



FRAN ROCHE

FREELANCE JOURNALIST

OVERVIEW

I'm a freelance award-winning journalist in my final year of University, studying Multimedia Journalism on a BJTC accredited course at the University of Northampton.

Date of Birth: July 5th 2004 (age 20)

Based: Northampton

CONTACT

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SKILLS

- Completed modules on writing for online and magazines
- Industry approved software - Myriad, ENPS, INEWS, Dira, Highlander
- Social media and SEO, live blogging
- Editing - Adobe (Premier Pro, Audition etc),
- TV and Radio presenting - voice trained and live commentary skills
- Producing and interviewing
- Broadcast Gallery - Vision Mixing, Sound, Auto Cue, Director
- Article writing
- Knowledge of Ofcom regulations, passing all media law exams
- Knowledge of the court system

EDUCATION

The University of Northampton

Multimedia Journalism

2022 - 2025

- BJTC accredited course

Also...

3 A levels and 10 GCSEs, including English and Maths

CAREER EXPERIENCE

Northampton South MP Internship (February 2025 - March 2025)

- Creating reports and presentations on ways to promote his personal brand
- Worked closely with the community to listen and learn about their needs

WORK EXPERIENCE/PLACEMENTS

ITV Anglia + NLive Radio - The 2024 General Election

- **Received Silver Award at the Community Radio Awards 2024**
- Event Filming for ITV Anglia
- Live radio reporting for NLive Radio

Channel 4

- Auto cue for lunchtime show
- Researched for bulletins and evening programme

ITVX

- Creating video explainers
- Shadowed Editors and Gallery Team

BBC Northampton

- Breakfast Show Producer
- Keith Bernie Show Assistant Producer
- Wrote bulletins and edited clips for BBC Website

MyLondon

- Wrote articles
- Attended court proceedings
- Filmed and Interviewed in local boroughs

Radio LaB - Bedfordshire

- Live Presenting
- Live Sport Commentating
- Producing and Interviewing

NLive Radio - Northamptonshire

- Assistant Producer
- Brought on guests to the show
- Read morning bulletins

Darkside Developments - Barnsley

- PR for their deisel company
- Interviewed for their upcoming racing event

UON News - US Election

- Live presented the show (10pm to 4pm)
- Interviewed guests and journalists
- Created TV package on Lying in an Election