



## Essential Toolkit for Junior Practitioners



Thursday, 15th May 2025



1pm - 5pm

£35+ VAT / £25 + VAT  
for BJLD members



We The Curious, Anchor Rd, Bristol BS1 5DB

## Our annual **Essential toolkit for junior practitioners** returns on the 15th May 2025 at We The Curious.

The Essential Toolkit for Junior Practitioners is a half-day event aimed at equipping you with the tools and resources required working in personal injury and clinical negligence practice.

The outline of our event will follow the **lifetime of a claim: from tactics, to pleadings, to quantum and, finally, costs.** We will be focusing on two case studies throughout the afternoon: a personal injury employer's liability claim and a clinical negligence claim arising from maternal injury sustained during childbirth.

**This event is primarily aimed for paralegals, trainees and newly qualified solicitors/CILEX.**

Following the conference the team will be hosting a drinks reception. We hope you can join us!

We have also organised a social event at Lane7 in Bristol following the networking event. The cost is £15 + VAT per person.

### Topics include:

- Litigation tactics
- The fundamentals of running a personal injury claim
- Considering the content of your Letter of Claim, Letter of Response and relevant experts to instruct in a clinical negligence claim
- Mock Hearing: costs and case management conference
- The assessment of damages and principles of quantum
- Concluding your claim: settlement discussions, cost considerations and Part 36 consequences

**CPD  
4.5 hours**



**Junior Lawyers  
Bristol**

# Programme

“ A market-leading set on the Western Circuit, St John's Chambers is well regarded for its formidable personal injury offering.”

Chambers UK, 2025

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| <b>1.00 - 1.30pm</b>                             | <b>Registration and refreshments</b>   |  |
| <b>1.30 - 1.45pm</b>                             | <b>Welcome and Introduction from Chair</b><br><b>Jonathan Lindfield, Barrister</b>   |  |
| <b>1.45 - 2.15pm</b>                             | <b>Litigation Tactics (considering allocation, directions and applications)</b><br><b>Lauren Karmel and David Forster, Barristers</b>  |  |
| <b>2.15 - 2.45pm</b><br><b>Parallel sessions</b> | <b>Slips, trips and risk assessments: the fundamentals of running a personal injury claim</b><br><b>Sophie Howard and Sarah Riley, Barristers</b>  | <b>Putting pen to paper: considering the contents of your Letter of Claim, Letter of Response and relevant experts to instruct in a clinical negligence claim</b><br><b>Rhodri Jones and Lauren Karmel, Barristers</b> |
| <b>2.45 - 3.00pm</b>                             | <b>Break and refreshments</b>  |  |
| <b>3.00 - 3.45pm</b>                             | <b>Mock Hearing: cost and case Management conference</b><br><b>Tara-Lynn Poole and Rhodri Jones, Barristers</b>  |  |
| <b>3.45 - 4.15pm</b>                             | <b>The assessment of damages and principles of quantum (reflecting on the Schedules of Loss and Counter Schedules in both our case studies)</b><br><b>Beatrice Baskett and Sophie Howard, Barristers</b> |  |
| <b>4.15 - 4.45pm</b>                             | <b>Concluding your claim: settlement discussions, cost considerations and Part 36 consequences</b><br><b>David Forster and Sarah Riley, Barristers</b>   |  |
| <b>4.45pm</b>                                    | <b>Closed followed by networking drinks and canapes and social at Lanes 7</b><br><b>Please note: The social is a paid event and you can come along for £15 each.</b>                                     |  |

# Barristers

## **Sophie specialises in clinical negligence, personal injury and inquest work.**



**Sophie Howard**

Year of call: 2016

She acts for claimants and defendants in a variety of personal injury cases including RTA claims, employer's liability, occupier's liability, fraud and credit hire. Sophie is an experienced trial advocate and is regularly in court for all types of interim hearings and trials across all tracks. She also drafts pleadings and advises in writing for both defendants and claimants. Sophie is happy to consider instructions on a CFA. Sophie accepts instructions for claimants and defendants in clinical negligence work. Sophie drafts pleadings and advises on quantum in all areas of medicine including dental negligence, delayed diagnosis of cancer and alleged negligence in cardiac surgery. Sophie has an interest in inquest work and accepts instructions to represent interested persons at inquests and pre-inquest review hearings. Sophie is developing her practice in professional regulation in a medical setting

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## **"Jonathan has excellent attention to detail. He reviews instructions thoroughly and can highlight details in a case."** The Legal 500, 2025



**Jonathan Lindfield**

Year of call: 2017

Jonathan is an experienced, sought-after, specialist personal injury barrister, whose practice encompasses all aspects of personal injury litigation. Jonathan regularly acts for both claimants and defendants on the fast and multi-track, in claims worth up to £1m. From straightforward liability disputes to complex causation issues, his caseload often involves claims with multiple expert disciplines. He is frequently asked to advise and act on cases where fundamental dishonesty or exaggeration is alleged. Jonathan is comfortable dealing with the whole spectrum of personal injury work, and his particular interests and specialisms include claims under the Highways Act, employers' liability claims, and claims involving animals.

