

ell us about this documentary...
For me, what makes it fascinating is the fact that these men we follow are civilian individuals with no prior experience in terms of military life or war. It's literally like your own boyfriend or brother being asked to step up and fight the Russian army on the frontline – an unimaginable task.

What did you struggle with most? You always feel daft saying what you've struggled with while making a doc - it's nothing compared to what these guys are going home to. But I suppose it's emotionally tricky when you establish a genuine rapport with these men, and you know that some of them just won't make it. Also, at the time of filming I was jumping over fences eight months pregnant, which took a bit of navigating! [Stacey is now mum to baby Minnie, with her partner Kevin Clifton]. Did anything surprise you?

training to prepare for war is really very sobering.

What do you hope viewers will take away from it?

I hope people will realise that, honestly, none of us are completely guaranteed a safe life – or know what the future holds, and you have to imagine how you would like to be treated if you're forced to experience war and it suddenly became impossible for you to live in your own home, through no fault of your own.



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given this comparatively short - though incredibly intense -

The fact that they are only

Stacey had to have "uncomfortable conversations" ahead of filming, saying, "We had to ask, 'If they die before we broadcast, how would they like us to respond?"

