Lauren Winser



Year of Call: 2022
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Overview

Lauren Winser is a family law barrister practising across the full spectrum of family law. She is regularly instructed to represent parties in a range of family and financial disputes. She joined 3PB in September 2025 and is based from their London office.

Lauren has a busy private law children practice, and is already dealing with issues such as allegations of serious physical and sexual abuse, and alienating behaviours. She is presently representing a father alleged by the mother to have sexually abused one of the children.

Regularly instructed in financial remedy cases over the division of marital assets, Lauren appears at the first appointment (FDA) and the financial dispute resolution hearing (FDR), where she is often dealing with litigation conduct and non-disclosure of assets. Having recently undertaken an FDR involving crypto assets, Lauren is able to deal with cases featuring the full range of assets.

Lauren is frequently advising and appearing in family care proceedings for both parents, grandparents and local authorities and Guardians. She is regularly instructed by parents in child arrangement proceedings, including for enforcement and variation. Lauren often deals with cases involving prohibited steps, relocation, domestic abuse and non-molestation orders.

Lauren is also frequently asked to appear in Non Court Dispute Resolution (NCDR) cases like mediations.

She prides herself on being approachable and genuinely down to earth and garners excellent positive feedback for her personable interaction and making clients feel at ease during proceedings.

Lauren regularly writes case summaries for Family Law Week as well as articles for other publications such as the Family Law Journal, published by LexisNexis including in May 2025, "*Full and frank disclosure: does Form E remain fit for purpose in modern financial remedy proceedings?*" Lauren is also frequently requested to provide training to solicitor clients and contacts on a wide range of current family law topics.

Recommendations

"I truly could not have had anyone more professional and compassionate during these proceedings, which has made the experience a lot less stressful."

Lay Client (Mother)

Academic qualifications

- LLM Legal Practice (Bar), Distinction, BPP
- LLB, First Class, University of Southampton

Scholarships

- Advocacy Scholarship, BPP
- PASS Scholarship, Inner Temple
- Dean's List Award (academic performance), University of Southampton

Professional bodies

- National YRes Committee Member, Resolution
- Member, Honourable Society of the Inner Temple

Expertise

Family

Lauren Winser is a busy family law barrister with excellent repeat instructions in Private Law Children, Financial Remedies and Public Law Children cases work.

Private Law Children

Lauren has a busy practice in private law children work spanning a range of issues at all stages of proceedings. Lauren frequently represents clients in child arrangement disputes including living and spending time arrangements, change of residency and relocation. Such cases often involve allegations of domestic abuse and alienating behaviours, and issues including substance misuse, paternity and parental responsibility.

Lauren also deals with applications for variation and enforcement, prohibited steps orders and specific issue orders on matters such as education and foreign travel, and applications arising out of domestic abuse including non-molestation orders, occupation orders and transfers of tenancy. Lauren's frequent instruction in such matters means she can achieve balance of robustness and approachability in order to meet clients' individual needs.

Lauren has successfully represented clients in a number of prolonged private law proceedings, obtaining desired final orders and findings of facts on serious allegations.

Public Law Children

Lauren is regularly instructed to represent parents and other family members at all stages of care proceedings, from EPOs and ICOs to final hearings. Lauren frequently deals with cases involving substance misuse, mental health issues, neglect and allegations of domestic and sexual abuse.

Lauren also accepts instructions from local authorities and guardians.

Financial Remedies

Lauren advises and represents clients in financial remedy proceedings concerning the division of marital assets following divorce or dissolution, particularly in low-asset cases which are heavily needs-based. Lauren deals with issues including poor litigation conduct, non-disclosure of assets and pension sharing orders, and is instructed to represent clients across parallel children and finance proceedings.