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Friday 21 Television

Pick of the day

Edge Of Heaven 9pm, ITV

Childhood sweethearts Alfie (Blake Harrison) and Carly are getting married, but when the latter bottles it at the altar, Alfie's flung back into the arms of his B&B-running family. Created by Stella scribe Robert Evans, everything from Alfie's outrageous grandma, to Adrian Scarborough's presence as Uncle Gary - and even Evans' Welsh tones (he plays Gary's boyfriend) - is a reminder that this is neither as sharp nor as winning as the very similar Gavin And Stacey, but the performances manage to lift it beyond mediocrity. *RA*

Student Nurses: Bedpans And Bandages 8pm, ITV

Training to be a nurse is changing: at present only a quarter of nurses have a degree, but that number is rising. This reality series follows students in Birmingham as they attempt to juggle jobs on the ward with their ongoing education, all the while trying to keep their home life intact. Tonight, former bed salesman TK starts his placement on a children's liver ward in Birmingham, while Aimee finds that working on a stroke ward brings with it heavy emotional baggage. *JR*

An Island Parish 8.30pm, BBC2

Last episode of the current series of a programme which manages to make curiously compelling television from the spectacle of decent, purposeful people quietly getting on with things. This final visit to the tiny Channel Island of Sark wonders how sustainable its determinedly self-contained nature might be; this is a place whose lack of cars, streetlights and sealed roads is a matter of local pride. But, if Sark became like everywhere else, would the tourists who fuel the island's economy still visit it? *AM*

8 Out Of 10 Cats Does Countdown 9pm, Channel 4

Jimmy Carr hosts another series of mash-ups between the teatime quiz and lairy panel show. 8 Out Of 10 Cats team captains Sean Lock and Jon Richardson get their thinking caps on

alongside guests James Corden and Jack Dee. Over in Dictionary Corner - where nine-letter words reign supreme - up-and-coming comic Joe Lycett joins Susie Dent, while Rachel Riley is assisted in the numbers game by Joe Wilkinson (Him & Her). For true Cats devotees, the latest series continues on Mondays at 10pm, too. *HJD*

BB King - The Life Of Riley 9pm, BBC4

Morgan Freeman narrates this tribute to the great American blues legend; so singular, it's claimed here, that you can recognise him after hearing just a single guitar note. Born Riley B King (this really is the life of Riley), the 88-year-old relates his momentous story: from witnessing the Klan lynch a young black boy in Mississippi, to having the governor of that same state declare a BB King Day, decades later. Meanwhile, everyone from Clapton to Barack Obama (with whom he jams) pays homage. *AJC*

