

Mika Simmons

Award-winning film maker and host of podcast THE HAPPY VAGINA.

BIOGRAPHY

Mika Simmons is an award-winning film maker and actress, founder of the *Lady Garden Foundation* and host of newly launched podcast, *The Happy Vagina*.

In 2013, her friend and neighbour, Doctor Susannah Banerjee, became the head of oncology for gynaecological cancers at The Royal Marsden and asked Mika to support a research project into better treatment of these cancers. Having lost her Mum to Stage 4 Ovarian Cancer aged just 54, Mika agreed immediately on the proviso she could also create an awareness drive for all women to know more about their health and the symptoms of these cancers. She founded the *Lady Garden Foundation* which has raised over £1,000,000 for gynaecological research and awareness and has support from likes of Cara Delevingne, Naomi Campbell, Charlotte Tilbury, Princess Beatrice, Ellie Goulding, Dame Joan Collins, Catherine Zeta Jones, Margot Robbie, Alexa Chung, Arizona Muse and Amanda Wakely to name a few.

Mika's latest project, *The Happy Vagina* is a podcast showcasing a huge variety of heartfelt, honest, uplifting, fun and personal experiences. In a world where the word 'vagina' can feel taboo or make some feel uncomfortable, *The Happy Vagina Podcast* opens up a dialogue about fundamental issues, experimentation and lack of education around women's experiences and gynaecological health; aiming not only to educate but also entertain and enlighten listeners in a supportive and empowering way. Episode guests include an array of fascinating, multi-faceted women, including the likes of Bryony Gordon, June Sarpong, FGM campaigner Hibo Wardere and *Sex Education's* Aimee Lou Wood and Tanya Reynolds. They will be discussing their formative years and current relationship with their vaginas, bodies, periods, sex and getting tested. *The Happy Vagina Podcast* recently broadcast two episodes LIVE from the all-female owned and run AllBright Private Members Club, one of which was co-hosted by Chloe Delevingne.

Mika is a phenomenally captivating orator. She possesses an unmatched capability to relate to and understand women, and is a poised and self-assured interviewer who, when necessary, brings a great sense of fun to any interview.

As an actor and film maker, Simmons has worked on a diverse range of creative projects for stage and screen, including *Frenchman's Creek* (ITV), *Unforgotten* (ITV/PBS), the BAFTA award winning *Falling Apart* (Ch4) and Film London's *Balcony*, which won the *Crystal Bear* at the *Berlin Film Festival* in 2017. Mika's directorial debut *Rain Stops Play*, starring Imogen Waterhouse and Tara Fitzgerald, won the *Silver Remi* for *Best Comedy* at the *Houston Film Festival*, and it has been nominated at a further three festivals. Most recently, she can be seen in Dictynna Hood's *Us Among The Stones* also starring Laurence Fox which was in competition at the *BFI London Film Festival* in October 2019.

In 2017 Mika was chosen as one of 40 inspirational British women to front *L'Oréal Lancôme's powerful women campaign*. Mika is also a co-founder of *Mental Health Mates*, a community support project started by Bryony Gordon.

