

**SOPHIE CRAMPTON**

Sophie Crampton  
Year of Call: 2015  
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020 7832 3200

**Practice Areas:**  
Adoption & Special  
Guardianship  
Care Proceedings  
Child Arrangements  
Court of Protection  
Financial Remedies

'Sophie really went above and beyond what should have been asked of her... she supported me totally each day with either phone calls or meetings before and after the court sessions.' **Client represented via Advocate (February 2024)**

**About**

Prior to coming to the Bar, Sophie Crampton worked for almost two years as a paralegal for Hornby and Levy Solicitors, a specialist family law firm based in South London. During her time there, she worked on a variety of cases involving different areas of family law, including TOLATA, child abduction, and Schedule 1 of the Children's Act 1989, gaining valuable experience and insight into the legal profession.

**Practice overview**

Sophie specialises in care and adoption proceedings, representing local authorities, parents and children. She has been involved in a variety of complex matters such as cases involving children traveling unaccompanied from abroad, children struggling with their sexuality or gender identity and cases involving foreign embassies.

Sophie has successfully navigated a myriad of complex threshold matters, representing both the local authority and parents. Her comprehensive understanding of these matters is evident in her book, which delves into the elements of threshold, offering practical guidance on drafting and responding.

Sophie's passion for psychology is evident in her work, particularly in cases involving complex mental health issues. Her experience extends to representing children who have been sectioned under the Mental Health Act 1983, showcasing her deep understanding of these sensitive matters.

Sophie has experience of seeking High Court orders, including Deprivation of Liberty orders, recovery orders and orders under inherent jurisdiction.

Sophie is part of the Young Bar Advocate Executive Committee, which aims to support young barristers to take on pro bono work. Sophie is also a Panel Member of Advocate, formerly the Bar Pro Bono Unit, which provides free legal representation to clients who are not eligible for legal aid and cannot afford representation.

While studying for the BPTC, Sophie also volunteered at the Personal Support Unit. In this role, she provided invaluable support to litigants in person in both the Royal Courts of Justice and the Central Family Court, demonstrating her commitment to ensuring access to justice for all, regardless of their financial means.

**Book**

"Overcoming Threshold, a practical guide to threshold in care proceeding", 26 September 2022, published by Law Brief Publishing. This book explored the elements of threshold, using examples from key case law. The book also provided practical tips for drafting and responding to threshold.

## Other Publications

"Access to the Bar, a post-pandemic viewpoint", Counsel, September 2022. This article discussed the difficulties faced by people with disabilities in working at the Bar and possible solutions to these barriers.

"Exploring the role of psychologists in family proceedings: the good, the bad and the unnecessary", Counsel, February 2022. This article explored the use of psychologists in family proceedings, including case law where psychologists have impacted proceedings in a positive or negative way. The article also provided a step by step guide to choosing the right expert for a particular case, emphasising the importance of considering individual CVs.

["Psychological Assessments: a brief guide to choosing a psychological expert"](#), Family Law Week, September 2020. Sophie Crampton offers guidance on when to instruct a psychologist and how to choose a suitable one for your case.

["Section 9\(6B\) of the Children Act 1989 – what is its purpose?"](#), Family Law Week, July 2019. This article considers Section 9(6B) of the Children Act 1989 and its present and future role in care proceedings.

["Ending a marriage in the 21st century. a look beyond no-fault divorce"](#), Family Law Week, June 2018. This article looked beyond the question of no-fault divorce to consider what other aspects of divorce law are in need of reform.

## Past Seminars & Webinars

"Demystifying Threshold", February 2022, MBL seminars. This webinar provided a brief overview of the principles set out in Re A (A Child) [2015] EWFC 11, the leading case on threshold.

"Instructing Expert Psychologists in Family Proceedings – An Introduction", May 2021, MBL seminars. This seminar provided a guide to identifying an appropriate expert psychologist in care proceedings and provided examples of how this guidance should be applied to in practice.

## Directories

'Sophie is very organized and focused. She stands her ground quite firmly and represents her clients with their best interests at the forefront of her mind.' **Legal 500, 2025**



## Education

University College London – Psychology BSc (Hons) – 1:1

University of Law, Guildford – GDL, Distinction

University of Law, Bloomsbury – BTC, Very Competent

## Memberships

## Client Testimonials

'My family and I have been through the worst possible and absolutely life-changing nightmare... I count myself very lucky indeed to have had the help of the Advocate and Sophie. I am truly, truly grateful'. **Client represented via Advocate (February 2024)**

'Sophie represents us in a professional and proactive manner. She has excellent client care skills, engages in case management discussions with me before the case is heard and promptly sends her Attendance Note following the hearing'. **Christiana Ajilore, Lawyer, Hackney Council**

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