

SOPHIE KAY

Year called 2016

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“Sophie is knowledgeable, thorough and reliable. She is always available, confident in court and knows how to manage clients’ expectations.”
Legal 500, 2025. Leading Junior in Divorce and Financial Remedy

OVERVIEW

Sophie is a specialist private client practitioner. She specialises in financial remedies and private law children, appearing in the Family Court and High Court. As a skilled advocate and negotiator, she combines legal expertise and strategy with a compassionate approach to client care.

Sophie has substantial experience in Non-Court Dispute Resolution (NCDR) in both financial and children matters, including arbitrations and private FDRs. She is known and commended for her astute attention to detail and robust approach during negotiations and hearings.

Her practice primarily revolves around complex financial remedy and Schedule 1 cases, particularly involving HNW clients. Sophie has particular experience in complex financial remedy enforcement cases and Notice to Show Cause applications. She is confident being led as junior counsel and acting alone; she was led by Michael Horton KC in *TY v XA* [2024] EWFC 96 – the first reported decision on set aside applications of Part III claims post-Potantin.

Sophie’s cases often include international issues, including jurisdiction and forum conveniens in both money and children work. She has niche experience of cases involving validity of marriage issues, which often involve other jurisdictions.

In the private law children sphere, Sophie focuses on cases involving relocation, alienating behaviours, and ‘shared care’ arrangements. She has particular experience of ‘no contact’ orders and the restriction of parental responsibility. With significant experience representing vulnerable clients, Sophie takes great pride acting for children in Rule 16.4 Guardian cases.

She often acts Pro Bono for Dad’s House and enjoys attending their weekly clinic. She is recognised on the Pro Bono Recognition List 2024 and 2025.

Sophie is an Accredited Civil Mediator and accepts Direct Access instructions. Prior to joining the Bar, Sophie worked at the Ministry of Justice in the Offender Reform and Commissioning Group.

PRACTICE AREAS

Finance and Private Client
Private Law Children
International Family Law

TESTIMONIALS

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“Sophie takes great care in her preparation and detailed advice. Sophie is just as skilled in her written work as she is on her feet. She is assertive, yet compassionate and commands respect from both her clients and opponents.” – Rayden Solicitors

“Sophie is personable and able to put clients at ease whilst at the same time being able to robustly advance a client’s case. In a matter where my client was extremely anxious she was greatly reassured by Sophie’s approach.” – Greene & Greene

“Sophie has an ability to see straight to the practical issues in the case and focus on resolution, whilst still having the technical ability to fight where needed. She provides clients with the confidence that their case is in safe hands.” – Elite Law Solicitors

“Sophie is brilliant. She has great eye for detail, which enables her to get a deep understanding of a case from the very outset. This allows her to build great rapport with clients, who immediately feel they can trust her. She is a great communicator and authoritative when needed, always with strong evidence for the arguments she puts forward with opponents. She is easy to talk to, available and understanding. All round a great barrister who I look forward to continuing working with.” – Amphlett Lissimore

EDUCATION AND PROFESSIONAL MEMBERSHIPS

Education

LL.B.(Hons) – University of Bristol
BPTC (Very Competent) – BPP Law School

Professional Memberships

Family Law Bar Association
Resolution
Committee Member of The Family Law Language Project

AWARDS

Jules Thorn (Major) Scholarship, Middle Temple
BPP Advocacy Prize

LANGUAGES

English (native)
Conversational Spanish

CASES

[AP v TP \(Pension Enforcement\) \[2025\] EWFC 190 \(B\)](#)

[D v A \[2025\] EWFC 66 \(B\)](#)

[Re C \(A Child\) \(No contact\) \[2024\] EWFC 366 \(B\)](#)

[TY v XA \[2024\] EWFC 96](#)