

Jeremy Frost

Call: 2018

Contact Jeremy Directly: 020 7353 6802 or



Jeremy accepts instructions throughout England and Wales. He is qualified to accept instructions via the Direct Access Scheme.

Jeremy's background gives him a unique skillset which has made him exceptionally popular with his wide-ranging demographic of clients.

Before embarking on his legal career, Jeremy worked as a Church of England priest (including five years on the senior staff at Canterbury Cathedral). This, together with his varied intellectual background (he holds multiple degrees from Oxford University and London University) have made him a particularly articulate, persuasive and fearless advocate, well in excess of his Year of Call (2018). His quick, clear thinking, attention to detail, negotiation skills and passion for justice, have proved highly effective for his clients, and his down-to-earth manner and empathy gives them the confidence to give their best evidence.

Jeremy's extremely busy practice is largely focused on high-conflict Children Act and Family Law Act applications involving allegations of domestic abuse or coercive and controlling behaviour. He has a further specialism in cases involving personality disorders, in particular narcissism (NPD). He has represented many hundreds of clients, and regularly appears in both first-instance and appeal courts, often in case involving complex factual backgrounds and/or points of law.

The breadth and depth of Jeremy's legal expertise (across various legal jurisdictions) enables him to bring 'outside-the-box' thinking to his cases. During his pupillage and early tenancy, Jeremy gained a strong grounding in criminal law, and appeared regularly in complex cases in the Youth Court, Magistrates' Court, and Crown Court, and before the Parole Board. This background now informs much of his work in the Family Court. Jeremy also has a life-long commitment to animal rights, and is a member of ALAW, the UK Centre for Animal Law. Again, this work intersects with Family Law, in particular in cases involving domestic abuse.

Although a fearless advocate, Jeremy recognises that the Family Court is often not the ideal forum for clients involved in difficult disputes, and he is currently training to become a mediator (including hybrid mediation) as a result. He expects to be able to accept instructions in that area from early 2026.

Location

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To compliment his Family Law practice, Jeremy also has a practice in civil liberties work, with a focus on holding the police accountable under their duties towards the vulnerable. He also continues to accept instructions in immigration and public law, having successfully represented many clients in both tiers of the Immigration and Asylum Tribunal, at bail hearings and asylum, human rights and EEA appeals, with a particular expertise in cases involving trafficking and modern slavery. He has represented clients in the High Court and Court of Appeal on numerous occasions, both with and without senior Counsel.

Alongside studying for the Bar, Jeremy undertook a traineeship at the European Court of Human Rights in Strasbourg, and served for two years as a member of the Young Lawyers Committee of the Human Rights Lawyers Association. In addition to his legal qualifications, he holds undergraduate and postgraduate degrees in Music and Theology, and has a particular interest in the Middle Eastern politics and associated issues of international law. In his limited spare time, he writes music and poetry, plays the piano, and is a lifelong supporter of Manchester City Football Club.

Client testimonials:

"I am incredibly grateful for the outstanding support and representation I received from Jeremy Frost. From the outset, he demonstrated a deep understanding of the complexities of my case and the psychological dynamics involved, including the nuanced and manipulative tactics of the perpetrator. His trauma-informed and empathetic approach made a profound difference during a very challenging time. He quickly grasped the core issues, including the narcissistic behaviours at play, and the emotional and psychological impact the court process had on me. Throughout the hearing, he provided not only skilled legal representation but also compassionate support, guiding me with clarity and strength. Thanks to his expertise and sensitivity, the outcome was successful, and I felt truly seen and supported every step of the way. I highly recommend him to anyone needing a barrister who combines professional excellence with genuine empathy." (L.C, Family Court client)

"Jeremy combined outstanding legal insight with steady emotional support during a very difficult time. He masterfully and strategically secured a positive outcome for me, even when the odds felt impossible. His calm presence, sharp advocacy, and ability to dismantle opposing arguments gave me confidence at every stage." (M.A., Family Court client)

"After feeling dismissed and patronised by my previous representative, I was relieved to find Jeremy. He came highly recommended for his deep understanding of narcissistic abuse—and that recommendation was well deserved. Jeremy brought not only sharp legal expertise, but also rare empathy and insight that made me feel genuinely heard and supported. For the first time, I had an advocate who truly understood the complexity of my experience and could represent me with both strength and sensitivity."

