

Sara Lewis KC

Year of Call: 1996
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Overview

Sara Lewis KC is an ADR Group Accredited Civil and Commercial Mediator. She brings long experience as an independent decision-maker having been regularly appointed to independent panels and appeal panels, and to conduct investigations and independent reviews. Sara also has significant experience of sports arbitration and safeguarding issues in sport, including matters arising out of football, boxing, athletics, gymnastics, rowing and netball. She sits on the Sport Resolutions Panel of Arbitrators and was appointed to the Commonwealth Games Federation Court in 2022.

Calm, discreet and rigorous, Sara helps parties weigh the risks of litigation, restore communication and identify the interests behind their stated positions. She guides them towards durable, workable outcomes. She is available to mediate commercial, sports and governance; construction; and private wealth and property disputes, across the UK and internationally.

Sara Lewis KC is one of the foremost family silks in the UK, described as "the KC you want on your case" (Legal 500, 2026). She was shortlisted as Family Law KC of the Year at LexisNexis Family Law Awards 2025. She also served as her former set's Head of Chambers from August 2023 until November 2025.

Ranked as a Leading Silk by Legal 500 since she became a KC in 2021, Sara is commonly one of the first choice for public law cases involving the most serious types of non-accidental injury, such as those involving significant head trauma and death. She also has considerable experience of acting for those with complex psychiatric issues such as FII.

Sara is revered for her meticulous preparation, the quality of her court performance and her robust advocacy when necessary. Legal 500 describe her as "extremely thorough", "always impeccably prepared" and her "courtroom manner is unfaltering, and cross-examination is bespoke and effective."

Sara is regularly instructed to represent parents and guardians, renowned for her proactive and user-friendly approach, providing plain-speaking and straightforward advice at every stage of a case. Noted by the Legal 500 for being "approachable" and having "an exceptional rapport with clients", Sara likes to build a productive working relationship with both lay and professional clients.

Prior to coming to coming to the Bar, Sara was a neuropsychologist undertaking both clinical and research work therefore has particular interest and expertise in matters involving complex medical evidence.

Full details of each practice area are in the sections below.

Recommendations

"Sara is always one of my top three King's Counsel. Her advocacy is incredibly robust."
"Sara is well-respected, easy to work with and really thorough."
Chambers and Partners, 2027

"Sara is a thorough, considered, and yet tenacious barrister. Her advocacy is often commented on by clients as being exceptionally nuanced and intelligent, yielding results that go against the odds. She deals with complex issues in a clear, capable, and persuasive manner." **Legal 500, 2027**

"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-
- Qualified Children's Arbitrator, 2026

Professional bodies

- Member of Resolution
- Member of Family Law Bar Association
- Member of the Chartered Institute of Arbitrators (ClArb)

Direct Access

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

Expertise

ADR/NCDR

ADR Group Accredited Civil and Commercial Mediator
Member of the Sport Resolutions Panel of Arbitrators.

Sara Lewis KC is an ADR Group Accredited Civil and Commercial Mediator. She combines substantial trial and tribunal advocacy experience with her work as an independent decision-maker and investigator. She helps parties consider the risks involved in litigation, restore communication and reach workable outcomes. Sara brings calm authority, effective communication and discretion.

Experience

Sara is regularly appointed to independent panels and appeal panels, and to conduct investigations and independent reviews. In particular she has conducted independent investigations and reviews into safeguarding complaints and concerns; and provided independent arbitration in place of a national governing body's (NGB's) disciplinary or appeals panel. In 2022 she was also appointed to the Commonwealth Games Federation Court.

Across disciplinary, regulatory and governance matters, she deals with disputes involving national governing bodies, clubs, coaches, athletes and volunteers. This experience helps her identify the real issues and create an environment in which participants can engage in constructive dialogue.

Mediation approach

Neutrality is central to Sara's practice. Her trial and tribunal experience allows her to help participants evaluate the legal and practical risks of continued litigation. She also helps them weigh the potential costs in time, money, exposure and emotional energy.

Her independence gives parties confidence that their perspectives will be considered with total impartiality. She focuses on facilitating communication, identifying the interests behind stated positions and helping participants develop durable, workable outcomes.

Sara has extensive experience of high-conflict and sensitive matters, contested technical facts and complex expert evidence. She knows how to ask difficult questions with care, manage strong emotions and foster an atmosphere of trust and fairness. Her Master's degree in psychology informs her understanding of the personal dynamics that can make disputes appear intractable.

Areas of focus

Sara accepts civil and commercial mediation appointments across the UK and internationally, with a focus in:

Commercial, Sports & Governance

- Sports regulatory, disciplinary and integrity disputes involving governing bodies, clubs, athletes, agents and sponsors
- Commercial contracts, joint ventures, shareholder and partnership disputes
- Board, executive and governance disputes
- Professional disciplinary and regulatory proceedings

Construction & Development

- Construction, building contract and property development disputes
- Defect, delay and construction-related professional liability claims

Private Wealth & Property

- Contentious probate, inheritance and will disputes
- Co-ownership and trusts disputes under the Trusts of Land and Appointment of Trustees Act 1996 (TOLATA)
- High-value property, boundary and land-use disputes

Based in London, Sara is available for mediation appointments at short notice, nationally and internationally, online or in person.

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.

Reported cases

- A Local Authority v A & Ors [2025] EWFC 295 (B)
- A LOCAL AUTHORITY v BB & Ors [2022] EWFC 105
- RE N (A Child) (Death of Sibling) [2025] EWFC 325
- A Local authority v Mother & Ors [2022] EWFC 172
- East Riding of Yorkshire Council v C: Re S (fact finding) (2020) EWFC 71
- Lancashire CC v M, F and C (2020) EWFC 43
- Re Y (Fact Finding) [2018] EWFC B20
- H (A Child) [2018] EWHC 610 (Fam) (07 March 2018)
- Cheshire East Borough Council v PN & Ors (Flawed Local Authority Assessments) [2017] EWFC 20 (03 March 2017)
- Cheshire East Borough Council v PN and Others (Finding of Fact): [2016] EWFC 61 Lancashire County Council v R [2013] EWHC 3064 (Fam)

Private law

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.

Care and adoption

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.

Professional Discipline

Sara Lewis KC is a member of Sports Resolutions' "Panel of Arbitrators – Chairpersons List", where she has been appointed to conduct investigations into safeguarding concerns and to hear appeals against disciplinary decisions made by national sporting bodies.

As part of her regulatory and disciplinary practice, Sara has been regularly instructed to present cases on behalf of the General Medical Council before The Medical Practitioners Tribunal Service.

Sara has also been instructed to represent interested persons at inquests, including bereaved families and Health Authorities. She was Assistant Coroner for the City of Manchester from 2009-2018.