

Matthew Sherwood



Matthew Sherwood is undertaking pupillage with the Personal Injury and Clinical Negligence Group at No5 Chambers, under the supervision of Steven Fisher and Jodie Kembery.

He will gain experience across the full range of both Personal Injury and Clinical Negligence matters, drawing on the extensive expertise of his supervisors and the wider No5 Chambers practice groups.

Before commencing pupillage, Matthew achieved a First-Class Honours degree in Law (LLB) from the University of Nottingham and went on to complete the Barrister Training Course at Nottingham Law School. As a recipient of scholarships from both the Inner Temple and Nottingham Law School, he dedicates time to mentoring prospective students through the Inner Temple scholarship application process.

Matthew joins Chambers with a strong foundation in advocacy, client interviewing, and the practical application of law. During his time at the University of Nottingham, he was an active member of the Mooting Society and volunteered with Student Action for Refugees. He has since further developed his skills through volunteering at the Citizens Advice Bureau, providing supervised advice on benefits, housing, and consumer issues to clients from diverse backgrounds.

Outside his legal work, Matthew built a successful business as a self-employed personal trainer, developing a large and committed client base. This role, alongside obtaining his professional qualification, fostered a keen practical interest in human anatomy and physiology – an interest that directly informs his dedication to the fields of Personal Injury and Clinical Negligence. He also worked in a thriving independent café, further cementing the inevitable confusion between barista and barrister for those who ask.

In his spare time, Matthew remains committed to his physical fitness regimen, participating in MMA and bodybuilding training. He also runs sessions of the fantasy role-playing game Dungeons & Dragons for a group of young adults with Autism Spectrum Disorder, fostering social engagement and collaborative play.

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