

HOTLIST This week's 28 best shows

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Stacey Dooley: Lockdown Heroes

DOCUMENTARY BBC3 Online, from 6am As she isolates at home, Stacey Dooley reaches out to the heroes of the COVID-19 crisis, from a doctor on the front line to a man helping to feed Britain's homeless



The Great British Sewing Bee REALITY BBC1 HD, 9pm

It's Children's Week for the remaining 10 contestants. Among the challenges they face is transforming a sleeping bag into a fancy-dress costume! Joe Lycett hosts.



NHS Heroes

DOCUMENTARY C4 HD, 9pm NHS staff film their daily lives in the battle against coronavirus. As well as revealing their bravery and dedication, this one-off film also highlights the challenges that our health-service heroes face every day



Save Me Too DRAMA Sky Atlantic HD, 9pm LAST James and Suranne Jones reaches its conclusion, Nelly faces an impossible dilemma. All eos are on Sky Box Sets and NOW TV. Full listings start on p75

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