

LAUREN BOVINGTON

Lauren Bovington
Year of Call: 2016
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020 7832 3200

Practice Areas:

Abduction & International
Movement
Adoption & Special
Guardianship
Care Proceedings
Child Arrangements
Domestic Violence &
Injunctions

'Lauren has gone above and beyond and even took the role of directly communicating with the clients to make sure that the case was ready for trial on 19th January when I wasn't available due to Tribunal work. The service Lauren has provided to the clients has been excellent and they are extremely happy that Lauren continues to represent them.

This case is very complex and when technical issues crop up that is beyond my expertise, Lauren is very quick to offer her advice when I reach out to her.' **Alice Damoa, Paralegal, London Borough of Hackney, 2024**

About

Before commencing pupillage, Lauren gained extensive experience as a paralegal at several leading family law firms, where she worked on a broad range of family law cases. Her expertise spans both public and private children proceedings, international child law (including abduction), as well as divorce and financial matters.

Lauren has contributed to the field through several published articles in respected industry outlets such as [Family Law Week](#), [Jordan Publishing](#), [Relocate Magazine](#), and the [International Family Law Journal](#).

During her studies, Lauren demonstrated a strong commitment to pro bono work. She volunteered with the [Free Representation Unit](#), representing clients in employment tribunals. Additionally, she served as a student leader of her university's Pro Bono Unit, further highlighting her dedication to access to justice.

Directories

'Lauren is very professional and friendly. She is impressive in her ability to grasp the issues of a case, even when instructed at short notice.' **Legal 500, 2025**

LEADING JUNIOR

Legal500

UNITED KINGDOM

2025

Memberships

[Family Law Bar Association](#)

[Inner Temple](#)

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