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King's Bench Walk

Angela Frost



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AREAS OF EXPERTISE

Personal Injury, Fraud, Clinical Negligence, Insurance, Costs & Litigation Funding

JUDICAL APPOINTMENTS

Recorder (2018) (Civil/Crime)

Angela specialises in high value, complex and catastrophic personal injury claims.

She is instructed by Claimants and Defendants in cases involving serious and high value personal injury. She has a loyal following of both solicitors and insurers due to her practical and no nonsense approach to claims.

Angela has amassed a wealth of experience in cases involving chronic pain and subtle brain injury. She is sought after in such cases particularly where they have a potential fraud element.

Angela is regularly instructed in cases where the value is in excess of £2million and against KC's unled.

Angela has extensive experience in claims involving fraud, whether exaggerated/feigned injury or staged accidents. Leading insurers turn to Angela at an early stage to advise in cases where fraud is suspected and can rely on her to deliver targeted and precise cross examination at trial.

Claimant solicitors appreciate Angela's ability to engage with their clients and the way in which she is able to deliver complex and difficult information and advice in a way that is appropriate and comprehensible to the individual in front of her.

Angela is instructed nationally by leading firms and insurers and is often able to turn around papers at short notice. She is happy to receive instructions electronically.

Angela sits on the Editorial Board of Kemp & Kemp: Law Practice and Procedure, and she edits the chapters on Service, Statements of Case, Admissions, Part 36, Trials, and Appeals.

Angela was elected joint Deputy Head of Chambers in July 2024.

Personal Injury

Angela is able to advise in cases involving all forms of catastrophic injury but her areas of expertise are principally:

- Chronic Pain – including issues of CRPS and fibromyalgia

- Spinal Cord Injury
- Cases involving psychiatrically driven chronic pain conditions.
- Functional Neurological Disorder
- Fraud – cases involving malingering/exaggeration as well as fraud rings, ghost passengers and low velocity impacts
- Brain Injury including subtle brain injury
- Amputation
- Cases involving injury to teachers, carers, and nurses caused by pupils and patients
- Fatal Accidents

Angela is adept at identifying when issues of chronic pain might arise and is able to offer strategic advice, test medical evidence and utilise her forensic skills to ensure the best outcome for clients. Very often in these types of claim, causation is hotly disputed and issues of malingering, fraud and exaggeration arise. Angela has built up a deep understanding of these cases working with medical experts in many different specialisms over the years. In particular, she has considerable experience of effectively adopting a multidisciplinary approach both to establishing and challenging chronic pain claims.

She is known for her ability to effectively marshal evidence in cases involving complex causation issues.

In significant brain injury cases Angela is often involved at an early stage in collaboration with the other side to provide rehabilitation and educational provision and ensure the right expert evidence is obtained.

Angela is alert to capacity issues and is able to advise appropriately at all stages.

She is able to advise on liability issues across the spectrum of road traffic, public liability and employers' liability claims and regularly deals with cases involving multiple defendants.

Angela is instructed in a number of cases with multiple accident reconstruction experts.

Angela has a wealth of experience in cases involving the MIB and in cases where insurance issues under the Road Traffic Act 1988 arise.

Examples of recent cases:

Obtained settlement for D at mediation of a complex case involving two accidents, a disputed brain injury and complex pre and post accident psychiatric issues. Claim pleaded at over £4million, settled for less than 20% of that value.

Obtained settlement for D at JSM in a spinal cord injury case with extensive urological issues and accommodation needs.

Secured dismissal of a potentially high value bus v pedestrian claim at trial on liability.

Secured settlement at mediation for one of 6 D's in a high value Fatal Accident claim arising out of a multi-vehicle collision involving a pedestrian. Multiple accident reconstruction experts instructed.

Advising one of 6 D's in a high value Fatal Accident claim arising out of a multi-vehicle collision involving a pedestrian. Multiple accident reconstruction experts instructed.

Advising D in a claim valued at in excess of £1 million with complex causation issues and alleged subtle brain injury.

Advising C in a claim valued at £2.5million for life changing lower limb injuries and complex psychiatric diagnoses.

Advised D in a claim valued at over £4million, involving a significant leg injury but issues of disproportionate ongoing

pain impacting on ability to work. Settled at JSM for a ¼ of that sum.

Acting for a brain injured child over a number of years where a collaborative approach with the insurer has resulted in ongoing rehabilitation and education packages eventually resulting in a £multi-million settlement.

Fraud

Angela has extensive experience of cases involving:

- Exaggeration/Malingering – in particular those cases involving alleged chronic pain syndromes and psychologically driven pain.
- Ghost passengers
- Fraud Rings
- Low velocity
- Staged accidents
- Findings of fundamental dishonesty

She is regularly instructed by leading insurers to draft Defences and advise in cases where fraud is suspected. Angela frequently confers with medical experts in fraud cases and is happy to advise at an early stage on evidence and tactics.

Angela has had considerable success in persuading Courts to make findings of fundamental dishonesty in QUOCS cases.

Angela is adept at scrutinising, assessing and deploying surveillance evidence, social media evidence and insurance database material.

Examples of recent cases:

Settled a claim pleaded at in excess of £1.2 million for a figure less than 20% of that sum as a result of detailed investigations into the Claimant's employment history and targeted questions to experts.

Successfully defended a claim where low velocity arguments were deployed and feigned injury was alleged. Angela utilised social media evidence in cross examination. Resulted in a finding of fundamental dishonesty.

Clinical Negligence

Angela has a range of experience across the breath of clinical negligence cases. She is particularly interested in cases with tricky causation issues such as those where there is interplay between personal injury claims and subsequent clinical negligence allegations.

Angela acts for both Claimants and Defendants.

Recent cases include:

- Failure to diagnoses ischemia resulting in amputation
- Negligent hip surgery arising out of an accident at work for which there was an ongoing personal injury claim for which liability was in dispute.
- Alleged negligently performed gynaecological surgery resulting in urinary incontinence and prolapse.
- Case involving the death of a patient arising from admitted negligence where the issue was the length and quality of life the deceased would have enjoyed had she lived for the purposes of a dependency claim.
- Case arising from a failure to diagnose diabetes with significant causation issues.
- Bowel injury arising out of alleged negligent insertion of a suprapubic catheter where significant changes to quality of life were alleged against a background of significant pre-morbid history.

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Insurance

With experience of policy issues in both road traffic and property insurance, Angela is able to advise on a wide range of issues including coverage, avoidance, indemnity and fraud.

Costs & Litigation Funding

Angela regularly represents Claimants and Defendants at CCMC and can advise on costs budgeting prior to the CCMC to help formulate the budget in conjunction with the Solicitor.

She is up to date with the latest costs cases and can advise on technical costs points that arise from e.g. Part 36 and the application of the fixed costs regime.

Qualifications

- Advocacy trainer – Inner Temple
- BA (Hons) Law with French – Sheffield (2:1)
- Diplôme de droit Français – Université Aix Marseille

Appointments & Memberships

- Recorder (2018) North Eastern Circuit (Civil/Crime)
- Personal Injuries Bar Association
- Advocacy Trainer Inner Temple

Publications

- Editor, Kemp & Kemp, Personal Injury Law, Practice and Procedure

Directories

"Angela provides excellent advice, and she has a great manner with clients. She gets good results in very problematic cases" – Legal 500, 2025

"A well-rounded leader in the market with good commercial and practical instincts – a market-leading technical lawyer." – Legal 500, 2024