

Laura Buchan

Year of Call: 2016
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Overview

Laura Buchan is a busy private law children, financial remedies and TOLATA specialist barrister, appearing in the High Court, Court of Appeal and Family Courts. Laura has developed a particular specialism in cases involving crypto-assets and costs arguments. Her experience ranges from needs to sharing cases.

Laura prides herself on her unique blend of warmth and professionalism which enables her to communicate openly, clearly and effectively with both her instructing solicitors and her lay clients. She has long adopted a collaborative approach with those instructing solicitors, ensuring that clients get the best experience from their legal team working in unison.

A passionate advocate and exponent of non-court dispute resolution, Laura has been instructed within round table meetings, mediations, arbitrations and private FDRs, where she is often instructed as a private FDR evaluator. Just this month (January 2025), she completed a TOLATA mediation as well.

Laura is a regular contributor to the magazine, *High Net Worth* about divorce, access to children and disputes between parents. She also regularly delivers seminars both in person and online on a variety of financial remedy-related topics.

A former Joint-Head of Pupillage with her former chambers, Laura is a pupil supervisor and active in pupil recruitment and training.

In her free time, Laura is a rugby fanatic having previously played in Bristol and internationally. She still regularly attends rugby matches both at club and international level. Laura spends the remainder of her time with her husband and two labrador dogs.

Recommendations

Laura Buchan is a well respected and experienced barrister who practices across both financial remedy and private children law. She has represented her clients in the High Court, Court of Appeal and Family courts.

"Laura works exceptionally well with her instructing solicitors and builds a very good rapport with clients. She is hard-working and prepares extremely well for hearings."
"Laura Buchan builds strong trust and lasting relationships with clients, who are keen to continue instructing her. She is not shy of taking on challenging cases, even where her client faces an uphill battle."
"Laura is an incredibly safe pair of hands to support clients. She is focussed in her advocacy and eye for the strengths in the case, but is empathic and supportive to clients facing challenging times."
"Laura really makes the effort to understand what the client needs. She gives realistic advice to clients and clear position statements to the judge."

Chambers UK 2027/Family: Matrimonial Finance – South Eastern Bar

'Laura is a force to be reckoned with. She embraces a challenge and will push to achieve the best outcome for her clients. Laura is realistic about what is achievable and manages clients' expectations. In a recent instruction, Laura went above and beyond to research case law concerning the change of a child's surname, which persuaded the court to enforce our client's position. Laura does her best for every client. Her position statements are detailed and persuasive.'
Legal 500 2027/Family: children and domestic abuse/Leading juniors/South Eastern Circuit

'She thinks on her feet and reacts proactively to situations and the judge's indications.'
'Succinct and persuasive position statements and submissions. An excellent confidence, without aggression, instilling both credibility and persuasiveness to the client's position.'
Legal 500 2027/Divorce and Financial Remedy/Leading juniors/South Eastern Circuit

"Laura can be pretty feisty, straight-talking and direct. She acts in her client's best interest and takes no nonsense."
"Laura is very good on her points; she can think and speak quickly within her advocacy."
Chambers UK 2026/Family: Matrimonial Finance – South Eastern Bar

'Laura exudes professionalism, expertise and genuine care. She is calm, clear, and reassuring in her approach, and she provides cogent advice to clients.'
Legal 500 2026/Divorce and Financial Remedy/Leading juniors/South Eastern Circuit

'Laura is always extremely well prepared and has a thorough grasp of the issues that need to be dealt with. She pays great attention to detail, and is tenacious, fighting every point for her clients, and she is very personable and able to relate to clients from all walks of life.'
Legal 500 2026/Family: children and domestic abuse/Leading juniors/South Eastern Circuit

'Laura is extremely analytical, and her attention to detail is second-to-none. She presents cases eloquently and is ferocious when needed.'
Legal 500 2025/Divorce and Financial Remedy/Leading juniors/South Eastern Circuit

