



Sam Frost *Avid Offline Editor*

Profile

Sam is an intelligent editor, highly passionate about her job and takes great pride in what she works on. She shines out as being particularly creative, being able to think on her feet whilst working to tight deadlines. She is a pleasure to work with, friendly and energetic and loves to come up with her own ideas. Sam has an excellent eye for a story, strong sense of narrative and one of her particular strengths is working with music.

Credits

“Interior Design Masters” Series 1 & 2. 4 x 60min. Ten fledgling designers are launched into the world of interior design. In each episode the designers are confronted with a new space to transform in an attempt to win the grand prize of a life changing design contract. Hosted by Fearne Cotton and series judge Michelle Ogundehin.
DSP for BBC2 & Netflix

“Hairy Bikers Chocolate Challenge” 1 x 60min. New series where the bikers oversee seven chocolatiers battling it out to have their own chocolate bar manufactured and sold.
TwoFour for C5

“Escape to the Chateau DIY” Series 3,4 and 6. Who better than Dick and Angel to lend a helping hand to chateau owners in France? Meet the Brits who are bringing their French châteaux back to life.
Kindling Media for C4

“Girls on Girls” 2 x 25min. Five young women who’ve never met, show each other their very different lives over 48 hours - exploring the idea of what feminism means today.
Little Gem for BBC3 Online

“Run it Out” 1 x 60min documentary film about the life of U.S. ultramarathon runner Robin Arzon, once held hostage in New York, and her run across Utah to raise money for MS.
Tara Darby Films

“Dr Jeff - Rocky Mountain Vet” 1 x 60min Observational Documentary. Dr Jeff Young is a charismatic hero treating a wide variety of animals in Denver and beyond. Straight-talking, warm-hearted and effortlessly cool, he’s one of America’s busiest veterinarians
Double Act for Animal Planet

“The Posh Frock Shop” 1 x 30min. Lighthearted docu-soap series following wedding dress designer Ian Stuar’s flamboyant clients & colleagues.
Nineteen 11 for Channel 4.

“Villager of the Year” Penelope Keith scours the UK to find the top village - story cutting and stitches
Reef TV for C4

“Extraordinary Lives” 1 x 60min. Documentary series following a group of volunteer British surgeons travel to Ethiopia to perform ground-breaking surgery on patients suffering with extreme facial deformities.

Captive Minds for Channel 5.

“Life in the Cosmos” 1 x 60min. Factual. Examining the possibility of life existing by examining the events leading up to the creation of Planet Earth.
Brooke Lapping for The Smithsonian.

“The Repair Shop” New series. An antidote to throwaway culture, The Repair Shop shines a light on the wonderful treasures to be found in homes across the country.
Ricochet for BBC2

“Baseball Republic” A taster for a documentary following the lives of children in The Dominican Republic who dream of playing major league baseball in the USA, as a means of escaping poverty.
Lil Thunder Films

“Liberty of London” 1 x 60min as part of a series which goes behind the scenes at Liberty, meeting the iconic department store’s unique customers and staff.
Rise USA for Channel 4

“Holiday Threesome” TX pilot. Three families with very different ideas of their perfect getaway share their holiday experiences in a bid to win a free trip to their dream destination. Studio Lambert for ITV

“The Undateables” 1 x 60min. People living with challenging conditions are often considered ‘undateable’ - this series meets a few and follows their attempts to find love.
Betty TV for Channel 4

“Made in Chelsea” 6 x 60min BAFTA award winning unscripted drama set in West London.
Monkey Kingdom for Channel 4

“The Great Interior Design Challenge” 3 x 60min. The search for Britain’s best amateur interior designers. Working in a variety of architectural styles, the contestants have three days to impress both the judges and the homeowners. Studio Lambert for BBC2

“Great British Railways” Series 7. 4 x 30min. Michael Portillo shares his love of trains throughout the UK. Boundless Productions for BBC1