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## **"Rhodri has an excellent knowledge of inquests and the coronial process."** The Legal 500, 2025



**Rhodri Jones**

Year of call: 2017

Rhodri specialises in clinical negligence, acting for both claimants and defendants. Before retraining as a barrister, Rhodri practiced as a medical doctor for 18 years, principally in A&E and general practice. His wealth of knowledge and clinical experience enables him to quickly grasp the relevant issues in all aspects of medical law. Recent experience includes advising and drafting statements of case in relation to claims in general practice, anaesthetics, cardiology, endocrinology, oncology, obstetrics, orthopaedics, ophthalmology, general surgery, and dentistry. He is regularly instructed to draft schedules and counter schedules. Rhodri is the author of "[A Practical Guide to Material Contribution in Clinical Negligence](#)" published by Law Brief Publishing in September 2023.

# Barristers

**“Lauren provides clear and well-considered advice. She is approachable and quick to respond.”** The Legal 500, 2025

**“ Lauren is calm and collected in Court, persistent with difficult witnesses, organised, thorough over the details and has one of the best bedside manners with clients that I have seen. Her ability far exceeds her years”** Instructing Solicitor

Lauren is ranked as a leading junior for clinical negligence and a rising star in inquests in The Legal 500 2025 guide, and is a specialist clinical negligence and inquests barrister.

She has a sub-specialism in professional regulation and fitness to practise matters. Lauren acts for both claimants and defendants and is happy to consider instructions on a CFA. In clinical negligence and healthcare, she acts for hospitals, individual clinicians and for patients in all areas of medicine. She is frequently instructed to advise on and negotiate settlements in high-value claims. She has been praised for her ability to provide “clear and pragmatic advice”. Lauren regularly appears for families and healthcare providers in inquests, including those where Article 2 is engaged.



**Lauren Karmel**  
Year of call: 2017

**David is a specialist Personal Injury barrister who has a balanced practice acting for both Claimants and Defendants.**

His practice encompasses all aspects of Personal Injury and he is regularly instructed to advise on claims relating to RTAs, Employer’s Liability, Highways claims, Occupiers/Public Liability and allegations of fundamental dishonesty. He is particularly sought after by local authority and health board clients alike. David accepts fast-track and multi-track instructions and is experienced with all types of interlocutory hearings, regularly being instructed to attend CCMCs. He is often praised for his calm and collected manor and effective client handling skills.



**David Forster**  
Year of call: 2018

**Tara-Lynn practises in personal injury, clinical negligence and costs.**

She is known for her meticulous approach, and has been praised for her in-depth knowledge of civil procedure. She takes a pragmatic and solution-focused approach to her cases and ensures her clients are robustly represented both in and outside the court room. In her personal injury practice, Tara-Lynn is regularly instructed to act on behalf of both claimant’s and defendants in claims involving road traffic accidents, accidents at work, public liability and the Highways Act. She is happy to accept instructions under the terms of Conditional Fee Agreement when required.



**Tara-Lynn Poole**  
Year of call: 2019

# Barristers



**Beatrice Baskett**  
Year of call: 2021

**“Beatrice is extremely personable and is a natural when communicating with clients in often very difficult circumstances. She is efficient with a great eye for detail and one of the most responsive barristers I have instructed.”** Instructing Solicitor

Beatrice is a barrister specialising in clinical negligence, personal injury and inquests. In clinical negligence Beatrice is instructed in a broad range of cases, including orthopaedic, delayed diagnosis, dental treatment and fatal accident claims. Her clinical negligence work is complemented by her expanding inquest practice, where she frequently provides representation in civil claims brought following the conclusion of the inquest. Beatrice recently hosted a live legal debate alongside other barristers on pleading schedules in fatal accident claims, and how to defend them at our catastrophic and serious injuries conference. Beatrice is regularly instructed in fast-track trials and interlocutory hearings in road traffic accidents, employers' and public liability claims and Highways Act cases. She is the Legal Secretary for the Bristol Medico-Legal Society, and enjoys organising the society talks and meeting professionals based in Bristol



**Sarah Riley**  
Year of call: 2021

**Sarah is a barrister specialising in personal injury and clinical negligence.**

In personal injury, Sarah is regularly instructed in both fast track and small claims hearings, along with infant approval hearings, Stage 3 hearings, interlocutory hearings and other applications. Acting on behalf of both claimants and defendants, she has experience in road traffic accidents, public liability cases and Highways claims, and employers' liability cases. In clinical negligence, Sarah is developing a strong paper-based practice, along with advising in conference. Sarah has an excellent eye for detail and is able to grapple with cases quickly and effectively. She has a pragmatic approach and enjoys good working relationships with clients.