Up the Women*.

But occasionally I go home with a heart that is admittedly heavy, but which is also in a curious way, uplifted. *Raining in My Heart* (ITV Wednesday; not Wales or STV), Brian Woods's tender film about three children undergoing gruelling, pioneering cancer treatment, has stayed with me.

As have impressions of its three participants: Fabian (11), Sophie (12, right) and Chloe (three). They are just brilliant. Sophie has had her fourth leukaemia diagnosis, but she is indomitable, amusing herself for weeks on end in an isolation room at Great Ormond Street Hospital. But I won't tell you any more, just ask you, please, to watch.

