



The Incredible World of Jamie Neale

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Brands: American Vintage, Guidinde, Pam & Gela.

PR: IPR

Hi Jay, what was it that gave you the creative bug and how did you get into the industry?

A literal creative bug with a spotted yellow/purple back named Gloria, say 2 inches long actually bit me when I was 3, no joke, terrible! No, so... As a child, I was always drawn to performing, just like my family. We were like a big performance group, and my father often compared us to the Vontrape family. I owe a lot to my community in my hometown of Plymouth who helped foster and nurture my talents. I was inspired by the humor of Robin Williams and the early works of Norman Wisdom. Their storytelling abilities fascinated me, and I became interested in exploring relationships, coming of age, identity, and the meaning of life through my own creative endeavors. I love writing and directing, and I want to tell stories that capture the complexities of human experiences. Through my art, I hope to connect with others, evoke emotions, and make people think about the world around them. My first professional job was an extra on the UK's hit TV show "Skins".

Can you talk to us a bit about the challenges and lessons you've learned along the way. Looking back would you say it's been easy or smooth in retrospect?

We all have journeys that connect us in similar ways. I've faced a lot of rejections (Keeping a black book of those names for future self) BUT they've helped me find my voice and my community. Being around talented artists has taught me to appreciate their vision and process, which has allowed me to understand my own better. My journey so far has been full of failures, dead ends, and realizing that some paths weren't meant for me.

The most important lesson I've learned is to be kind to yourself and others, as kindness always prevails. The true joy of life lies in the company we keep. When feeling stressed, overwhelmed, or searching for answers we're hesitant to find, simple pleasures like walking in nature or swimming can go a long way. And lastly, I would tell my younger self to embrace their uniqueness, eccentricities, and quirks, as they are what make you who you are and the very reasons why the RIGHT people are drawn to you. If you can't find the RIGHT people, just be alone like a sloth.

Any advice for anyone entering into the arts that you can share and can you define what success means to you?

Entering the world of arts requires a deep understanding of the lifestyle it entails. It's a path filled with endless anxiety about your work, and there may be bumps along the way. However, there are also numerous perks, particularly the people you meet. I must say, artistic individuals are truly fascinating, one moment you could be learning about atoms and dark matter, the next balancing on a tight rope in someone's back garden, I've tried it... harder than it looks.

Success is truly defined by the company you keep. Take Adam Sandler, for example. He not only creates amazing work but is also surrounded by his close friends, collaborating and making art together. That's the essence of it all—creating and making with the people you love. It's about the joy and fulfillment that comes from the creative process, shared with those who bring out the best in you.

Tell us about your current short film "In/Between" and what made you write this with a particular focus on mental health and identity?

I'm currently working on a short film called "In/Between," which delves into themes of mental health, freedom of expression, and the influence of societal norms on localized mindsets, starring Joshua Smith. It is currently on the festival circuit having won 1st place at Best Indie Film Festival. Growing up, I personally experienced the feeling of being confined by a particular way of thinking, which led me to overthink how the world perceived me. It's remarkable how society now places a significant emphasis on mental health and encourages people to seek the support they deserve.

In my opinion, there can never be too much exploration of mental health and its impact on our lives. It's an incredibly important subject matter, and I believe we have only begun to scratch the surface. Through my work, I aim to contribute to the ongoing conversation about mental health, shedding light on its complexities and encouraging empathy and understanding.

Whats your process in developing and idea/concept?

The process of developing and generating ideas requires time and moments of daydreaming, allowing oneself to observe and reflect upon life and personal experiences. Traveling, in particular, holds great value for me as it introduces me to diverse individuals who become a wellspring of inspiration for my writing, directing, and creative endeavors. Our own life experiences play a pivotal role in our ability to effectively communicate the trials, triumphs, failures, and existential questions that shape our existence. I try to witness everything with a lighter tone, as they say, whoever they are, what is life without laughter?

Engaging with a wide array of people and seeking their viewpoints is immensely important. It is through these conversations that I gain insights into contrasting perspectives and ways of life. Understanding and relating to individuals who live vastly different lives from my own helps me tell authentic and distinctive stories. The richness of these encounters allows me to craft narratives that resonate with truth and authenticity.

In my writing process, I create something and then take a step back, allowing my subconscious to work on it. When I revisit it later, I can make necessary fixes or adjustments based on a fresh perspective or any changes in my own outlook.

