



Helena Ifeka (Second Six Pupil)

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Call 2020

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Helena Ifeka joined Henderson Chambers as a pupil in September 2020. She is currently supervised by Adam Heppinstall QC.

Before starting pupillage Helena worked as a Legal Officer for the Baptist Union, where she advised on property and trust law, GDPR, and assisted in preparation for the IICSA enquiry into child protection in religious organisations.

Prior to retraining in law Helena ran business transformation programmes and worked as an IT and management consultant. She has extensive experience in systems and business implementations and outsourcing in the private and public sectors, including pharmaceuticals, retail, consumer goods, transport, the MHRA, NHS, HMRC and Ministry of Justice.

Helena won the National Client Interviewing Competition in 2018 and was a national finalist in the BPP and a semi-finalist in the Rosamund Smith Mooting Competitions in 2019.

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Employment

Helena has appeared in the Employment Tribunal and Employment Appeal Tribunal. In the Employment Tribunal Helena succeeded in obtaining a Reinstatement Order for an unfairly dismissed Claimant.

Helena has advised on remedies and compensation in an automatically unfair dismissal case arising from pregnancy discrimination, an area in which she has a particular interest.

Helena has experience in international employment tribunal claims involving discrimination, harassment, disability, unlawful dismissal, abandonment of post, and psychiatric injury.

Helena's previous experience in employment law includes advising on peer-on-peer abuse and safeguarding for employers in the charities sector. She also ran an organisation change programme in a unionized company.

Group Actions

Helena has experience in three of Chambers' current group actions, VW Emissions, Primodos, and Vaginal Mesh. She has advised on two international group actions which are in their earlier stages.

Health & Safety

Helena has drafted pleadings in a major health and safety prosecution, and would welcome instructions in this area.

Personal Injury

Helena has drafted pleadings and advised on quantum and liability in a number of personal injury cases.

Technology

Helena is comfortable dealing with cases involving challenging technical matters. She has a practical understanding of technology gained from her previous career running complex IT programmes.

Property

Helena is currently instructed in a number of property matters.

Property and trust law was a core part of her previous work for a charity which had a significant property portfolio, and is an area in which she has an ongoing interest.

Consumer

Helena is currently instructed in a number of consumer protection claims.

Education

Education and Scholarships:

- BPTC (Very Competent) – BPP
- GDL (Distinction, top ranked student in year) – Oxford Brookes
- MPhil – Columbia University, USA
- MA – Columbia University, USA
- BA Honours (First) – University of Sydney, Australia
- Middle Temple Queen Mother Scholarship
- Fulbright Scholarship
- Arthur Macquarie Scholarship

Awards:

- Oxford University Press Prize (Oxford Brookes)
- University Medal (University of Sydney)
- English Society Award (University of Sydney)

Awards & Recognitions