

Mark Jermin

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Venue No1, 995A Carmarthen Road,
Fforestfach, Swansea, SA5 4AE
Tel: 01792 458855
Email: info@markjermin.co.uk
Web: markjerminmanagement.co.uk



YellowBellyPhoto

Helen Chong

Location:	Greater London, United Kingdom, County Durham, United Kingdom	Ethnic Background:	Mixed
Height:	5'4" (162.6 cm)	Eye Colour:	Brown
Playing Age:	14 - 23	Hair Colour:	Black
Appearance:	Mixed Race	Hair Length:	Long

Helen is currently in the 2026 cast of My Neighbour Totoro at the Gillian Lynne Theatre, playing Satsuki Kusakabe.

Credits

2026, Stage, Satsuki Kusakabe, My Neighbour Totoro, Royal Shakespeare Company, Phelim McDermott
2026, Stage, Maureen/ensemble/puppeteer, Gerry and Sewell, Eastlake Productions/Aldwych Theatre, Jamie Eastlake
2025, Pantomime, Ensemble/Onstage Swing, Jack and the Beanstalk, Gala Theatre Durham, Jacob Anderton
2025, Television, Customer, The Family Secret, Channel 5, Andy de Emmony
2025, Stage, Dolly/Jasmine/Others, Dolly Peel: Rebel on the Tyne, Customs House, Georgie Rankcom
2025, Feature Film, Erin O'Shea, The Brook, Hazy Pine Pictures, Paul Stainthorpe
2025, Short Film, Rosa, Last Night, Green Lane Productions, Rory Norton
2025, Cabaret, Performer, Lasses: Kicking Ass and Touching Grass, Rosy Cheeks/Live Theatre Newcastle, Rosie Bowden
2025, Musical, Baby Bunny/Emel the Elephant, Hundred Feet Tall, Old Vic Theatre, Katy Rudd/Oscar Toeman
2025, Research and Development, Actor, You, Me and Whoever Comes Next, 3 Hearts Canvas/Patch of Blue Theatre, Alex Howarth
2024, Pantomime, Ensemble/Onstage Swing, Beauty and the Beast, Gala Theatre Durham, Rachel Glover
2024, Stage, Amy March, Little Women, York Theatre Royal/Pitlochry Festival Theatre, Juliet Forster
2024, Stage, Party Girl, Girlhood, Sam James Productions/Edinburgh Fringe Festival, Cecilie Fray
2024, Stage, Dina, Live Writes - 'Last Shot', Live Theatre Newcastle, Catriona Burnett
2024, Stage, Tin Braithwaite, Cassie and the Lights, Southwark Playhouse/3 Hearts Canvas, Alex Howarth
2024, Stage, Kelsey, 'Nosh Vouchers' - Haddaway and Write, Hooley Theatre/Gala Theatre Durham, Daymon Britton
2023, Pantomime, Ensemble/Onstage Swing, Cinderella, Gala Theatre Durham, Rachel Glover
2023, Short Film, Ella/Ava, Joint Enterprise Short Films, Meerkat Films, Katja Roberts
2023, Television, Nina, The Dumping Ground, BBC, Stephanie Zari
2023, Music Video, Dancer, Joe McElderry - Love, Matthew Tingle
2023, Stage, Understudy Cassie/Kit/Tin, Cassie and the Lights, 59E59 Theatres NYC/Patch of Blue Theatre, Alex Howarth
2023, Stage, Performer/Dance Captain, What Comes Next?, Guildford School of Acting, Gerry Tebbutt
2023, Commercial, Footballer, FIFA Online 4, Will Innes Smith
2022, Pantomime, Annie Turnip, Jack and the Beanstalk, Yellow Kangaroo, Alex Howarth
2022, Stage, A, Four Models in Bright Hats Think About the Future, Live Theatre Newcastle, Jack McNamara
2022, Voice Over, Girl #7, GDST Voice-Over, Lobster Creative,
2022, Educational, Nora, ELI Educational Video, Creative Listening, Will Liney
2022, Television, Jenny, Casualty, BBC, Judith Dine
2021, Pantomime, Swing/1st Cover Belle/Dance Captain/Ensemble, Beauty and the Beast, Jermin Productions, Mark Jermin
2021, Short Film, Featured Dancer, Burnt Toast and Cigarettes, Lone Pine Pictures, Paul Stainthorpe
2021, Educational, Niko, ELI Educational Video, Creative Listening,
2021, Stage, Keeley, Orca, Laurels Whitley Bay, Eilish Stout-Cairns
2021, Short Film, Amy, The Hermit, Sea Fox Films, Andrew Coats

Accents & Dialects: (* = native)

Durham*, Yorkshire, Geordie*, American-Standard, RP, Essex

Music & Dance: (* = highly skilled)

Singing (general), Choral Singing, Alto, Mezzo-Soprano, Contemporary Singing, Commercial Dance, Ballet, Jazz Dancing

Performance:

Musical Theatre*, Actor-Singer, Musical Comedy, Story Telling, Swing*

Sports: (* = highly skilled)

Netball*, Running, Yoga, Athletics

Other Skills:

Assistant Stage Manager (ASM)

Training:

Guildford School of Acting (Foundation Musical Theatre - 2022-23)

MTS College (2018-2022)