

Stacey follows Ukrainian civilians as Britain's Armed Forces provide intensive training in warfare

While there aren't British boots on Ukrainian soil helping to defend against the Russian invasion, we *are* playing a vital role in training the everyday men being sent to the frontline. And Stacey Dooley (above) has been following the intensive course held in the UK taken by Ukrainian recruits – including jeweller Artem, florist Mykola and welder Pasha (inset right) – as they prepare to enter their dangerous new world.

"These men are civilian individuals with no prior experience of military life or war – it's literally like your own boyfriend or brother being asked to step up and fight the Russian army. It's an unimaginable task," shares Stacey, 36. "I was genuinely curious how you prepare a florist to change his entire identity and equip him to kill the enemy. That's a monumental shift." Stacey was eight months pregnant with her daughter Minnie

at the time of filming and admits the show was hard to make.

"The overwhelming emotion is despair, honestly, because the situation is so cruel and bleak," she admits. "But it's necessary that the British public are aware of how we are contributing. Not just financially. What these civilians are taught by the Army could potentially save their lives, which feels pretty enormous."