

Born and raised on the South Coast of England and now dwelling in North London, Lauren has worked with a variety of fantastic companies including Fox USA, Sky 1, Red Productions, The Park Theatre, MI6 and Zoo Co Theatre Company amongst others, both on stage and screen.

Mostel recently Lauren can be seen in hilarious new BBC3 comedy, Oi, Pussy! Part of BBC3's new sets of Threesomes, Oi, Pussy! combines London estates with streetwise cats and CGI as cats begin to go missing. Lauren plays cat owner Georgia who's fancy feline is not happy about living south of the river.

After winning the Masterclass Choice with her own self written piece 'The Trial' at Triforce's Monologue Slam at Theatre Royal Stratford East, Lauren joined forces with seven other previous female winners to write Slam Speeches. 35 monologues for people of all ages and backgrounds perfect for auditions, slams and monologue practise. Slam Speeches is currently available on Amazon.

Lauren is also and vibrant stand up comedian having made it to the Semi Finals of the Manford Comedy Club New Comedian of the year 2020 but never got to the final because of The Rona. She'll soon be taking her honest and uplifting tales of being a big, brown girl from the seaside around the UK's stand up comedy circuit.

Links : [www.laurendouglin.com](http://www.laurendouglin.com)  
[www.twitter.com/laurendouglin](http://www.twitter.com/laurendouglin)  
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