



Matthew Sellwood

Year of Call: 2013

Matthew accepts instructions in all of the practice areas listed below.

After reading Modern History at the University of Oxford, Matthew spent a number of years serving on the Executive Board of a local council as an elected politician and working for national and international charitable organisations. He then retrained as a barrister, and regularly appears in the County Court, High Court and Employment Tribunal in cases ranging from interlocutory matters to multi-week discrimination and contractual claims.

Due to his previous working experience, Matthew has a keen awareness of the commercial realities facing both his professional and lay clients.

Recommendations

Clients have described Matthew as extremely approachable. They value his timely and detailed advice which is 'always well researched and indeed goes above and beyond what we would expect to see'.

"We have instructed Matthew Sellwood on a number of occasions on some very complex claims and have been more than impressed with the speed of turn around and thorough job he has done for us. In addition to this we have also utilised him to provide staff training on a number of topics, very much tailored to our own needs. Matthew has provided a first rate training package including detailed notes, group meetings and one to one correspondence. Matthew has always delivered training in the most suitable format and tailored the course content and materials to the specific audience. I would highly recommend Matthew and will continue to use his services in the future." Beth Mackay, Partner, Slater Gordon Solutions Legal

"The client was very pleased with our Tribunal victory in a race discrimination and harassment claim, due in no small part to Matt's practical approach and his effective advocacy. He showed excellent judgement in his handling of the claimant, who was self-represented, and was able to react quickly when the claimant raised a preliminary issue on no notice, which took up the first day of the hearing." - Tessa Cranfield, Seyfarth Shaw LLP

"Matthew's advices are always prepared promptly, are extremely detailed and presented in a client friendly way - explaining in detail, but at the same time in layman's terms, the position of the client's injuries and the next steps to progress their case...Clients' responses to his advice are always very positive." – Specialist personal injury solicitors

Employment

Having served as a member of a disciplinary panel for a major public sector employer and as a former union representative at a national charity, Matthew has wide experience of employment law from the perspectives of both Claimant and Respondent.

Matthew is regularly instructed in the Employment Tribunal, and has appeared in cases involving unfair dismissal, employee status, whistleblowing, TUPE, and all forms of discrimination. Hearings in which he has been solely

instructed have included multi-week cases involving numerous allegations of discrimination, along with cases involving complex areas of health & safety, working time and trade union detriment/dismissal. He is developing a particular specialism in disability discrimination and mental health cases.

Matthew has also been instructed on several occasions in the Employment Appeal Tribunal, including in matters heard before Langstaff J (former President of the EAT) and HHJ Eady (now Eady J). He regularly provides advice on the whole range of employment matters, and has experience conducting a number of independent investigations for employers.

Employment matters in which Matthew has been instructed include:

- K v B & Ors: Acting for the Respondent in an upcoming multi week financial services disability discrimination claim
- N v C & Ors: Acting for the Respondent as junior counsel to Adam Solomon QC in a multi week financial services whistleblowing claim
- J v B & Anor: Acting for the Respondent in an upcoming multi week financial services disability discrimination claim
- W v A: Acting for the Respondent in a multi week disability discrimination claim
- S v E UK plc: Acting for the Respondent in a five day race discrimination claim
- D v SL: Acting for the Claimant in a four day disability discrimination claim
- C v E plc: Acting for the Respondent in a four day whistleblowing claim
- Z v STM: Acting for the Respondent in a four day maternity discrimination claim
- G v MCS: Acting for the Respondent in a four day race discrimination claim

Matthew also regularly appears in Preliminary Hearings (both private and public) within the Employment Tribunal, and has provided pleadings and advice to Claimants and Respondents in a multitude of successfully settled claims which did not reach the final hearing stage.

Commercial Litigation and Disputes

Matthew has appeared on numerous occasions in the High Court on commercial matters, successfully obtaining freezing injunctions for public sector clients and dealing with matters relating to the Proceeds of Crime Act 2002. He has also appeared on the Masters' Corridor of the Royal Courts of Justice in connection with charging orders, third party debt orders and orders for sale, and regularly appears in the County Court in commercial matters of all kinds. These include both fast-track and multi-track claims in contractual and property disputes, as well as multi-track costs and case management hearings.

Recently, Matthew has been instructed both to defend a claim of fraud against a corporate client on the multi-track and to represent the Defendant in a complex unjust enrichment claim. His experience in both employment and personal injury matters enable him to function particularly effectively in the cross-over between those areas and commercial law.

In addition to his own caseload, Matthew has been led on a range of commercial cases and has assisted members of chambers in matters ranging from contractual disputes to international arbitrations.

Personal Injury

Matthew acts in an advisory and advocacy capacity for both Claimants and Defendants within the field of personal injury, and regularly appears in the County Court in this area.

He has also appeared a number of times in the Masters' Corridor of the Royal Courts of Justice for case management purposes, including in complex CCMCs, and in interlocutory hearings at the High Court. He was instructed on behalf of the Claimant as junior counsel to Winston Hunter QC in the case of *Cooke v Secretary of State for Transport* [2021] EWHC 745 (QB), in which the Claimant obtained a settlement in relation to serious injuries suffered more than two decades previously.

Matthew's practice extends to both the fast and multi-track, and encompasses application hearings, costs & case management hearings, and full trials. He has acted as junior counsel in several hearings valued at well over a million pounds. He has also delivered training to both national solicitors' firms and insurers on topics such as fundamental dishonesty, QOCs, relief from sanctions and credit hire.

Professional Negligence

Matthew has dealt with a broad range of professional negligence matters, with a particular focus on the negligence of legal professionals. He has dealt with questions of professional negligence on the part of solicitors, surveyors, financial advisors and insurance brokers, as well as professional disciplinary matters. He has particular experience in both making and defending applications for wasted costs orders.

Awards and Scholarships

Mooting:

Winner - Commonwealth Mooting Competition 2013 (Lead Counsel, United Kingdom)

Winner - Oxford Inter-Varsity Moot 2012

Winner - English Speaking Union National Mooting Competition 2012

Scholarships:

Inner Temple BPTC Exhibition Award 2012

Inner Temple GDL Exhibition Award 2011

Memberships and Associations

ELA, ELBA, PIBA, Advocate (formerly Bar Pro Bono Unit) Panel

Personal Interests

Matthew is a keen but mediocre athlete, dabbling in disciplines as wide-ranging as powerlifting and ultra-distance running. He is also a passionate cricket fan, and has the misfortune of being a lifelong supporter of Nottingham Forest FC.