

## Sophie Lenton

Year of Call: **2019**



Sophie Lenton accepted a tenancy at 18 St John Street Chambers upon successful completion of her pupillage in 2023.

Sophie completed her Family Law pupillage under the supervision of Vanessa Lau. In addition, she spent time with a number of other experienced family practitioners. As a result, she has gained insight into all aspects of public and private family law, ranging from FHDRAs and non-molestation orders to complex finding of fact hearings concerning domestic violence, sexual abuse, and non-accidental injuries. In addition, Sophie has observed high profile cases relating to the high court's inherent jurisdiction to deprive children of their liberty.

Prior to commencing Pupillage, Sophie gained invaluable experience working as a Care Paralegal at Cartwright King Solicitors in Nottingham. Sophie worked closely with clients and solicitors, assisting with all aspects of case management. She regularly advised clients, running her own files and representing them in pre-proceedings meetings. Sophie frequently prepared briefs to and clerked counsel, and drafted a range of legal documents including Part 25 applications and consent orders.

During her time at Nottingham Law School, Sophie volunteered for StreetLaw, researching and delivering a number of presentations in schools to 16–18-year-olds to further their understanding of their legal rights. Following completion of the BPTC, Sophie volunteered for equation, a domestic abuse charity based in Nottingham.

### Awards

Lord Denning Scholar, Lincoln's Inn

St Mary's Family Law Prize for Top Performing Student, Nottingham Law School

### **Education**

BA (Hons) History, 1st Class, University of Nottingham  
Graduate Diploma in Law, Commendation, Nottingham Law School  
LLM BPTC, Distinction, Nottingham Law School

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### **Professional Memberships**

The Honourable Society of Lincoln's Inn

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