

Sara Lewis KC

Year of Call: 1996

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Family

Sara Lewis KC is one of the top family barristers in the UK and was shortlisted for Family Silk of the Year at the National Family Law Awards 2025.

Public Law Children

Sara Lewis KC is a renowned care expert and silk, with a national reputation as one of the foremost specialists in complex Public Law Children cases. Sara has vast experience at all levels, acting for parents and guardians at Circuit, High Court and Appellate Court level.

Sara undertakes cases involving the most serious types of non-accidental injury and is regularly instructed to represent parties in cases where non-accidental head injury is alleged. She has considerable experience of acting for those with complex psychiatric issues such as FII.

Before coming to the Bar, Sara was a neuropsychologist, undertaking both clinical and research work and has therefore a particular interest and expertise in cases involving complex medical evidence, mental health issues as well as problems associated with addiction and cognitive impairment.

Private Law Children

Sara Lewis KC advises and represents parents in the most sensitive and contentious proceedings resulting from relationship breakdown. Known nationally for her fearless and tenacious advocacy, she maintains a client-focused approach that prioritises their unique needs and concerns. A natural problem-solver, she adopts a strategic approach, working closely with both her professional allies and clients to achieve the best outcomes tailored to their individual situations.

Sara is happy to accept instructions for all types of work within the field of Private Law Children and has particular interest in the following:

- **Residence and Contact Disputes** : Managing ongoing conflicts that disrupt children's stability and well-being, including those involving serious allegations of mistreatment or false claims.
- **Serious Domestic Abuse** : Providing support and advocacy in cases involving physical, sexual, and emotional abuse.
- **LGBTQ+ Parenting** : Advocating for the rights and recognition of diverse family structures.
- **Prohibited Steps and Specific Issues Orders** : Resolving critical disputes over children's education, religious upbringing, medical treatment, schooling, passports, and internal relocation.
- **Leave to Remove from Jurisdiction** : Navigating complex cases involving the relocation of children.

Sara recognises, where possible and appropriate, the importance of adopting a collaborative approach in order to reduce conflict. To that end, Sara is known for her patience and perseverance in resolving the most intractable of disputes.

Recommendations

"Sara is the KC you want on your case for any complex care proceedings involving non-accidental injury; she is the full package. Her knowledge of the area is impeccable, her research is deep and thorough, her client manner is sympathetic, but firm and realistic, and her advocacy really is exceptional." **Legal 500, 2026**

"Sara is a very robust advocate who is not afraid to rock the boat where necessary. Sara has a medical background which is immensely helpful in cases of non-accidental injury and means her ability to cross-examine medical experts is second-to-none." **Legal 500, 2025**

"Sara is an exceptional silk and has a wealth of experience, and she is extremely thorough in her preparation. She has a store of knowledge and is incredibly well thought of and respected in cases involving serious allegations of non-accidental injury. Her courtroom manner is unfaltering, and cross-examination is bespoke and effective." **Legal 500, 2024**

"Sara is always impeccably prepared for all her cases. She has an excellent rapport with clients and is extremely approachable. She cross-examines witnesses, particularly experts, with skill and care and is particularly impressive in cases where complex medical analyses are required. She is diligent, hard-working and demonstrates real integrity, and is an extremely impressive advocate." **Legal 500, 2023**

"Sara is extremely empathetic, and her client care is second to none. Her written work is of a high quality, and she is particularly skilful in cross-examining witnesses." **Legal 500, 2022**

"Very quickly gets to grips with complex medical issues." **Legal 500, 2021**

"A vigorous advocate in court; clients like her." **Legal 500, 2020**

"Regularly handles care cases where there are concerns over the mental wellbeing of parents." **Legal 500, 2019**

"Singled out for childcare matters." **Legal 500, 2018**

"Sara Lewis commended for childcare work." **Legal 500, 2017**

"An incredibly hard-working barrister who strives to do all that she can to put the best interests of her clients forward, no matter how hard the battle may be. A dedicated barrister who can be relied on for her honest and expert advice." **Instructing Solicitor**

Academic qualifications

- M.A (Hons)
- CPE
- BVC, Commendation

Professional qualifications & appointments

- Family Law Mediator, accredited by Regents College SPC, 2003
- Sports Resolutions Panel of Arbitrators, Chairpersons List
- Assistant Coroner, Manchester (City), 2009-2018
- Queen's Counsel (now King's Counsel), 2021-

Professional bodies

- Member of Resolution
- Member of Family Law Bar Association