Zarreen Alam-Cheetham

Call 2017

Clerks

Kate Heald
0113 203 1983

Sara Baxter
0113 203 1970

Zoe Tinnion
0113 518 2599

Appointments

Grade 3 CPS Panel Advocate

Memberships

Criminal Bar Association

Honourable Society of Gray's Inn

Education

The University of Manchester – Law degree – 2.1

BPP University – Bar Professional Training Course – Very Competent

Scholarships and Awards

Winner of the inaugural 'Advocate of the Month' Award at Quest Legal Advocates (November 2018)

Crime

Zarreen was called to the Bar in 2017. She became a tenant of Exchange Chambers in January 2023 following the successful completion of her common law pupillage. She has been briefed to appear and advise on behalf of the prosecution and defence, in a broad range of matters including:

- Drug offences
- Assault and other violent offences
- Football Banning Orders
- Youth matters
- Dishonesty offences
- Criminal damage
- Breaches of court orders
- Sex cases

Zarreen also accepts instructions in motoring and vehicle crime, and has made successful arguments for Exceptional Hardship on behalf of clients facing disqualification for driving offences.

During her first six months of pupillage, Zarreen observed and provided assistance on a wide range of criminal cases, including drugs conspiracies, robbery, section 18 assault, voyeurism and child cruelty. She also has experience in appellate work having been instructed and assisted in appeals in the Crown Court and the Court of Appeal.

Zarreen has developed a reputation as a hardworking, personable and confident advocate.

St Pauls Chambers Bad Character Application Competition Prize Winner (2016)

Student Distinguished Contribution Award for my role as President of the Legal Advice Centre Society at The University of Manchester (2015)

Performance Award Scholarship following my plea in mitigation, drafting of an opinion and interview to study the BPTC at The University of Law (2015)

Prior to her pupillage, Zarreen worked for a nationwide advocacy agency as their Advocacy Standards Manager. She was also the head of the Criminal Injuries Compensation Authority (CICA) Appeals team. Prior to that role she worked as a County Court Advocate whereby she appeared in County Courts across the UK. She acted for the Claimant and Defendant in Small Claims Track trials and a wide range of interlocutory hearings. Zarreen also drafted Advices on Quantum. She also volunteered at a Legal Aid centre in Accra, Ghana.

Zarreen is passionate about access to the Bar as well as diversity within the profession and speaks at events which promote such values.

Cases

R v Singh

Zarreen secured an acquittal with a unanimous verdict for a defendant charged with three counts of sexual assault.

R v BK

Zarreen secured a 9 month referral order for her 15 year old client who was charged with a multi-handed robbery.

Recommendations

"Thank you, an exceptional result" – instructing solicitor

'Excellent representation, and highly recommended. Zarreen is very knowledgeable, and experienced in her field, and gave me hope of some justice. The case was discontinued in court!'

'I'm writing to say thank you for Zarreen's help who managed to provide me with a result that I am extremely happy with. I'd like to say that Zarreen was very professional but also very calming towards myself which put me in the right mindset when standing before the judge's. Once again a big thank you to her.'

'I'm writing to say thank you to Zarreen. She was magnificent. I have already praised her to my family and work colleagues. Once again thank you very very much for Zarreen representing me in court.'

Beyond the Bar

Zarreen enjoys keeping fit.
Prior to coming to the Bar she worked as a freelance model.
Zarreen is an advocate for diversity at the Bar.