“Life on Marbs” 2 x 60min. Series following a cast of characters including club owners, housewives and millionaire bachelors, to discover what life is like in the southern Spanish resort. Lime Pictures for ITVBe

“Benefits by the Sea - Jaywick” 2 x 60min. Observational documentary following the people living in the UK’s most deprived. Spun Gold for Channel 5

“Taking New York” Pilot for 8 x 60min constructed reality series which will chronicle the lives of a group of twenty-something British friends striving to make their American dream come true. Two Four for E4

“Your Home in Their Hands” 1x60mins. Two families stuck in a style rut allow amateur designers free reign of their home, under the watchful eye of Celia Sawyer.
BBC One

“Food Inspectors” 1 x 60min. Matt Allwright and Chris Hollins follow the work of food inspectors as they protect the nation from rogue restaurants and poisonous food.
Betty TV for BBC1

“Bear Grylls Ultimate Survivor”. 2 x 30min. Bear Grylls returns to the channel recounting stories of amazing survival by ordinary people.
Betty TV for Discovery

“Britain’s Best Bakery” Series 1 & 2. 2 x 60min. A competition celebrating the wonderfully diverse bakeries of the UK. Shine TV for ITV

“Don’t tell the Bride” series 6 & 7- 3 x 60min. A groom must organise every detail of his wedding. Renegade for BBC3

“Winter Road Rescue” series 1 & 2 - 3 x 60min. Following the people who keep our roads open no matter what the weather, featuring Highland Council snowplough drivers and the RAC. Special Edition for Channel 5

“Obsessive Compulsive Cleaners” 2 x 60min. Following people who cannot stop cleaning, and explores how that affects their lives. Betty TV for C4

“Jade’s Legacy - The Fight Goes On” 1 x 60min. Five women suffering from different stages of cervical cancer tell their stories and highlight awareness of symptoms and testing. Smoking Pony for Sky Living

“This is Lionel Richie” 4 x 5min. VT inserts for concert celebrating the launch of a new album. London Studios for ITV

“The Hoarder Next Door” Extreme hoarders are treated with psychotherapy and alternative methods in an attempt to cure them of their habit. Twenty Twenty for Channel 4

“Coach Trip” 1 x 24min. Passengers experience challenges in European destinations and fight to stay aboard the coach with Brendan their tour guide. Twelve Yard for Channel 4

“The Restaurant Inspector” 1 x 60min. A Manager of The Ivy, Fernando Peire attempts to change the fortunes of a failing restaurant in just one month. Fresh One for Channel 5

“My Super-sweet World Class” 1 x 30min. An American teen organises a show stopping party of a lifetime. Maverick for MTV.

“Worlds Strictest Parents” 1 x 60min. Rebellious British teens experience discipline for the first time by living with a family in India. Twenty Twenty for BBC3

“Showboaters” 4 x 60min. Following the luxury cruise liner Thomson Dream around the Caribbean. 10 hopefuls compete for a place with the on board professional showteam. Fresh One for SKY ONE

“Show Me the Monet” - 2 x 45min. Professional and amateur artists put their work before a prestigious panel of art critics. Only the select few make it through to an exhibition at the RCA, where celebs, collectors and gallery owners can buy their work and spot new talent. Lucky Day for BBC2

“100 Years of Us” “11 x 8min- Archive VTs. In the week of the 2011 census, a look back at the changes over last 100 years, as seen through the eyes of unique individuals. Twenty Twenty TV for BBC

“Saints and Scroungers” 7 x 45min. Benefits frauds exposed by Dom Littlewood, and a look at the people who help those most in need. Flame TV for BBC1

“Mad about the house” 1 x 60min. A young couple with a house desperately in need of a makeover are given £10K - but the girl must move out leaving her bloke to make the decisions. Renegade for BBC3

“Trawler Wars” 1 x 60min. Following the lives of trawler men from Devon and Cornwall as they take to the seas during one of the harshest winters on record. Ricochet for Discovery

“Heir Hunters” series 4. 4 x 60min. Experts track down unknown beneficiaries to potential fortunes. Flame TV for BBC1.

