

Sonny Bell

Grip Trainee (Film & Television)

Based in: London, UK

Phone: 07702880061

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Driving Licence: No, but willing to travel regardless

Physically fit • Long hours • Reliable

Motivated and hard-working Grip Trainee eager to learn the craft of grip work in film and TV. I try to bring a strong work ethic, positive attitude, and willingness to take direction. Adaptable on set, reliable under pressure, and focused on learning correct techniques, safety practices, and professional set etiquette.

SET EXPERIENCE

Grip Trainee

“Schooled” Channel 4

(06/08/2025) - (08/08/2025)

Key Grip - Wolf Wasserman

- Assisted the Grip Department with equipment handling, setup, and breakdown.
- Helped maintain safe, tidy working areas on set.
- Took direction from Key Grip and adapted quickly to changing needs.
- Gained hands-on experience with grip equipment and set workflow.

Grip Trainee

“YOU'RE ON IT” STINK FILMS

(25/09/2025)

Key Grip - Dan Huntley

- Assisted the Grip Department with equipment handling, setup, and breakdown.

- Helped maintain safe, tidy working areas on set.
- Took direction from Key Grip and adapted quickly to changing needs.
- Gained hands-on experience with grip equipment and set workflow.

Grip Trainee

“The Pearly” Lemon Media

(02/11/2025) - (06/11/2025)

Director - Geoff Bell

Key Grip - Jamie Monk

- Assisted the Grip Department with equipment handling, setup, and breakdown.
- Helped maintain safe, tidy working areas on set.
- Took direction from Key Grip and adapted quickly to changing needs.
- Gained hands-on experience with grip equipment and set workflow.

ADDITIONAL EXPERIENCE

Loading Equipment into trucks

(13/08/2025)

Key Grip - Callum Watt

- Assisted the Grip Department with loading and organising equipment onto a truck/Van
- Handled with care and safely.

AVAILABILITY

- Flexible availability
- Willing to work long days, night shoots, and travel

REFERENCES

Available upon request