

Helen Moizer
(2018) Barrister

Specialist Areas

Private Law Children: Residence and Contact

Family: Finance

Employment & Discrimination

Public Law Children: Care Proceedings and Adoption

Chancery and Commercial

Property

Out of Court Solutions (NCDR)



Who is Helen Moizer?

Helen joined Chambers as a tenant in October 2023, after successful completion of her pupillage under the supervision of Nigel Cholerton. During her pupillage and since joining Chambers, Helen regularly practices in Employment Law and Family Law, with a particular interest in Children work and Matrimonial Finance.

Alongside her busy practice, Helen is active in the wider legal community and is particularly passionate about access to justice and mentoring aspiring barristers. Helen assists with Middle Temple's mock interview scheme every year and volunteered with University College London from 2024-2025 mentoring a Masters of Law student.

Prior to commencing pupillage, Helen worked full-time as an Assistant Legal Officer for the Free Representation Unit, running her own caseload, as well as supervising the student volunteers with their matters. Prior to this, Helen worked as a legal caseworker for Advocate, the Bar's pro bono charity

🏠 **No.18 Chambers**
21 Carlton Crescent
Southampton
SO15 2ET

📞 02380 736 812

✉️ clerks@no18chambers.com

No.18 Chambers is a distinguished set of barristers based in Southampton, recognised for its strong reputation and presence across the South Coast of England. Our expertise cover a range of practice areas, including Family Law (Care Proceedings and Adoption, Private Law Children, Matrimonial Finance), Employment, Chancery and Commercial Law, Property Disputes, together with Dispute Resolution and Mediation. Our members are committed to delivering expert legal advice and representation to clients nationwide, offering extensive experience in handling both complex and sensitive matters.



Legal Expertise

For more information or to get in touch with Helen please contact the clerks room who will be happy to assist you.

Private Law Children: Residence and Contact

Private Law Children: Contact and Residence Disputes Under the Children Act 1989

Helen regularly represents Applicants, Respondents and 16.4 Guardians in Section 8 of the Children Act 1989 applications. Helen has experience in applications for Child Arrangements Orders, Prohibited Steps Orders, Specific Issue Orders and Special Guardianship Orders.

Helen has experience of representing clients in multi-day hearings and matters which involve domestic abuse, vulnerable parties, allegations of parental alienation, relocation (international or within the UK) and cases which have required the involvement of the Local Authority and/or Children's Guardians.

Helen represents clients from initial hearings through to contested final hearings.

Judges have praised Helen for her efficient drafting of orders and assistance in resolving matters outside of court.

Domestic Violence & Injunctions

Helen frequently represents both applicants and respondents who are involved in Family Law Act 1996 proceedings. She has extensive experience in applications for non-molestation orders and occupation orders, including where those applications are linked to Children Act 1989 proceedings.

Helen has been praised for her handling of complex and sensitive situations.

Family: Finance

Divorce & Separation

During Helen's pupillage, she had significant exposure to matrimonial and financial work with her supervisor. Helen now regularly appears for applicants and respondents at First Appointments, Financial Dispute Resolution hearings and Final Hearings concerning financial provision, including interim and final applications.

Helen has experience of dealing with matters involving pre-nuptial agreements, multiple properties, internationally held assets and pensions.

Inheritance Act Claims

Helen is building her experience in cohabitation and TOLATA claims, as well as Inheritance Act matters.



Legal Expertise Continued

For more information or to get in touch with Helen please contact the clerks room who will be happy to assist you.

Employment & Discrimination

Helen has gained extensive employment law experience when previously working for the Free Representation Unit. This involved advising and representing clients in tribunals on issues such as: unfair dismissal, unlawful deduction of wages, breach of contract, holiday pay, discrimination, and National Minimum Wage issues.

In July 2023, Helen appeared in the Employment Appeal Tribunal pro bono and was successful in having the appeal dismissed: *The Sports PR Company Ltd v Ms Valentina Londono Cardona* [2023] EAT 110.

Helen has a growing employment law practice and represents Claimants and Respondents at preliminary hearings, judicial mediations and final hearings.

Helen has experience in multi-day hearings, for example representing a Claimant in a 5-day trial dealing with disability discrimination against a State department; representing a Respondent in a 3-day trial involving a unfair dismissal claim with a Human Rights Act 1998 issue. Helen was recently successfully in representing a Claimant to obtain their full schedule of loss at a remedy hearing following a rule 21 judgment.