Was it difficult to create a film that is personal?

I believe that any work we undertake should stem from a personal outlook. It is through our own lived experiences that we delve into the depths of our work. We bring forth our unique perspectives, drawing from what we have encountered and experienced. These personal insights and encounters serve as the foundation for our creative endeavors, allowing us to craft narratives that resonate with authenticity and depth.

Are you currently working on any other projects?

I am currently engaged in multiple creative projects. Firstly, I am working on my second short film titled "Modern Company." which is a cross by Black Mirror and The Office. Additionally, I have a full documentary feature in progress, which is my first time in this space of documentaries. Furthermore, I recently completed writing my second TV pilot for a coming-of-age TV show which I/co-writer plan to take out after the strikes. These endeavors showcase my dedication to storytelling across different mediums, and I am excited to bring these projects to fruition.

Besides directing, writing and movement, do you have any other ambitions in entertainment?

I am driven by a strong desire to EP/produce and collaborate on projects. Working within a team, I find immense joy in supporting and nurturing creative ideas. I am eager to explore this collaborative aspect further, as it brings out the best in me and allows for the synergy of collective efforts.

Moreover, I am deeply passionate about integrating technology into the entertainment industry. We are witnessing an era of rapid innovation, and I aspire to be among the leaders who seamlessly merge the old and the new. By leveraging emerging technologies, I aim to revolutionize how we tell stories and interact with audiences, creating immersive and captivating experiences that resonate deeply.

My vision is to bridge the gap between traditional and cutting-edge approaches, embracing innovation while honoring the essence of timeless storytelling. With a keen eye on the everevolving landscape of entertainment, I am committed to pushing boundaries, embracing change, and crafting narratives that engage and inspire audiences in profound ways.

What gets you excited about a project?

I find stories that seamlessly blend comedy, humor, and real-world problems to be incredibly exciting. Exploring the human condition in an entertaining and delightful way truly captivates me. As I've grown and matured, my understanding of my own preferences has deepened. I am drawn to projects, TV shows, and films that strike a balance between light and dark elements. Shows like "Ted Lasso," "White Lotus," and "Beef" are particularly appealing to my taste, as they satisfy my craving for narratives that skillfully navigate the realms of both levity and depth.



How does your current practice in wellness and meditation support your work and the people you work with?

In the modern age of work, I believe it's crucial to prioritize inner work and self-care in order to stay grounded and receptive, and to keep our egos in check. Engaging in practices like meditation and self-care enables me to be fully present and silence the cacophony of thoughts that often cloud our minds regarding life, ourselves, and our direction. Without tending to our wellbeing, it becomes challenging to navigate the societal noise that accompanies the realms of entertainment and life in general. Taking care of ourselves allows us to better comprehend and navigate the complexities of the world around us.

Three Films you love??

oooo, that's tough, Gladiator (Ridley Scott can do no wrong!), Bicentennial man (an odd one but a very good script, stellar performance by the late Robin Williams) & Eat, Pray, Love, because I'm all about that inner work!

Aside from entertainment business, what makes Jay tick?

I love running, being in nature, listening to podcasts - I'm a sucker for "We regret to inform you and Armchair Expert". Anything to do with Wellness, as I have my own podcast show called, "360 Yourself" where we speak to successful minds about how they create awareness in their lives, ultimately how do they 360 themselves?

What makes your perfect day away from work?

Pressed coffee, Italian food and my friends/family.

What's something you like to do alone?

Running always running while catching up with friends on the phone.

We are a celeb/fashion magazine. Who are you favourite designers?

I share your admiration for the work of Issey Miyake and Dior. Their designs embody exquisite taste and exceptional quality, reflecting a true mastery of the craft. Additionally, I am intrigued by the emerging designer Saul Nash, whose creations seamlessly fuse movement and fashion.

Having known him since university days, it is remarkable to witness his unique perspective and innovative thinking. It is inspiring to see how he pushes boundaries and challenges traditional notions of design.

Five things on your bucket list?

Vietnam, a book on my podcast 360 Yourself, invest in a coffee farm/company, win an Emmy for a door stop, to be frozen in a ice tank for future innovations.

Our magazine is call Cool America. What do you find cool about America?

How BIG everything, it's always bigger and better. I like the idea of this, go big or go home. Especially your slushy cups, wow they are big.

What's cool about you?

Nothing really, maybe just being myself is cool. Being kind is cool, I am kind so therefore I must be cool.