

HELENA MITCHELL

SPOTLIGHT 2456-0191-1820

Represented by: AKT Management.

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0790 9055 800

Vocal Range: E3 - C6 Height: 5'7" (170 cm)
Playing Age: 16-30 years Eye Colour: Blue-Green
Hair: Dark brown, Shoulder Nationality: British
Appearance: White
Training: Performance Preparation Academy (PPA)

Currently playing 'Dancer/Skin Artist/Ensemble' in 'Milkshake Monkey's Musical' in Channel 5's Milkshake UK and Ireland National Live Tour until November 2019.

STAGE CREDITS:

YEAR	SHOW		ROLE	DIRECTOR/PRODUCER/VENUE
2019	Milkshake Monkey's Musical	(UK National Live Tour)	Skin Artist/Dancer/ Ensemble	Derek Moran/ Mark Thompson Productions/ UK Tour.
2018	Sleeping Beauty	(Panto)	Sleeping Beauty	Bruce Strachan/Bill Fletcher/ Alhambra Theatre Dunfermline
2018	Kate and Mim Mim	(UK National Live Tour)	Mim Mim	Mike Newman Jr/MNJ Productions/UK Tour
2017	Snow White and the Seven Dwarfs	(Panto)	Snow White	Alison Kaby/Rare Pantomimes/The Elgiva Theatre
2017	Between a Man and a Woman	(Play)	Chris/Linda/Natalie	Scott James/James Arts Productions/The Lion and Unicorn Theatre
2017	Alice in Wonderland	(Play)	Caterpillar/ Ensemble/Cover White Rabbit	Charlotte Jacobs/James Arts Productions/ Bread and Roses Theatre, London
2017	History of Poole Maritime	(Comedy Musical)	Ipsum	Mary Dale/Idea Cabinet/Bournemouth
2017	When Strawberries Are Not Enough	(Musical)	Aofie	Wesley Henderson-Roe/1000 Day Productions/Hampton Hill Theatre
2014	The Legend of Notre Dame	(Musical)	Ensemble	Lewis Butler/London Theatre Workshop

VOICE OVER CREDITS:

2019	Veet TV commercial	(Voice Over)	Voice over Artist	Sandstorm Ltd / Tom Ward
2019	Data Voice Over	(Voice Over)	Voice over Artist	Tatata / Adam Rae

SCREEN CREDITS:

2019	Avon Commercial	(Commercial)	Rep 1/ Model	Spectrecom Films Ltd / London
2019	Sony Commercial	(Commercial)	Walk On	HMX Media / London
2019	Vodafone - Amazon Echo	(Online Promo Video)	Childminder	Kevin Morosky / We Are Social Ltd / London
2019	BBC Teach	(Educational Video)	Florence Nightingale	Toby Syers / Spectrecom Films Ltd / London
2018	Breathe - HR Video Campaign	(Online Promo Video)	Office Worker/ Swimmer	Neil Neenan/ No Magnolia Productions/ Reading
2018	Fathers Day Pizza Express	(Online Promo Video)	Daughter	David Campbell/Torrential/London
2017	River Island Goes Dating	(Online Video Campaign)	Dater	Jermy Irvine/The Best Bit Thinking Ltd/ London

OTHER CREDITS:

2019	Bhoid International	(Still Photos)	Model	Bhoid International / Cotswolds
2017	Seussical The Musical Jr	(Musical)	Choreographer	Dan Williams/The Barn Youth Theatre/ The Barn Theatre

SKILLS:

Accents & Dialects: (* = native) American-Southern States, American-Standard, English-Standard*, Essex, Irish RP, RP
Music & Dance: (* = highly skilled) A Cappella, Ballet, Classical Singing, Dance (general), Flute, Guitar, Harmony Singing, Jazz Dancing, Pas de Deux, Piano, Pole Dance, Soprano*, Street Jazz, Tap
Performance: Actor-Musician, Children's Theatre, Comedy Improv, Musical Comedy, Musical Theatre, Physical Theatre, Presenting, Skin Work, Voice Over
Other Skills: Animal Handling, Bartender, DBS (CRB) clearance, Devising, Drama Workshop Leader, First Aider (qualified), Improvisation, Musical Theatre Workshop Leader, Puppetry, Singing Teacher/Coach