'Laura is extremely analytical, and her attention to detail is second-to-none. She presented cases eloquently and is ferocious when needed.'
Legal 500 2024/Divorce and Financial Remedy/Leading juniors/South Eastern Circuit

"Laura was a wonderful comforting and professional presence during my recent court proceedings. Her friendly demeanour put me at ease immediately and she listened intently to issues and grasped nuances and finer details readily. She explained complex legal situations concisely and kept me informed of immediate and longer term next steps of the proceedings which alleviated considerably my anxieties. Laura ably represented me within the court and passionately argued my interests. Her documentation was thorough and communication was prompt and detailed. I would happily and wholeheartedly recommend Laura to family and friends."

"Laura was instructed to represent our client in complex, protracted and emotive Schedule 1 proceedings to secure a family home for young, vulnerable children throughout their childhood by their father. The case was lengthy, with difficulties encountered with listing, non-compliance by the other party, issues with drug abuse and mental health concerns, causing significant delays in reaching final hearing, including an abortive FDR, which really placed significant pressure on all involved. Throughout the case, Laura remained laser-focussed on the client's objectives and the children's needs, providing clear, and pragmatic advice about the options available, and approach that he would be best to take. Her continuity, care and drive were essential in securing an outcome which avoided disruption to the children, and secured the client's financial future."

"Laura has quickly become my "go-to" barrister for both Private Law and Financial Remedy cases. Wonderful to work with, she is friendly, approachable and impeccably prepared, providing sensible and well thought-out advice to clients who appreciate her ability to blend realism with compassion."

"Laura was excellent. She took a collaborative approach to reach an outcome that both sides were happy with. Her explanations to the client were clear and she went above and beyond to ensure that the client could understand and fully participate in the hearing (including using blue text to make documents easier to read with the client's dyslexia and assisting

the Court in setting up hearing aids). I was very impressed."

Academic qualifications

- BPTC, Outstanding, University of the West of England (UWE)
- LLB, 2:1, University of the West of England (UWE)

Scholarships

- Certificate of Honour, Middle Temple

Professional qualifications & appointments

- Private FDR evaluator
- ADR Accredited civil and commercial mediator

Professional bodies

- Member, Sussex Resolution
- Member, Family Law Bar Association

Direct Access

Laura Buchan is qualified to accept instructions directly from members of the public and professional clients under the Direct Public Access scheme.

Expertise

Family

Financial Remedy

Family barrister Laura Buchan is regularly instructed in financial remedy proceedings. She has extensive experience in dealing with complex proceedings, including pre-liminary issue hearings involving both commercial and family assets.

She frequently advises and attends court dealing with issues of inheritance, crypto-assets, maintenance, interim applications and whether assets are likely to be considered matrimonial or not.

Laura also has experience on navigating proceedings when the question of capacity has arisen and the involvement of the Official Solicitor.

Laura also accepts instructions as a private FDR evaluator.

Private Law Children

Laura frequently represents parties across the full range of family law issues, including child arrangements, non-molestation and occupation orders.

She has particular experience in matters involving complex issues of UK and international relocation, change of residence, alienating behaviours and cases involving allegations of serious emotional, physical and sexual abuse. Laura also has experience in recovery orders and enforcement.

She is regularly instructed in international relocation disputes and is currently assisting a client with an ongoing case of relocation to Australia.

Laura is often instructed to act for parents, grandparents and the child, through their 16.4 Guardian (both CAFCASS and NYAS).

She is frequently instructed on behalf of the child where there are serious emotional, physical and sexual allegations as well as alienating behaviours. She receives excellent feedback about the quality of her counsel and her understanding of the child's perspective and the impact of changes and delay in proceedings; which has helped Laura when representing Guardians in both public and private proceedings.

Alongside her practice, she has provided Section 7 training to Local Authorities in consultation with CAFCASS and seminars on an array of private law matters. She is also a regular host of the Family Law Week podcasts and has been interviewed by *Our Family Wizard* and *Lawyers Who Care*.