"Restoration Roadshow" 6 x 30min. People bring antiques for restoration by top experts, plus an insight into major conservation works undertaken at Britain's stately homes. Transparent TV for BBC2

"Fast and Dangerous" - 5 x 30 min. A high octane, adrenaline fuelled action as Britain's cops track down ruthless car criminals. Folio TV for FOX USA.

"Crisis, Claims and Cons" 4 x 45 min. The stories behind the insurance claims. Flame TV for BBC1

"The Best House on the Street" 3 x 60min. Charlie Luxton helps homeowners achieve architectural transformations of their homes, includes creating a life-size 3D model of their property. Red House for C5

"Trinny and Susannah Meet Their Match" 2 x 60min. The nation fights back - the fashionistas are put on trial by 'The Country Ladies' and 'The Sexbombs'. ITV productions for ITV

"Katie and Peter the Next Chapter" Daily lives of Katie Price and Peter Andre and family revealed. Can Associates TV for ITV2

"Heir Hunters" Series 2- 4 x 60min. Tracking down unknown beneficiaries to potential fortunes. Flame TV for BBC1

"Kerry Katona Crazy in Love" 1 x 30min. Following ex-Atomic Kitten Kerry and her family. North One TV for MTV ONE

"How to Look Good Naked" 1 x 60min. Gok helps one woman to appreciate her body and strut the catwalk. Maverick for Channel 4

"Britain Sings Christmas" 1 x 30min. In search for top ten Christmas songs & training a celebrity choir. Endemol for ITV

"Celebrity Scissorhands" Celebs train with Lee Stafford and style the public (Children in Need). Endemol for BBC3

"60 Minute Makeover" 5 x 60min. Homeowners surprised by speedy transformation of their house. Granada Media for ITV

"Big School" 23 x 10 min. Follows a class of 4/5 year olds in their first school term Sixth Sense for Channel 5

"The Clothes Show" Inserts for fashion, hair and beauty magazine show. Shine for Living TV

"Shipwrecked-Hutcam Diaries" 2 x 30 min. Two desert island tribes compete; true feelings revealed in the hutcam. RDF for Channel 4

"Comic Relief does Fame Academy" Behind the scenes shows CBBC / BBC3

"House of Horrors" - 2 x 60min. Jonathan Maitland catches conmen and rogues red-handed Granada Media for ITV

"Make Me A Supermodel" A nationwide search for next Kate Moss, hosted by Rachel Hunter. Tiger Aspect Channel 5

"Showbiz Darts Extra Arrows" 9 X 25 min. Celebrities compete in knockout at Lakeside. TWI for Challenge TV

"Biggest Loser" 2 x 60min. Where 12 overweight people compete to shed the pounds. Shine for Living TV

"I Want It Now" 1 x 30 min. A quirky look at the pros and cons of 4x4 gas guzzlers
Silver River for BBC1

"Kitchen Showdown" 4 x 60min. This is about 2 families that learn to cook with Rosemary Schrager, & compete for a prize. RDF for UKTV

"Secret Life of the Gym" - 3 x 30min. This follows different characters that live outside gym and spas. Leopard Films for UKTV

"Natural Born Dealers" (editor / producer)" 4 x 50min. Teams competes to profit on auction purchases. Leopard Films for Channel 4

"Missing" Following the work of Lambeth Missing Persons Bureau.
Leopard Films for BBC

"Queer Eye for a Straight Guy (editor / producer)" 10 x 50min. The Fab 5 transform a straight bloke.
Viadigital Living TV and NBC (USA)

"House Doctor A-Z" 6 x 25min of the successful home makeover show
Talkback Thames TV for Channel 5

"Chelsea Tales" - 4 x 60min. Exploring the lives of various diverse Chelsea residents.
Tiger Aspect for BBC2

"The All-star Animal Awards" Awards ceremony hosted by Mel B (inserts for event)
Michael Hurl TV for ITV -

