

1GC | Family Law

Henry Lamb

Year of Call: 2004



Practice Overview

Henry is a family law specialist with particular expertise in complex Children's Law cases, which involve complex medical or legal issues, or those with an international element. Henry has represented clients in proceedings across all levels of the court, up to and including the Court of Appeal. Henry is recommended as a Leading Junior in both the Legal 500 and in Chambers and Partners.

Children (Public Law)

Henry is a very experienced child protection practitioner and has been at the forefront of a number of leading cases in this area. Henry has particular expertise in cases which involve complex medical or legal issues, and cases which have a significant international dimension, including disputes relating to jurisdiction, intercountry adoption and child abduction. Henry is also frequently instructed in cases relating to deprivation of liberty and the use of the inherent jurisdiction.

Re H (Children: Placement Orders) [2023] EWCA Civ 1245

Henry Lamb was successful in the Court of Appeal, representing the children, through their children's guardian. Henry traversed the 'steep and narrow' path to a successful appeal against the Judgment of HHJ Tolson KC in relation to the boys, who were the subject of the appeal.

A [2019] EWFC B18

Henry acted for the Children's Guardian. The Court approved the Children's Guardian's recommendation for the child to return to the care of the mother under the auspices of a Supervision Order. The Judgment carefully considers the proper basis for the evaluation of risk in cases relating to past alcohol misuse and the duties of the Local Authority to identify and provide appropriate support.

A Local Authority v D (2016) [2016] EWHC 1438 (Fam)

An issue arose in relation to the procedural basis for applying out of time for a Supervision Order. The case has changed the interpretation of the law in this area. Mostyn J accepted Henry's submission that the Court of Appeal has wrongly interpreted the law over the last 21 years.

Richmond London Borough Council v B, W, B and CB [2010] EWHC 2903 (Fam); [2011] 1 FLR 1345

Care proceedings in the High Court which considered and provided guidance in relation to alcohol hair strand testing. Moylan J provided guidance as to the reliability of hair testing to establish consumption below frequent and excessive consumption. Henry represented the Local Authority and successfully persuaded the Court to give guidance on these issues in the public interest.

Children (Private Law)

Henry is regularly instructed in complex private law proceedings relating to all aspects of child arrangements disputes, including 'implacable hostility' cases, 'no contact' cases and cases where there have been allegations of physical, sexual and emotional abuse. Henry has a particular strength in cases involving applications for leave to remove from the jurisdiction and internal relocation. Henry is regularly instructed in child abduction cases, wardship cases and adoption cases, including ones with an international element.

International Family Law

Henry is regularly instructed in cases that have a significant international element. Henry has a particular strength in child abduction cases, wardship cases, international adoptions and applications for leave to remove from the jurisdiction.

A v B & Ors [2025] EWHC 3370

Henry Lamb successfully represented the children. The Honourable Mr Justice Trowell agreed with the case on behalf of the children and ordered the child's return from Egypt to be placed with her sibling who was living in the U.K. with his mother.

Re K (Children) (Application for return orders: Concurrent asylum claims) [2025] EWHC 450 (Fam)

Henry represented the children in this case, when Mr Justice Garrido held that: (a) the High Court has the power to implement a return order, under the inherent jurisdiction, for children with extant asylum claims, to be returned to safe third countries.

Re K (Children) (No 2) (Application for return orders: best interests decisions) [2025] EWHC 451 (Fam)

Henry represented the children, led by Sally Stone KC in the welfare stage of the proceedings.

London Borough of Brent v S [2009] EWHC 1593 (Fam)

Henry appeared for a Local Authority in wardship proceedings in relation to a 17 year old who had no parents in the UK and wanted to travel to Pakistan to find his family.

What the Directories Say

"Henry is a very strong and able advocate. You are in safe hands with him." Band 3 -

Chambers and Partners, 2026

"Henry is an intellectually robust advocate, with a calm and measured presence in the court room." Tier 3 - Legal 500, 2026

"An incredible barrister in whom I have absolute confidence. His preparation, knowledge, client-handling and delivery are phenomenal. Henry delivers results time after time." Band 3 - Chambers and Partners, 2025

"He is a calm presence in the courtroom, but he's also someone with a burning desire to achieve the absolute best result for his client." Band 3 - Chambers and Partners, 2025

"He's a brilliant advocate, who's very sought after. Clients love him because he instils confidence in them." Band 3 - Chambers and Partners, 2025

"Henry is intuitive, and prepares his cases with a forensically analytical eye." Tier 4 - Leading 500, 2025

"Reliable, hard-working and someone who doesn't seem to get fazed when presented with complex cases." Band 3 - Chambers and Partners, 2024

"He reads everything and knows his client's case inside out." Band 3 - Chambers and Partners, 2024

"He's amazing at complicated legal arguments" Band 3 - Chambers and Partners, 2024

"Henry is intuitive and gets straight to the issues in the case. He prepares his cases with an eye for detail and forensic analysis." Tier 4 - The Legal 500, 2024

"Henry has tactical know-how and works on cases with a keen eye. He is extremely relatable, and clients love him." Band 4 - Chambers and Partners, 2023

"Henry is a total star, especially when it comes to complicated legal points. He also has a kind and caring manner with clients." Band 4 - Chambers and Partners, 2023

"Henry grapples with the complexities of the case with ease and sets out what he feels are the strengths and weaknesses to the case so that expectations are met. He quickly builds rapport with parents or guardians and makes himself available to answer questions from instruction until conclusion." Tier 4 - The Legal 500, 2023

"Exceptionally good at identifying the key issues at the nub of a case. His cross-examination is focused and incisive. He is also very good with vulnerable clients." The Legal 500 2022

"Strengths-attention to detail. He always had his eye on the ball. His preparation is second to none." The Legal 500 2021

Notable Cases

A Local Authority v MA & Ors [2026] EWFC 130

A v B & Ors [2025] EWHC 3370

S v London Borough of Islington (Application to Prevent Vaccination) [2025] EWHC 2780

G, Re (A Child) [2025] EWHC 1974

AB v CD & Ors [2025] EWHC 1563

Holly, Re [2025] EWHC 465

Re K (Children) (No 2) (Application for return orders: best interests decisions) [2025] EWHC 451 (Fam)

Re K (Children) (Application for return orders: Concurrent asylum claims) [2025] EWHC 450 (Fam)

Local Authority 1 & Anor v Mother & Ors [2024] EWFC 270 (B) (23 July 2024)

G (Non-Accidental Head Injuries), Re [2024] EWFC 172

A Local Authority v The Mother & Ors [2024] EWFC 37 (B)

Re H (Children: Placement Orders) [2023] EWCA Civ 1245

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Re S [2008] EWCA Civ 1652

Henry appeared in the Court of Appeal in relation to committal proceedings arising from publication of confidential material

Education

First Class Degree in Law (LLB) at University College London (UCL) 2003

Bar Vocational Course at BPP Very Competent 2004

Awards

The One Garden Court Family Law Prize

The Andrews Prize and Medal for finishing top of his year

The Dean's Prize

The Linklaters and Alliance Prize for Excellence

The Sweet and Maxwell Prize for Excellence.

Memberships & Associations

The Honourable Society of Lincoln's Inn

Family Law Bar Association

Legal Charities Committee member

Publications

'Hair Strand Testing for Alcohol: Hair today, gone tomorrow?' Family Law Week

Personal

Henry enjoys cooking, cycling, swimming and gardening.