Public Law Children: Care Proceedings and Adoption

During pupillage, Helen gained experience observing counsel acting for Local Authorities, Guardians and parents. She has seen multi-day fact finding and final hearings and had exposure to emergency protection orders, interim care orders and represented a client in a discharge of care order application.

Chancery and Commercial

Traditional Chancery

Inheritance Act claims

Helen is building her experience in cohabitation and TOLATA claims, as well as Inheritance Act matters.



Legal Expertise Continued

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Property

During pupillage, Helen gained experience observing counsel acting for Local Authorities, Guardians and parents. She has seen multi-day fact finding and final hearings and had exposure to emergency protection orders, interim care orders and represented a client in a discharge of care order application.

Out of Court Solutions (NCDR)

Private FDR

Single Joint Advices/Early Neutral Evaluation

Round Table Meetings/Joint Conferences

Merits, Advice, Drafting And Support Package



Professional Info

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Qualifications

BPP Law School: Bar Professional Training Course (2018) - Very Competent

University College London: LLM Human Rights specialism (2017) - Merit

City University London: Graduate Diploma in Law (2016) - Commendation

University of Birmingham: BA Hons English and American Literature (2015) – 2:1

Membership

FLBA

Middle Temple (Young Barristers' Association)

Advocate

Free Representation Unit

Member of the Hampshire and Isle of Wight Pro Bono Committee



Professional Info Continued

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Awards

Legally Flushed award for 'Mentorship Maestro': recognising a barrister or solicitor who excels in mentoring and supporting women lawyers, fostering their growth and success in the legal field (2024)

Pupil pledge with Advocate for taking on pro bono work in the second six months of pupillage.

Best Team Orals in the Willem C. Vis Arbitration Moot (Eric E. Bergsten Award) 2018

Top mark in 'Asylum, Deportation, Detention and Extradition' module (BPTC) 2018

BPP Advocacy Scholarship (BPTC) 2017

Semi-finalist in the ESU National Mooting Competition 2016

Publications

Helen writes for the Financial Remedies Journal, she summarises new cases and judgments for the website, email updates and published journal.

Helen has given many talks on access to justice and pro bono work. Events have included Pro Bono Week 2024; Target Jobs Pupillage Fair; and UCL's Centre for Access to Justice.

Personal Info

Outside of Chambers, Helen enjoys yoga and has been practising it for over five years. She also enjoys hiking and travelling.



Cases of Note

For more information or to get in touch with Helen please contact the clerks room who will be happy to assist you.

Helen Moizer, a barrister at No.18 Chambers, specialises in family and employment law, with a particular focus on children matters and matrimonial finance. She represents a diverse range of clients, including parents, local authorities, and guardians, in both public and private law proceedings. Helen is known for her clear advocacy and compassionate approach, especially in cases involving sensitive issues. Her background includes work with the Free Representation Unit and Advocate, reflecting her commitment to access to justice and pro bono work. She is also active in mentoring aspiring barristers, contributing to initiatives aimed at increasing diversity within the legal profession.

The Sports PR Company Ltd v Ms Valentina Londono Cardona: [2023] EAT 110



Reviews

For more information or to get in touch with Helen please contact the clerks room who will be happy to assist you.

Advocacy was impressive and she made the client aware of the matters limitations (but in such a way she wasn't devastated and worrying before we headed into Court). Also provided a great note after the hearing to confirm the judgement which I always find helpful even when I attend. A raising star and one to watch! - Stowe Family Law

Helen has been outstanding, she really knows her stuff, is responsive, knowledgeable and not afraid to stand up and fight for our client. - Solicitor testimonial (2023)

She was extremely professional, seeking guidance on instructions and very kind and empathetic to our witnesses who found the day very challenging. It was worth it to get the outcome we so desperately needed, a challenging day but just wanted to put in writing how helpful, confident, articulate, and professional she was. - Kayleigh Barkus | capsticks.com

Helen was simply amazing! Client loved her and I have a new 'go to' at No18 - Emma Sanders, Stowe family law

A well rounded advocate, with an excellent eye for detail. I have worked with Helen on some very complex cases; my clients have praised her approach. - David Ellis, SC Law

I have worked with Helen on many high value personal injury cases. She is extremely thorough and diligent as well as easy to work with. I have no hesitation in recommending her. - Paul Kitson, Slater Gordon