

# Helen Forman

Principal Associate

Nottingham

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Helen assists in the management and development of the costs team and has over 20 years’ experience in both the Claimant and Defendant market with a particular specialism in legal costs recovery. Helen has extensive experience in a spectrum of civil litigation, medical negligence, public law and commercial cases of all values and complexity and regularly deals with high value, complex and novel matters.

Helen is able to deal with all aspects of costs from drafting schedules and bills of costs to preparing points of dispute and replies to undertaking advocacy and providing strategic advice to clients. Files are managed with an emphasis on maximising the best recovery or saving for the client and obtaining the best result in the shortest time frame possible.

Helen’s approach to costs and personable style ensures that her clients receive the best possible service at all times. Helen is also experienced at undertaking client audits and providing internal and external training.

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## Expertise

### Services

Civil	Costs	Private client services
Construction and engineering services	Planning	Public law

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## Featured experience

### Recovering a five-figure

Recovering a five-figure sum on behalf of local authority resulting from a high-profile historic child abuse case.

### Recovering costs

Recovering costs on behalf of a parent group in relation to as successful judicial review of a decision made by the Department of Education.

## Recovering costs

Recovering costs from a Litigant in Person resulting from fraudulent dishonesty in a personal injury matter.