



KAT SHIELDS

Year of call
2016

Kat Shields accepts instructions in all areas of Chambers' practice including crime, personal injury, and employment.

She joined 7BR after the successful completion of her pupillage in October 2018.

Before being called to the Bar, Kat was a secondary school English teacher with the 'Teach First' charity. She then spent one year working as a Research Assistant at the Law Commission of England and Wales, where she focused on reforms to criminal legislation.

Kat studied law at St Catherine's College, Oxford and spent a year studying French law at l'Université Panthéon-Assas, Paris II. She is a fluent French speaker.

LEGAL EXPERTISE

Crime

Kat prosecutes and defends in the Crown Court. She is regularly instructed in trials, confiscation matters, and appeals from the magistrates' court. She is a Grade 2 CPS prosecutor.

From 2017 to 2019 Kat was part of a research team producing the Lexis Nexis monthly updates to Blackstone's Criminal Practice.

Kat is currently instructed as a junior on a large county lines prosecution in the East Midlands.

Selected Cases

R v Mosley

Prosecution of a woman who stole from her pregnant neighbour.

R v Penny

Prosecution of a man accused of assaulting a woman in front of her family members.

R v B

Defending in a case which involved gang-related disorder in the Westfield Centre, Stratford.

Personal Injury

Kat frequently represents Claimants and Defendants in fast track and small claims trials, and Stage 3 hearings. She often represents local authorities in "slip and trip" cases. Kat also has a paperwork practice, drafting pleadings and advices in personal injury and clinical negligence cases.

Employment

Kat is building an employment practice. She enjoys Claimant work. She also acts for Respondents, including the Metropolitan Police.

Financial Crime

Kat is looking forward to developing a financial crime practice. She is currently a junior in a case in which she is representing a corporate entity in its dealings with a regulator.

Court of Protection

Kat is building a practice in the Court of Protection, and has an interest in welfare cases and deputyships. She is instructed by Local Authorities and is happy to take on instructions on behalf of the protected party and official solicitor. She is very familiar with advocates' meetings and fact-finding hearings thanks to her family law practice.