

Helen Towers

Helen practises across the spectrum of criminal law, receiving instructions to represent both Defence and Prosecution involving matters of violence including homicide, drugs and sexual offences.

Helen is a grade 3 prosecutor. She has extensive experience in prosecuting and defending in major drugs conspiracies, fraud, serious violence and rape.



Helen is able to establish rapport with professional and lay clients immediately and has represented vulnerable and youth defendants.

She has appeared successfully on several occasions in the Court of Appeal.

NOTABLE CASES

Operation Rex

Defended in a multi-handed youth murder, led by Kama Melly QC.

Operation Winchester

Secured acquittal in multi-handed Class A drug conspiracy as sole counsel.

Operation Optic

Secured acquittal in multi-handed grooming

R v TD

Secured a financial penalty for a section 18 assault following plea during trial

YEAR OF CALL

2014

GRADE OF PROSECUTOR

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AREAS OF PRACTICE CRIME

Helen Towers

R v CH

Led junior in defence of parent accused of causing or allowing serious physical harm to a child, which required indepth examination of paediatric neurosurgical reports

Memberships

Member of the North Eastern Circuit.

Member of the Criminal Bar Association.

Qualifications

BA. (Hons) (University of Manchester)

Bar Vocational Course, Nottingham Law School