



GARDEN COURT CHAMBERS

Sarah Forster

YEAR OF CALL: 1976



Sarah practises in all areas of family law, specialising in cases where there are issues of mental health and capacity, separate representation of children, and vulnerable or challenging clients. Tenacious and powerful but also humane and pragmatic, Sarah has expertise at all levels, including the Supreme Court.

"An intelligent, sensible practical barrister, who represents her clients well."

CHAMBERS UK, 2024

"Her ability to mediate between warring parties is second to none. If you instruct her, she will look through your statement well after close of business and call you at 9pm at night when you are in a complete stress. She is a wellspring of calm and professionalism in an often chaotic atmosphere."

CHAMBERS UK, 2023

"An experienced children lawyer who will fight her client's corner in a skilful way."

CHAMBERS UK, 2022 (FAMILY: CHILDREN)

"She brings a wealth of experience to every case, looks at all the angles, and goes above and beyond."

CHAMBERS UK, 2021 (FAMILY)

"Sarah Forster is a challenging opponent who is a relentless fighter for her clients."

CHAMBERS UK, 2020

"She is calm, measured, and a stalwart ally when involved in a case."

CHAMBERS UK, 2019

If you would like to get in touch with Sarah please contact the clerking team:

familyclerks@gclaw.co.uk | +44 (0)20 7993 7600

FAMILY LAW: CHILDREN'S LAW

Sarah is an extremely experienced practitioner and trained family mediator who has specialised in family law for over 20 years. She undertakes family practice in all levels of courts, up to and including three Supreme Court cases, the latest in June 2017. Sarah has acted as: Deputy District Judge (family); and Mediator (family), since 2012.

She is trained as a family mediator for privately funded cases and is a member of ADRg's Family Register and the Family Mediation Council Register.

NOTABLE CASES

Past notable cases can be viewed below. [Click here to see a list of recent notable cases.](#)

Re MF (Contact on Adoption) [2014] 1 FLR 195

Re PC (Brussels II: Scotland) [2013] EWHC 236

Re D (Nigeria Fertility Clinic) [2013] 2 FLR 1419

Re S (C.O Starred Care Plan) [2002] UKHL 10

Re F (Use of Guardianship in mental health cases) [2000] 1 FLR 192 CA

Re G (Freeing Order) 2 FLR 202 HL

MENTAL HEALTH LAW

Sarah has key expertise in mental health matters.

FAMILY LAW: FINANCIAL DISPUTES AND SOLUTIONS

Sarah has experience of ancillary relief in practice, in mediation and when sitting as a Deputy District Judge.

BACKGROUND

Prior to returning to Garden Court Chambers in March 2016, Sarah was Head of Chambers at Fourteen, a specialist family set, for 11 years. She was appointed to the Principal Registry of the Family Division in 1995 and continues to sit there and, since 2015, in other family courts dealing with all forms of private and public law cases including family finance.

EDUCATION

North London Collegiate School

Birmingham University (LLB (Hons))

Kings, London (1986 diploma in Law and Medical Ethics)

PROFESSIONAL MEMBERSHIP

Family Law Bar Association

Association of Lawyers for Children

Haldane Society of Socialist Lawyers

Abortion Law Reform Association

Liberty

LANGUAGES

French (basic)

Spanish (basic)

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