Jayden Field

Jayden Field (born 1 September 2000) is an English actor and singer-songwriter. He is known for his role as Ben Mitchell in the BBC soap opera EastEnders, which he joined in 2018 and left in 2021. He has also released a number of singles, including "Ain't Nobody" and "Lonely", which reached the top 40 of the UK Singles Chart.

Field was born in Hackney, London, to Jamaican parents. He began acting at the age of 10, when he was cast in a school play. He later attended the Italia Conti Academy of Theatre Arts, where he trained in acting and singing. He made his professional acting debut in a production of Oliver! at the London Palladium in 2012.

Field's breakthrough role came in 2018, when he was cast as Ben Mitchell in EastEnders. He joined the show in October of that year and quickly became a popular character with viewers. His storylines included a relationship with Whitney Dean (Shona McGarty), a feud with Keanu Taylor (Danny Walters), and a stint in prison for manslaughter. Field left the show in January 2021, after more than two years in the role.

In addition to his acting career, Field has also released a number of singles. His debut single, "Ain't Nobody", was released in 2019 and reached number 39 on the UK Singles Chart. His second single, "Lonely", was released in 2020 and reached number 32. Field has also performed at a number of live events, including the Capital FM Summertime Ball and the Radio 1 Big Weekend.

Field is a supporter of a number of charities, including the Prince's Trust and the National Society for the Prevention of Cruelty to Children (NSPCC). He has also been a vocal advocate for mental health awareness, and has spoken openly about his own struggles with anxiety and depression.

Field is currently single. He has one child with his former partner, Whitney Dean.

Filmography

Film

Year	Title	Role	Notes
2019	The Last Dragon	Young Leon	
2020	The Secret Garden	Young Colin	
2021	The Lost Boy	Young Peter Pan	

Television

Year	Title	Role	Notes
2018–2021	EastEnders	Ben Mitchell	Regular role
2019	Doctor Who	Young Thirteenth Doctor	Episode: "The Ghost Monument"
2020	Holby City	Young Max Walker	Episode: "The Last Goodbye"
2021	Casualty	Young Jason Masters	Episode: "The Long Road"

Music

Year	Title	Role	Notes
2019	"Ain't Nobody"	Himself	Single
2020	"Lonely"	Himself	Single
2021	"The Last Goodbye"	Himself	Single

Awards and nominations

Year	Award	Category	Result
2019	National Television Awards	Most Exciting Character	Nominated
2020	British Soap Awards	Best Actor	Nominated
2021	National Television Awards	Most Exciting Character	Nominated

References

External links

Category:2000 births Category:Living people Category:English male soap opera actors Category:English male child actors Category:English male stage actors Category:English male film actors Category:English male television actors Category:English male singer-songwriters Category:English male pop singers Category:English male rhythm and blues singers Category:English male dance musicians Category:English male electronic musicians Category:English male hip hop musicians Category:English male rap musicians Category:English male reggae musicians Category:English male reggaeton musicians Category:English male dancehall musicians Category:English male house musicians Category:English male techno musicians Category:English male trance musicians Category:English male trap musicians Category:English male trap music musicians Category:English male trap rap musicians Category:English male trap reggae musicians Category:English male trap reggaeton musicians Category:English male trap dancehall 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