

Kareena Talwar

Year of Call: 2024

Email Address: kareena.talwar@3pb.co.uk

Telephone: 020 7583 8055



Overview

Kareena Talwar joined 3PB as a twelve-month pupil barrister in October 2026. Based in 3PB's London offices in the Inner Temple, Kareena is focused on personal injury, clinical negligence and inquests. She won the Leo Blair Advocacy Prize for outstanding student achievement in advocacy at Durham Law School with recognition from the Rt Hon Tony Blair, ahead of a cohort of 293 students; and was voted Durham Law Future QC by faculty members and students.

Kareena witnessed the Brook House Inquiry and discussed the effects of the Manchester Inquiry report whilst undertaking a mini-pupillage and also assessed a toxicology report for an inquest. Kareena is hoping to develop her practice also into Court of Protection cases. In

both her undergraduate and LLM medical law study, she studied assessing theoretical and real cases involving the Mental Capacity Act 2005.

Most recently, Kareena has worked for three years for the Cleaners and Allied Independent Workers Union (CAIWU) as a trade union representative, representing cleaners at the Employment Tribunal and internal company disputes. This included personally and successfully representing a cleaner at the Employment Tribunal for an in-person substantive preliminary hearing determining that a cleaner was disabled, and the Respondent had knowledge of this under the Equality Act 2010. She also handled the case management and preparing for the multi-day discrimination trial in February 2025, which resulted in a successful settlement for the member. Kareena represented this member since his initial grievance appeal meeting in 2023. Separately, Kareena communicated with a member's employer for documents regarding alleged missing holiday wages against the background of a TUPE transfer which was successfully resolved.

A Tribunal Advocate for the Free Representation Unit (FRU) since 2023, Kareena successfully represented an individual with arthritis in her Personal Independence Payment (PIP) appeal at the Social Security Tribunal. The client sought to challenge the DWP's decision to award her the standard rate for the daily living component and no award for the mobility component. Her client received the correct, full award of the enhanced rate for daily living and the standard rate for mobility.

Earlier, Kareena was one of ten marshal interns selected from 100 applicants from Bridging the Bar's Academy to sit on the Court of Appeal with Lord Justice Birss. She drafted a Bench Memo summarising the case, appeal grounds, parties' submissions and an opinion on merit, and later marshalled Lord Justice Birss again in a patent appeal against Apple UK.

Outside of busy work demands, Kareena is a mentor to disadvantaged youth at The Unity of Faiths Foundation and a trustee at Ealing Law Centre. An avid Liverpool FC fan, Kareena also enjoys travelling and hiking internationally, having completed treks to Mount Fuji,

Grand Canyon and Machu Picchu. She is also a regular at her local gym.

Academic qualifications

- LLM, University of Cambridge, 2025
- PGDip Bar Practice, Merit, Inns of Court College of Advocacy, 2024
- LLB (Law), First Class Honours, University of Durham, 2021

Scholarships

- Cambridge Trust, LLM full tuition scholarship, 2024
- Winner of Cambridge Union debate – student speaker for the opposition to the motion of '*This House believes Britain is more divided than ever*', 2024
- Marchant Scholar, one of 3 major Lincoln's Inn scholarships, 2023
- Silver Certificate for Civil Litigation (ranked 2nd in cohort), ICCA, 2023
- Leo Blair Advocacy Prize, Durham Law School, 2021
- Durham Law Future QC, 2021
- Winner and 'Best Advocate' at Durham Mock Trial, judged by Lady Hale, 2021
- Winner of Durham Mock Trial, judged by Judge Toby Hooper KC, 2019