

## Helen Dawson

Helen is regularly instructed as a junior alone and as a led junior in a wide range of criminal offences, which are often of a serious nature. Helen is a formidable advocate, delivering powerful closing speeches and persuasive legal submissions. She is known for her high level of attention to detail, particularly in the preparation of her cases and for her ability to build a good rapport with her clients, especially those who are young and/or vulnerable. Helen's approach complements her interest in fraud and confiscation proceedings, which often involve substantial sums of money and are complicated by features such as interests of third parties or cross-jurisdictional issues.

Helen has an established practice representing individuals charged with offences relating to football disorder and defending against the imposition of Football Banning Orders.

### NOTABLE CASES

R v C (2025) – Instructed as a led junior to represent a defendant alleged to have being involved in cheating the Revenue. The estimated loss to the Revenue of £21 million. Matter is ongoing. (VHCC)

R v O (2024) – Instructed to represent a defendant who is alleged to have established a drugs' network on the dark web selling multiple different types of drugs and then traded in Bitcoin. Matter is ongoing.

R v H (2024) – Instructed to represent a defendant who is alleged to have engaged in money laundering connected to a large-scale drugs' conspiracy. Matter is ongoing.

R v A & Others (2024) – Instructed as a led junior to prosecute a multi-handed conspiracy to murder and possession of a firearm with intent to endanger life. Matter is ongoing.

R v M (2023) – Instructed to represent a defendant of previous good character, charged with an offence of wounding, section 18 OAPA 1861, in respect of M's partner of 30 years. Matter is ongoing.

R v W (2023) – Instructed to represent a defendant who is alleged to have encouraged the suicide of another, from whom W procured sexual services for payment. Matter is ongoing.  
Previous Instructions:

R v F (2024) – Instructed on behalf of a defendant charged with possessing an imitation firearm, which was fired at two youths, waiting at a nearby bus stop.  
Harrow Crown Court

R v F (2023) – Led junior, instructed to represent a defendant charged with conspiring to supply Class A drugs, involving telephone downloads, some of which were encrypted, Encrochat phones and covert observations. Trial lasted eight months.  
Wood Green Crown Court

R v W (2023) – Instructed on behalf of a defendant charged with causing the death of a pedestrian by careless driving. Despite aggravating factors, JW received a sentence of 18 months' imprisonment. (Reported here <https://metro.co.uk/2023/01/30/london-speeding-driver-who-killed-dad-of-two-in-hit-and-run-jailed-18191028/>)  
Central Criminal Court

R v T (2023) – Instructed to prosecute a defendant charged with making a threat to kill, trespass to commit a sexual offence and assault. Psychiatrists instructed on behalf of the Prosecution and Defence gave evidence at trial, which led to a finding by the jury that the Defendant was ‘not guilty’ by reason of insanity. Extensive pre-trial advisory work was required, including the instruction of the expert.

Chelmsford Crown Court

R v IB (2022) – Instructed to represent a young defendant charged with kidnap, false imprisonment, controlling and coercive behaviour and assault. Defendant was acquitted of all counts after trial.

Guildford Crown Court

R v S (2022) – Led junior, instructed to represent a defendant charged with participating in a conspiracy to steal, predominantly concerning plant machinery, vehicles and ATMs. Included an allegation of involvement in theft of heritage value trophies from the National Horse Racing Museum. A wide-ranging investigation covering several counties, encompassing cell-site, telephone downloads including telephonic activity and CCTV footage. Defendant was acquitted of a count relating to the National Horse Racing Museum after jury failed to reach a verdict.

(reported <https://www.bbc.co.uk/news/uk-england-oxfordshire-61506692>)

Oxford Crown Court

R v NP (2022) – Instructed to represent a defendant who was found with £32, 000 in cash in various currencies, whilst travelling through the airport. The Police believed NPP was involved in a money laundering operation with suspected links to funding political instability in the Middle East. After a two-day contested cash forfeiture hearing, involving live witnesses from other jurisdictions, the Court refused the application for forfeiture and ordered the monies to be returned in full.

Luton Magistrates’ Court

R v F (2021) – Instructed to represent a youth charged with adult defendants for committing a series of knifepoint robberies across Southwest London. The defendant received a Youth Rehabilitation Order after trial.

Kingston Crown Court

R v E (2021) – Instructed to represent the first defendant in a high-profile case of violent disorder which took place in Parliament Square, with alleged links to the far-right political movement and football hooliganism. Case was prosecuted by two Counsel and relied on extensive CCTV footage. The jury was unable to reach a verdict after almost a week in deliberation.

Southwark Crown Court

R v A (2021) – Led junior, instructed to represent a defendant charged with fraud, together with a partner of a national solicitors’ firm. The case involved extensive banking records and the instruction of a forensic accountant. The Defendant received a substantially lower sentence than the recommended starting point.

Reading Crown Court

## OTHER EXPERIENCE

Before coming to the Bar, Helen worked in the House of Commons, as a researcher for a Member of Parliament, gaining experience of working on campaigns at a local and national level.

## QUALIFICATIONS AND AWARDS

Law with Legislative Studies LLB (Hons) – University of Hull Bar Professional Training Course – Kaplan Law School Sweet and Maxwell Pupillage Award – Inner Temple Criminal Bar Association Bursary

## PROFESSIONAL ASSOCIATIONS

Criminal Bar Association  
Fraud Lawyers Association  
Female Fraud Forum  
Qualifying Sessions Sub-Committee – Inner Temple Criminal Bar Association Education Sub-Committee

## POSITIONS

CPS Grade 3 Prosecutor SFO  
Disclosure Panel Junior

## PUBLICATIONS

“Government giving football fans the red card? Changes in the law surrounding Football Banning Orders” August 2022  
“Disclose me the money: the ever expanding powers of disclosure orders” – Young Fraud Lawyers Association Spring Newsletter 2017

### Qualifications

Law with Legislative Studies LLB (Hons) – University of Hull  
Bar Professional Training Course – Kaplan Law School  
Sweet and Maxwell Pupillage Award – Inner Temple  
Criminal Bar Association Bursary

### Professional Associations

Criminal Bar Association  
Women in Criminal Law  
Young Fraud Lawyers Association  
Qualifying Sessions Sub-Committee – Inner Temple  
Criminal Bar Association Educational Sub-Committee

### Positions

CPS Grade 2 Prosecutor  
SFO Disclosure Panel Junior  
Junior Junior (GLD Junior Junior Panel)

### Publications

“Disclose me the money: the ever expanding powers of disclosure orders” – Young Fraud Lawyers Association Spring Newsletter 2017