12
King's Bench Walk

Sofia Ashraf



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AREAS OF EXPERTISE

Costs & Litigation Funding, Inquests, Personal Injury, Fraud, Credit Hire, Professional Regulatory & Discipline, Abuse, Insurance, International & Travel, Group Litigation, Product Liability

Sofia's practice spans almost all of Chambers' core practice areas, with a particular focus on costs, litigation funding, inquests and inquiries, personal injury, insurance, regulatory and professional discipline, international and travel, abuse and group litigation.

Sofia is ranked as a leading junior in costs and litigation funding, inquests and inquiries and personal injury in the Legal 500.

Notable cases include: *West -v- Burton [2021] EWCA Civ 1005, Bek -v- Simsek [2025] Lexis Citation 3947, Bosley -v- Wheatcroft [2023] Lexis Citation 2483, [2023] All ER (D) 83 (Dec), Ivanov -v- Lubbe [2020] Lexis Citation 58, Bosley -v- Wheatcroft [2023] Lexis Citation 2483, [2023] All ER (D) 83 (Dec).*

Prior to coming to the Bar, Sofia spent the first five years of her practice employed by two separate top tier law firms. Initially, Sofia spent over three years as an advocate at a national Legal 500 firm practising in public and regulatory law, coronial law, costs, insurance, fraud, personal injury, clinical and professional negligence. Sofia then joined an international Legal 100 firm where she spent almost two years specialising exclusively in costs, litigation funding and recoveries as well as managing her own team.

Having worked both in house and at the self employed Bar, Sofia prides herself on being able to bring a unique perspective to her practice.

Away from the Bar, Sofia enjoys travel, cooking, swimming and studying languages. Sofia is fluent in French, Italian and Punjabi. She is also a Manchester City supporter, attending matches whenever her practice allows.

Costs

Having specialised in costs and litigation funding throughout her career at the bar, Sofia has substantial experience in this field. She is regularly instructed to advise upon and appear in complex solicitor-own client matters, inter-partes costs disputes, interim costs issues, and, litigation funding related issues, including drafting and advising upon funding arrangements.

Sofia is routinely instructed in matters in the County Court, High Court, the SCCO and she has experience of both appearing in and advising on matters in the Court of Appeal and the Supreme Court.

Sofia is ranked Tier 1 for costs and litigation funding in the Legal 500 which describes her as having "…strong expertise in this area. She is robust and puts her submissions across simply, eloquently and articulately."

Previous Legal 500 feedback includes: “Sofia is technically-minded with great commercial awareness, coupled with a professional and pragmatic approach”.

Notable Cases

West -v- Burton [2021] EWCA Civ 1005

Bek -v- Simsek [2025], Liverpool County Court (Case No. K0BLV035), unreported

Ivanov -v- Lubbe [2020] Lexis Citation 58

Bosley -v- Wheatcroft [2023] Lexis Citation 2483, [2023] All ER (D) 83 (Dec)

Inquests

Another area of strength is Sofia’s inquest and inquiries practice. Sofia is an experienced coronial practitioner who is routinely instructed by bereaved families, NHS trusts, healthcare professionals, care homes, public authorities, local and central government, insurers, commercial entities and other core participants. Sofia is especially experienced in relation to health care and health and safety matters, Article 2 inquests and judicial review challenges. Sofia’s expertise also extends to related professional disciplinary matters.

Sofia is ranked Tier 1 for inquests and inquiries in the Legal 500 which describes her as being “clear and considered in her advocacy and during conferences. Picks up clients’ concerns easily and is able to provide good results.”

Previous feedback includes: “Sofia is very considerate in her advice and very patient with clients who are going through a very distressful period of their life. She provides concise advice that is easy to read for vulnerable clients. She is readily available if clients have any questions about their work, which is invaluable.” Legal 500 2023

Notable cases include :

Rushbrooke -v- HM Coroner for West London [2020] EWHC 1612 (Admin)

Personal Injury

Sofia’s personal injury practice spans mid to high value Multi-Track matters. She has considerable experience acting for both Claimants and Defendants in a variety of areas including road traffic accidents, employers’ liability, occupiers’ liability, public liability, occupational health, historic abuse, clinical negligence, Data Protection Act related privacy claims, Human Rights Act breaches, and travel litigation related claims.

Sofia has a particular interest in claims brought by minors and protected parties, claims involving psychiatric injuries, human rights abuses and jurisdictional disputes.

Sofia is ranked Tier 3 for personal injury in the Legal 500. She has previously been described by the directory as “…a first-class barrister and is very good technically. Her level of knowledge and expertise and range of specialisms would leave you thinking she has been at the Bar for far longer. She is very clever, personable and is a brilliant advocate who will always fight her client’s corner. Her attention to detail is fantastic and she leaves no stone unturned.”

Previous feedback includes :

“Sofia is an extremely bright, technically brilliant barrister who has outstanding drafting skills. She is very approachable and down-to-earth and will always give 100% when instructed on a case.” Legal 500 2024

“Sofia is conscientious, with great attention to detail. She is honest in her evaluation of evidence and the instructions.

She is very approachable and extremely good with witnesses." Legal 500 2023

Fraud and Allegations of Fraud

Sofia has considerable experience in cases where fraud is alleged or suspected, acting exclusively for Defendant insurers. In particular, Sofia has acted in cases involving staged, contrived and/or induced accidents, low velocity impact litigation, inconsistent damage, bogus passenger claims, fraud rings, personal injury claims involving exaggeration, holiday sickness claims, EL/PL fraud, theft, and insurance policy fraud.

Sofia provides a cradle to grave service in respect of fraud matters and is particualry experienced in drafting robust pleadings in cases of suspected fraudulent activity as well as Part 20 Claims, Part 18 and Part 35 questions and interim applications.

Credit Hire

Sofia has substantial experience of credit hire litigation and is regularly instructed to provide advice and representation in this field particulalry in cases involving taxi credit hire litigation, commercial organisations and/or suspected fraudulent activity.

Regulatory

Sofia has experience of regulatory and disciplinary matters particularly before the Teaching Regulation Agency, the Care Quality Commission, the General Medical Council, the Health, Education and Social Care Tribunal, the Nursing and Midwifery Council, the General Pharmaceutical Council, and the Pharmaceutical Society Northern Ireland.

Sofia is particularly experienced in representing health care professionals in relation to matters arising out of misconduct and negligence.

Education

Bar Vocational Course – Nottingham Law School, 2009
Master of Laws – University of Nottingham, 2008
Bachelor of Laws (Hons) – Keele University and Université Montesquieu Bordeaux IV, 2007

Appointments and Memberships

The Honourable Society of Gray's Inn
Association of Regulatory and Disciplinary Lawyers
Personal Injury Bar Association
Northern Circuit
Midlands Circuit

Directories

"Sofia has strong expertise in this area. She is robust and puts her submissions across simply, eloquently and articulately." (Legal 500 2026)

"Clear and considered in her advocacy and during conferences. Picks up clients' concerns easily and is able to provide good results." (Legal 500 2026)

"Sofia is technically-minded with great commercial awareness, coupled with a professional and pragmatic approach." (Legal 500 2025)

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"Sofia is conscientious, with great attention to detail. She is honest in her evaluation of evidence and the instructions. She is very approachable and extremely good with witnesses." (Legal 500 2023)

Costs: Leading Junior, Tier 1 Ranked Legal 500
Inquests and Inquiries: Leading Junior, Tier 1 Ranked Legal 500
Personal Injury: Leading Junior, Tier 3 Ranked Legal 500

Languages

English
French
Italian
Punjabi