I leaned towards him to emphasise what I was saying. ‘And now you must forgive yourself and get on with being the best version of yourself that you can be. My mother used to say that to me when I was growing up. “Be the best version of yourself that you can be.” It’s only really now, talking to you, that I truly understand what she meant.’

‘May I say something please?’ said Ben in the pause that followed. We turned to him. ‘I know what it’s like to grow up without my daddy. I have Mummy and Granny and Ungrampa and I know they love me and I love them, but I can’t ever have my daddy back. You’re still alive. I think your daughter needs to know you love her. I think you should find her and tell her.’

Cameron withdrew, leaving our unlikely threesome to continue the therapy until way past Ben’s bedtime. I understood why he left, he wasn’t needed any more. I could handle the situation myself. When the time came to say goodbye, all three of us spontaneously hugged. An enormous burden had been lifted and the future would be somewhat easier to face for all of us.