SAINOU
LONDON

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Television

Role	*Title*	*Production Company*	*Director*
PC Mount (Series Regular)	MAYA	Channel 4/Two Brothers Pictures	Daisy Haggard & Jamie Donoghue
Poppy Gelders	THE BOMBING OF PAN AM 103	BBC & Netflix	Michael Keillor

Stage

Role	*Title*	*Production Company*	*Director*
Nora (Co-Lead)	NORA: A DOLL'S HOUSE	RCS	Katherine Nesbitt
Adriana	SQUEAK	Tron Theatre	Gary McNair & Héloïse Janjuad
Ianthe	THIS RESTLESS HOUSE	RCS	Becky Hope-Palmer
Mum	LET THE RIGHT ONE IN	RCS	Finn Den Hertog
Ranevskaya (Lead)	THE CHERRY ORCHARD	RCS	Hugh Graham
Vanessa	HERE IS GOOD	Bush Theatre	Will Byam Shaw
Hannah	ABOUT MONEY	Theatre 503 & Summerhall	Alex Kampfner

Workshops

Role	*Title*	*Production Company*	*Director*
Annette	TABLE 22 - AUDIO PLAY	HBS	Kate Anderson
Performer	VICKI MANDERSON MOVEMENT AT NTS	National Theatre Of Scotland	Vicki Manderson
Writer/Performer	SQUEAK	Off Kilter Festival - Tron Theatre	Gary McNair - Héloïse Janjuad
Sam	FAWN	Summerhall	Jess Brodie
Dani	YOU ARE NOW APPROACHING BRACKHAM-UNDER-SEA	Traverse Theatre	Katherine Nesbitt

Skills

Accents & Dialects (* = native) *London, Cockney, Essex, Heightened RP, Multicultural London English (MLE), Northern, RP

Languages: Portuguese

Music & Dance: Commercial Dance, Contact Improvisation, Contemporary Dance, Disco Dancing, Improvisation, Physical Theatre

Skilled: Audio Drama, Physical Comedy

Training:
ROYAL CONSERVATOIRE OF SCOTLAND, BA Acting, 3 years, 2023 - 2026
OPEN DOOR - ELEVATE, 2026

Location:Greater London, England, United Kingdom & Glasgow City, Scotland, United Kingdom
Gender: Female
Playing age: 25 years to 35 years
Height: 5 feet 4 inches (163cm)
Ethnicity or Heritage: Mixed