

Sarah Taite

Call: 2008



Sarah Taite is a highly regarded Family Law specialist, regularly instructed in complex and sensitive cases.

Prior to being called to the Bar, she qualified in Mental Health Nursing, a background that enables her to work with particularly vulnerable clients with empathy and insight.

Her areas of expertise include:

- Non-Accidental Injuries and Death of children
- Fabricated and Induced Illness
- Mental Health and Neurodevelopmental Disorders, including Autism
- International issues
- SGOs/Grandparents
- Parental Alienation
- Coercive and controlling behaviour and domestic abuse

Sarah is recommended by the Legal 500 as a leading junior barrister. Clients consistently praise her for her exceptional skill and dedication. Recent editorial includes:

“Sarah is an exceptional barrister. She is able to manage complex cases for often very vulnerable clients. She always goes the extra mile, and her level of competency and experience are invaluable to those who benefit from her extensive expertise.”

“Really approachable, extremely helpful, even in between hearings. She has a good knowledge of mental health issues and is really good with clients and sympathetic to their situations. She is an extremely experienced and knowledgeable counsel.”

“Sarah is a much valued member of the local legal community who deservedly enjoys a reputation of being a highly skilled advocate who has an impressive knowledge of all areas of childcare law. She eloquently fights her

client's corner without presenting as adversarial, she is down-to-earth, personable and displays great empathy with clients who are experiencing the trauma of court proceedings.'

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Legal 500 2026

Education

- FLBA/ICCA trained in cross examination of vulnerable witnesses
- BA (Hons) first class
- BVC (very competent)
- DipHE (mental health)