

1GC | Family Law

Helen Jefferson

Year of Call: 2000



Practice Overview

Helen's practice encompasses all areas of family law with a particular emphasis on both family finance and private law children work for which she has earned recognition in both Chambers and Partners and The Legal 500.

Helen also regularly advises and acts for clients in both Schedule 1 disputes and applications under the Trusts of Land and Appointment of Trustees Act 1996.

Helen has considerable experience of representing clients at all levels of tribunal and is frequently instructed in cases where Queen's Counsel is instructed on the other side. Helen is equally confident representing high-net-worth individuals with the most complex of financial arrangements as she is dealing with the often more challenging cases where finances are genuinely limited or limited as a result of the actions of one or other of the parties.

Known for her thorough preparation and her sensible and personable approach Helen has also been described as an excellent advocate with strong analytical skills.

Children (Private Law)

Helen is regularly instructed in a variety of private law disputes involving allegations of serious domestic violence, sexual abuse and parental alienation. In particular, she is known for her sensitive approach to such issues whilst maintaining a forthright manner in court in order to achieve the best result overall for her clients.

She also has experience in dealing with applications for both internal and domestic relocations, in respect of which she has achieved considerable success.

Family Finance & Property

Helen has considerable expertise in all areas of family finance and property work.

She is regularly instructed by high-net-worth individuals and is as confident in dealing with the most complex of business structures and trusts as she is dealing with more modest assets.

Helen also both advises and represents clients in respect of applications made under Schedule 1 of the Children Act as well as assisting to resolve property disputes between former cohabitants

(TOLATA).

What the Directories Say

"Unflappable in the most trying of cases, Helen is a great advocate, who helps clients see the wood for the trees." **Band 4 - Chambers and Partners, 2025**

"Helen is always well prepared and calm under pressure. She is a fierce advocate, who has a fantastic facility for understanding, and connecting with, the clients." **Band 4 - Chambers and Partners, 2025**

"A robust advocate full of warmth and humour." **Band 4 - Chambers and Partners, 2025**

"Helen is very bright. In advocacy, she is on top of all the figures and arguments." **Tier 3 - Legal 500, 2025**

"Helen is a highly persuasive advocate who is usually a step ahead of her opponent and always has the ear of the judge. Clients love her." **Tier 5 - Legal 500, 2025**

"Helen is excellent with clients. She is a very strong advocate who is decisive and clear with a strategy for the case. She puts clients at ease and is always well-prepared." **Tier 3 - Legal 500, 2024 - Finance**

"Helen is a superb advocate, highly respected by peers and the judiciary. She has quick thinking and is robust in submissions and cross-examination. She is always incredibly well-prepared and knows a case inside out. She has brilliant drafting skills and is amazing with clients – extremely personable with a real skill to put clients at ease." **Legal 500, 2024 - Family**

"Helen is a real fighter. She takes a case and injects logic and pragmatism." **Band 4 - Chambers and Partners 2023**

"Helen has a lovely manner and is great with clients. She's a nice advocate who is excellent, very clear, sensible and someone who doesn't take bad points." **Band 4 - Chambers and Partners 2023**

"Helen is extremely good with her clients who continue to seek her out in their cases. She is very sensible and robust where needed, is a fantastic advocate in court and very persuasive. She is always willing to help between hearings, one of the go-to barristers." **Tier 3 – Legal 500, 2023**

"Helen is a fantastic barrister. She is able to adapt to the nature of the client that she is representing and instills confidence in clients. She is always very well prepared, which reflects in her advocacy during hearings. She is very knowledgeable, clearly passionate about what she does, and strives to achieve the best possible outcome for clients." **Tier 5 – Legal 500, 2023**

"Helen has a fantastic manner with lay clients, who immediately put their trust in her." Tier 3 – Legal 500, 2022

"Helen is technically brilliant and outstanding with the clients." Tier 5 – Legal 500, 2022

"Manages clients' expectations well, and immediately puts them at ease with her personal approach. She goes above and beyond in her preparation for cases, and in court she is robust, measured and sensible." Band 4 - Chambers and Partners 2021

"Helen is able to handle difficult clients in a sensitive, simple and straightforward manner." Band 4 - Chambers and Partners 2021

"Very kind, confident and approachable, Deals with difficult clients in a very empathetic and clear manner." Tier 4 - Legal 500, 2021

"Helen is quite a fighter in terms of standing her ground." Chambers and Partners 2020

"Always well prepared, she is a confident advocate who puts clients at ease. She is firm in negotiation and always makes sure the clients know when to concede points and when they should maintain their position." Chambers and Partners 2020

"Is an excellent advocate with a no-nonsense but highly persuasive style." Legal 500 2020

Notable Cases

T (Children: Non-Disclosure), Re [2024] EWCA Civ 241

Education

LLB (Hons), Birmingham University

Seminars, Publications and Training

Helen gave a webinar on **"Private FDRs: For Life not Just for Lockdown"** as part of the 1GC Family Law Webinar Series (May 2020).