

## Abel Rubinstein

Writer/Director

NME applauded Abel's **Mars** as "a powerful queer narrative with emotional resonance." Deadline praised **Life in Love** as "a tender, authentic glimpse into young queer intimacy." Abel brings warmth, humour and emotional depth to his work through workshop-led collaboration with actors, telling distinctly British LGBT+ stories rooted in identity, friendship and intimacy. He continues to develop original queer narratives that amplify overlooked voices and stories.

### Feature Film

2025      **Gumballs**  
Writer/Director  
Feature Film in development  
Sungazer / BFI Film Fund

### Television

2023      **Untitled**  
Writer/Director  
Docudrama series in development  
Teen Club / BFI Young Audience Content Fund

2022      **Life in Love**  
Writer/Director  
Three-episode docudrama following three real couples as they invite us to witness the very, very intimate moments of their lives.  
Streamed on ITV Hub  
Teen Club / Planet Woo / ITV

### Short Film

2022      **Mars**  
Director  
Starring Yasmin Finney [HEARTSTOPPER]  
Created by Yungblud, written by Chris Bush  
Producers: Cat Marshall & Stefan Demetriou  
Universal Music Group / Mercury Studios  
*BFI London Film Festival*  
*Longlisted: BIFA 2022 Best Short Film*  
*Tribeca Film Festival*

2020 **Dungarees**  
Writer/Director/Editor  
Roundhouse  
*Winner: Little Wing Film Festival Film Futures Award*  
*Nominated for Iris Prize: Best British Short*  
*BFI London Film Festival*  
*BFI Flare*  
*Tampere*  
*PÖFF*  
*Frameline*  
*Gaze*  
*Outfest*  
*Inside Out*  
*Oberhausen Short Film Festival*  
*Norwegian Short Film Festival*  
*London Short Film Festival*  
*Edinburgh International Film Festival*  
TX on Channel 4 / Streamed on All4

2020 **Wink**  
Writer/Director/Editor  
Producer: Ludwig Meslet  
BBC New Creatives / BBC iPlayer / Arts Council England / BBC Arts  
TX on BBC iPlayer

2018 **Fuck the Boxes**  
Writer/Director/Editor  
Producer: Consuelo Meseguer Cortes  
Leeds International Film Festival  
*Athens International Film + Video Festival*  
*London Short Film Festival - [National Tour]*  
*BFI Flare*  
*Norwegian Short Film Festival*  
*New Shoots Spring WINNER!*  
*Film Bath*  
*BFI Future Film Festival*  
*XPOSED International Queer Film Festival Berlin*  
*Madrid International LGBTI Film Festival*  
*Sardinia Queer Short Film Festival - Special Mention*  
*Festival Arts Queer*  
*CinHOMO*

## Music Video

2023 **People Pleaser – Cat Burns**  
Director  
Aldgate Pictures, producers Stefan Demetriou & Daria Nitsche  
RCA Records, Since 93 and Sweet Music Management

2023 **People Pleaser & Sleep At Night: A Cappella – Cat Burns**  
Director  
Aldgate Pictures, producers Stefan Demetriou & Daria Nitsche  
RCA Records, Since 93 and Sweet Music Management



2023 **Live More, Love More: Rooftop Performance – Cat Burns**  
Director  
Aldgate Pictures, producers Stefan Demetriou & Daria Nitsche  
RCA Records, Since 93 and Sweet Music Management

### Commercials

2025 **McDonald’s McFlurry – “What’s the Scoop”**  
Director  
Bullion Productions / Leo Burnett

2024 **Silver Spoon – “Life Is What You Bake It”**  
Director  
Bullion Productions / Ourselves  
TX: National Campaign

2023 **Nike – Be True**  
Director  
2 x 60s queer-sport documentaries; 11M+ views  
Bullion Productions / Soursop  
Social-first global campaign

### Selected Other Experience

#### **BFI Future Film Festival (2025)**

Panellist on “Failing Forwards”, discussing storytelling around identity and quarter-life crises alongside creators of *Industry*, *Layla* and *Fréwaka*.

#### **Shortflix Finalist**

A scheme led by Creative England in partnership with Sky Arts.  
Abel was mentored by exec Kate O’Hara for six months.

#### **BAFTA & BFI Mentorship**

Abel was awarded a BAFTA guru live access pass, a BAFTA future film mentorship. He was also mentored by Caragh Davison at the BFI through the Roundhouse.

