



Juliet Osborne

Year of Call: 2021

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Overview

Juliet Osborne was called to the Bar in 2021, and is a Second Six pupil barrister within 3PB's Tier 1 Crime and Regulatory Crime team.

Juliet joined 3PB in February 2026 and works across the Western Circuit. Juliet is on her feet and available to take instructions in her own right, to appear in both the Magistrates' and Crown Court, dealing with a broad range of criminal work.

Awarded a distinction in her GDL, Juliet focused on criminal defence, appeals, and defendants' pre- and post-conviction rights and her research project was into the erosion of the right to silence in criminal proceedings. Alongside the BPC, Juliet worked part-time for a human rights lawyer, mounting judicial review challenges to disproportionate strip-searching measures within prisons and decisions relating to release on temporary licence, and conducting research into the lawfulness of release under investigation (RUI).

Juliet worked in the financial crime sector for several years before transitioning to law, assisting global banks in updating and implementing new anti-money laundering policies and ensuring compliance with UK and EU law.

Prior to joining 3PB, Juliet worked as a criminal defence paralegal at a solicitors' firm, litigating cases from the police station through to trial, and has worked on the full spectrum of criminal offences. Whilst working as a paralegal, Juliet assisted in the widely-reported 'Boscombe body parts murder' case, and worked closely with counsel throughout the lengthy trial, where her client was acquitted of murder. In a recent trial, where her client was acquitted of attempted murder, Juliet's analysis of the CCTV played a crucial role in the defence. Juliet started her pupillage at the same firm, and was responsible for her own trial advocacy in both the Magistrates' and Crown Courts.

Juliet enjoys cooking for friends and family, is a keen nature photographer, and has a passion for music, regularly attending concerts, festivals and carnivals around the world. She is a regular at her local pub quiz, and enjoys live sport, particularly football and cricket. She is a trainee bird-ringer with the British Trust for Ornithology.

Recommendations

"Juliet represented me in an initial hearing. She was clear, fair and understanding of my situation and circumstances. She was also very realistic. She gave me hope and a sense of real closure. I am very impressed with her understanding and help in all this and how good she was at being a persuasive advocate. I highly recommend Juliet. Awesome." **Lay Client**

"I am very grateful for all the support and guidance I received throughout my case. Ms. Juliet Osborne was professional, patient, and explained everything clearly. Thanks to her help, I felt informed and supported at every step. I would give her a full 5-star rating and highly recommend her services!" **Lay Client**

"We would like to thank you for your invaluable help throughout our court trial. You are a star." **Lay Client**

"Very happy with the outcome and what you have done for me. Thanks a lot. **Criminal Defence Solicitor**

Academic qualifications

- Bar Practice Course (BPC), Very Competent, University of Law, 2020-2021
- Graduate Diploma in Law (GDL), Distinction, University of Law, 2019-2020
- Anthropology BSc (Hons), 2:1, University of Kent, 2006-2009

Professional bodies

- The Honourable Society of the Middle Temple
- Criminal Bar Association
- Women in Criminal Law
- Howard League for Penal Reform

Expertise

Crime and Regulatory Crime

Juliet Osborne is completing her crime pupillage with 3PB, having worked for twelve months as a pupil barrister with a criminal defence solicitors' firm on the South Coast.

Recent cases include:

R v LF (2025, Bournemouth Crown Court): Defending, the defendant was initially charged with a serious head-stamping ABH. After successful representations, the prosecution accepted a lesser plea, resulting in the defendant receiving a 16-day community sentence.

R v AK (2025, Bournemouth Crown Court): Defending, sentence – PWITS A and possession of a bladed article. Mitigated sentence down to 2.5 years.

R v BP (2025, Southampton Crown Court): Defending, sentence – £2m conspiracy to steal and conspiracy to handle stolen goods. BP's role distinguished from that of his co-defendants. Sentenced to 3 years imprisonment. Two co-defendants received significantly longer sentences.

Chief Constable of Northamptonshire Police v IF (2025, Northampton Magistrates' Court): Defending, contested application for Sexual Risk Order – Allegations of grooming and multiple acts of a sexual nature towards IF's stepdaughter. Evidence included WhatsApp messages spanning a two-year period. Application refused.

R v SR (2025, Poole Magistrates' Court): Defending, acquittal – Successful argument against the admission of 'res gestae' evidence. The evidence was excluded and the case was dismissed.

R v HD (2025, Poole Magistrates' Court): Defending, sentence – HD could be seen on CCTV breaking a bottle and making repeated stabbing actions towards the victim, who ultimately only suffered minor injuries and did not provide a statement to Police. CPS charged ABH, but relied upon the CCTV in the sentence hearing, emphasising that an attempt s.18 would have been charged had the victim provided a statement. After hearing mitigation on HD's behalf, the court was persuaded to suspend the sentence.

Articles

They examine the Sentencing Act 2026, which received Royal Assent on 22 January 2026 and outlines the key provisions set to reshape sentencing law.

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