

Frankie Rowan Plowden

Frankie, also known as Francesca Rowan-Plowden, is a British interior designer, entrepreneur, and former actress who gained national recognition as a finalist and the first ever “Seer” on **BBC’s The Traitors** (Series 3).

Trained in acting at LAMDA, she later pivoted to design and founded **Rowan Plowden Design Ltd**, where she specialises in restoring historic homes and high-end residential and commercial properties. Her acclaimed projects include the transformation of **Goodnestone Park, Battel Hall at Leeds Castle** and **Kingshill Farmhouse on the Elmley Nature Reserve**. Featured as a ‘**Tastemaker**’ in The Times, her interior work has been seen in many high profile editorial magazines including; Elle Decoration, House & Garden, The Saturday Telegraph Magazine, Homes and Gardens, Country Homes and Interiors, English Home, The Sunday Times, Conde Nast Traveller, Tatler, Country Life, Country Living, The Lady, Good Homes Magazine, The Telegraph, Homes and Antiques, The Observer, and Coast Magazine amongst others.

Francesca was awarded The House and Garden Build Award for Best Historical Home Interior Design Firm and was Nominated for Homes and Gardens Best Commercial Project for Elmley Nature Reserve .

In 2020 responding to the Covid-19 crisis, she launched the 'Design Havens For Heros' charity, to bring together an inspiring community of talented interior specialists, to create ‘Haven’ makeovers for our important NHS key workers . Francesca was awarded the Points of Light award from the Prime Minister for this charitable initiative.



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