

Trott and Jennings (Cara Jennings and Sophie Trott)

Writers, Performers, Theatre Makers

*** Following a sell out run of their their new live double act show, 'The Astonishing Adventures of Kitty and Peg' at the Hen and Chickens, in 2024, Trott and Jennings are **Associate Artists** for 2025 at NPO Proteus Theatre, touring Nationally in Spring 2025 ***

Television

Hendrix and Handel, Prod. Lucy Lumsden, Yellow Door/Sky Arts, TX: Oct. 2020 [Short Reel](#)

Live Work

The Lock Asylum, directed and devised by Trott and Jennings, for the MA acting showcase DSL, Courtyard Theatre, July 2024 [Selected photographs](#)

The Astonishing Adventures of Kitty and Peg, Prod., written, performed by Trott and Jennings, Hen and Chickens, Jan 2024 (developed in residency at Morley College) [Short Reel](#)

Can I Have A Word, Live Improvised Musical Format, Theatre Deli, 2023

Moll and the Future Kings, (Trott, improviser) Shakespeare's Globe, 2020

Supper Club, Omera as part of The Collective, Sep 2017

Stray, Proteus Theatre and Etcetera Theatre, (shortlisted, Papatango Theatre Prize), 2016

There's Nothing Funny About Horses, Proteus Theatre, Prod. Trott and Jennings, 2015

Residencies:

London School of Economics (2021), Morley College (2023), Proteus Theatre (2025)

Audio Drama and Comedy Drama

'*The Poor Olympics and the Flying Housewife*', BBC Radio 4, Prod Cara Jennings, 2024

'*Educating Daisy*', TellTale, Audible, Prod. Jago Lee. 2022/23 (Additional Material)

'*The Lock*', Historical Drama, LSE Economic History Dept/Morley College Radio, 2021

(Cara with Sean Grundy): '*Ready Player Marx*', BBC Radio 4, Prod. Liz Anstee, CPL, 2021

(Cara with Sean Grundy): '*How To Burn a Million Quid*', BBC Sounds, Prod. Boz

Temple-Morris, 2019

Audio Comedy in Development

'*Along Came Poly*', Handdrawn, Prod. Sean Grundy, 2024

Television Comedy in Development

Be More Tom, Prod. Anil Gupta, for Sky TV, 2023

Red Squares, Prod. Arabella McGuigan, Polestar Films, 2022

Gems, Prod. Lucy Lumsden, Yellow Door, 2021

Guitar Ladies, BBC Studios & Yellow Door, Prod. Sam Ward & Lucy Lumsden, 2018

Skin and Blisters, Citrus Television, Prod. Anne Henry/Caroline Norris, 2017

Web Comedy

Stain Doctors, Dir. Jaj Yagnik, Prod., written, performed by Trott and Jennings, 2022

The Littlest Boho, Nerd TV, Prod. Jago Lee, Sean Grundy, Trott and Jennings, 2015

(Raindance Discovery Award 2016) <https://thelittlestboho.com/>

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