

Sarah O'Hara

Year of Call: 1984

Email Address: sarah.ohara@3pb.co.uk

Secure Email: sarah.ohara@3paper.cjsm.net

Telephone: 01962 868 884



Recommendations

Sarah O'Hara is well respected for her expertise in complex public children law cases, including those in which there are allegations of serious injuries. She regularly acts for guardians and local authorities, as well as being instructed to act for parents and family members.

Strengths: "She is clear in her approach to instructing solicitors and clients alike, while remaining empathetic and professional. "Sarah O'Hara is a very steady hand in matters. "Sarah O'Hara is a superb advocate who is able to quickly understand the clients' needs and wishes and dedicate herself to achieving the right outcome for them."

Chambers UK 2025/Family/Children/Western Bar

Strengths: "Sarah is experienced, user-friendly and brings judges on to her side."

Chambers UK 2024/Family/Children/Western Bar

Strengths: "A hugely experienced advocate, with great skill in patiently explaining matters to both professional and lay clients."

Chambers UK 2023/Family/Children/Western Bar

Strengths: "A really solid advocate." "Her tour de force is representing guardians."

Chambers UK 2022/Family/Children/Western Bar

Strengths: "She is extremely confident no matter what the issue and she provides speedy reports back on cases." "She is direct, to the point, and her advocacy is well pitched when appearing for the guardian."

Chambers UK 2021/Family/Children/Western Bar

'Sarah is an excellent advocate, sensible, efficient and easy to deal with.'

Legal 500 2025/Family: Children and Domestic Violence/Leading Juniors/Western Circuit

'Sarah is a strong advocate with a deep empathy for her clients. She is always well-prepared and efficient and able to get to the heart of cases.'

Legal 500 2024/Family: Children and Domestic Violence/Leading Juniors/Western Circuit

'A strong advocate, with a wealth of experience, and is excellent at tackling large complex cases . She is a safe pair of hands.'

Legal 500 2023/Child Law (Public and Private)/Leading Juniors/Western Circuit

‘Sarah is extremely sensible, thorough, and persuasive. She is strong and argues well in court.’

Legal 500 2022/Child Law (Public and Private)/Leading Juniors/Western Circuit

‘Very thorough – has a good grasp of the issues very quickly. Good communication skills.’

Legal 500 2021/Child Law (Public and Private)/Leading Juniors/Western Circuit

‘A strong advocate, who cuts through to the heart of any matter.’

Legal 500 2020/Family and children law/Leading juniors/Western Circuit

‘She has notable strength in placement and adoption cases.’

Legal 500 2018/19/Family and children law/Leading juniors/Regional Bar – Western Circuit

‘A powerful and incisive advocate.’

Legal 500 2017/Family and children law/Leading juniors/Regional Bar – Western Circuit

Academic qualifications

- MA (Cantab)

Scholarships

- Harmsworth Scholar, Middle Temple

Professional qualifications & appointments

- Trained Mediator

Professional bodies

- Dorset Family Justice Board
- Member of Family Law Bar Association