"Pop Idol" nationwide search for a star. (Involved in early stages and set-up of job)
Pearson TV for ITV

"Reps In Ibiza" 4 x 60min .Follows holiday reps over the summer season in Ibiza
Tiger Aspect for Sky One

"Future Now" 12 x 30 min. A documentary about items of the future plus inventors' competition. Action Time for ITV

"Ripley and Scruff" 10 x 20 min. A programme for 5-6 year olds featuring two trolls.
The Children's' Company for ITV

"Disney time Easter Special" 3 x 60 min. archive, classic cartoons & features from Disneyland Paris. Disney for BBC1

"Network Heroes for Sky" - first ever pay-per-view concert in the world (featured interviews)

"THE MILLENNIUM EXPERIENCE" 60 x 1min. A documentary about the building of the Dome featuring archive material. Caribiner for BBC1

PROMOS

PRODUCER / EDITOR

"Hot Yoga with Paul" 2016 promoting yoga retreat in The Algarve
Mayflower Films for yogawithpaul

"Bulldog" taster for new prime time show
SO TV for ITV

"Jackie Hollywood and Arkansas Cop" 2 x tasters
Argonon for Discovery

“Soulbreath Retreat” 2015 promoting yoga retreat in Valle de Vida, Spain
Mayflower Films for Rise and Shine

“Don’t Tell the Bride” series tease 2015
Renegade for BBC3

“The Whiskey Show 2013” - highlights film for website
Subseco for the Whisky Exchange

“Subseco for Fab Tips” - Laura Ward Ongley meets top beauty experts and reveals insider tips in her own online TV channel on the Fab Tips website.
Fab TV

“Live Music Now” 3 min film highlighting the work of the charity for LMN website.
Media Trust Untold Stories

“Target Ovarian” - 2 min online campaign raising awareness of symptoms
Smoking Pony

“Subseco for Simple” - 5 min, promoting glowing skin through healthy lifestyle and products.
Simple Skincare Academy

“Super Sister”- music video ‘Shopping’
T2K

“Discovery People - UK & SOUTH AFRICA” -14 x 6 min, profiling individuals with extreme or unusual occupations including great white shark fanatic, mountaineer and freediver.
Network Heroes for Discovery

“The House”- daily DIY show / also prog links for DHL
Network Heroes for Discovery Home & Leisure

“Miscorsoap”- 12 x 30min featuring dysfunctional family
Disney Channel

“This is Five” first hour on air for Channel 5 featuring ‘The Spice Girls’.
Network Heroes for Channel 5

“Adventure One”- 30 x 6min docs following six strangers through unusual mental, physical and moral challenges.
Network Heroes for National Geographic / Adventure One channel launch

TNT

FOX KIDS

PLAYBOY FREEVIEWS

TRAVEL CHANNEL Rebrand

C5 ON AIR PROMOS - movie promos for first 2 years on air.

PARAMOUNT ON AIR - including Promax gold award for ‘Comedy is Paramount’ campaign.

GRANADA GOODLIFE CHANNELS - Launch and sales tape

ANIMAL PLANET - Channel Launch

PARAMOUNT COMEDY - Channel Launch

ITV SALES TAPES

DRAMA

“SEEING DOUBLE” - 13 x 30min. Staring S Club 7 19 for general cinematic release.

VIVA S CLUB 13 x 30min starring ‘S Club 7’.
19 Television for BBC1 and ABC

On Air Promotion

Producer / editor / scriptwriter

PARAMOUNT CHANNEL - including **PROMAX GOLD AWARD** for best campaign with 'Comedy is Paramount' cross channel promos 1999

ANIMAL PLANET, CHANNEL 5, RTE, DISCOVERY CHANNEL, DISNEY CHANNEL, FOX KIDS, GRANADA GOODLIFE, ADULT CHANNEL, ARTSWORLD, PLAYBOY, TRAVEL CHANNEL, TNT