"Navigating the court system is overwhelming—especially when your child's safety and wellbeing are at stake, alongside your own. The emotional toll is indescribable. Jeremy's clarity, compassion, and steady guidance has helped me stay grounded through one of the most distressing chapters of my life. I'll always be deeply grateful for his commitment and care." (M.H., Family Court Client)

"Jeremy brought a calm, focused presence to a highly challenging and emotional case. He was clear, strategic, and unwavering in representing my position, and I always felt that he genuinely understood what was at stake. His professionalism and steady approach gave me confidence throughout the process, and I'm truly grateful for the support and clarity he provided during such a difficult time" (H.M., Family Court client).

Immigration

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Notable Cases

GM (Albania) v Secretary of State for the Home Department[2019]

Asylum granted to a vulnerable male victim of trafficking with mental health conditions, following his opposition to his sister's forced marriage.

OP (Albania) v SSHD[2020]

Asylum granted to young woman who had been trafficked within Albania as a child for the purposes of forced betrothal, and then subjected to domestic abuse. The tribunal found that she was at continued risk of honour-based violence, having managed to escape her abusive fiancé and his family.

TK (Russia) v Secretary of State for the Home Department[2019]

Asylum granted to a Chechan man wanted by security services for perceived links to anti-government agencies.

FM (Afghanistan) v Secretary of State for the Home Department[2019]

Asylum granted to young Afghan man, threatened by the Taliban following criticisms made by him during his appearance in a BBC documentary.

PM (Namibia) v Secretary of State for the Home Department[2021]

Asylum granted to a young woman who had suffered homophobic attacks and was threatened with forced marriage. Namibian state protection, and relocation alternatives, were found to be inadequate in the Appellant's case.

SNH (Iraq) v Secretary of State for the Home Department[2021]

Asylum granted to a Kurdish woman whose strict family had disapproved of her relationship and caused her miscarriage.

AA (Iran) v Secretary of State for the Home Department[2021]

The Appellant had become active in the Kurdish liberation movement, and had further developed his activism since arriving in the UK. As such, he was a refugee, and the Tribunal found that he would be at risk from the "trigger happy" authorities in Iran.

SY (Ethiopia) v SSHD

The Appellant was an active supporter of Oromo movement, and as such was critical of the Ethiopian regime. His fresh claim for asylum was successful, the Tribunal finding that he had been arrested, detained and ill-treated, and that the new government in Ethiopia represented a false dawn for Oromo safety and emancipation.

AKL (Vietnam) v SSHD

The Upper Tribunal found that the Appellant's circumstances and vulnerabilities put him at real risk of re-trafficking if returned to Vietnam, notwithstanding his original trafficking had taken place outside that country.

R (NH) (Palestine) v SSHD[2021]

The Secretary of State agreed to consider the Appellant's fresh claim, following the Upper Tribunal's indication that

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there had likely been a failure to take a holistic approach to the evidence.

AS and SS (Nigeria) v ECO[2021]

Appeal pending in the Court of Appeal. The Secretary of State's delays in granting asylum to the Appellants' mother meant that the Appellants were no longer eligible for entry clearance, as they had turned 18. They argue that this is relevant under Article 8 ECHR, and/or founds exceptional circumstances which should lead to a grant of entry clearance outside the Immigration Rules.

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Public Law

Jeremy is regularly instructed on high profile and complex challenges, including judicial reviews and public law considerations in a variety of cases. He draws upon expertise in several different areas, including immigration, EU law, and other areas of social welfare law.

Civil

Notable Cases

VG v Commissioner of Police for the Metropolis[2021]

Secured a settlement of £8,500 in conversion, following the destruction of the client's legally-held firearms.

MM v SSHD[2021]

The client, a Somali national, secured substantial damages for several months of unlawful detention, having argued that there had been (i) no prospect of removal from the UK within a reasonable period of time, (ii) a failure to make enquiries as to the level of the claimant's vulnerability (in breach of the Secretary of State's own policy and guidance), and (iii) a failure to liaise with probation in the preparation of a release plan, or to consider suitable accommodation.

Loveridge v Islington LBC[2021]

Led by Marie Demetriou QC, representing environmental protesters. Successfully argued for the setting aside of a possession order on the ground of procedural unfairness.

Family

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Notable Cases

Re: Children [2021]

Successful appeal against a District Judge's refusal to grant a father's *Re W* application to allow the parties' oldest child to give evidence.

Memberships

- Family Law Bar Association
- Human Rights Lawyers Association
- Bar Human Rights Committee
- Immigration Lawyers Practitioners Association
- Inquest Lawyers Group
- Police Action Lawyers Group
- ALaw (UK Centre for Animal Law)
- Lawyers for Nature
- Liberty

Awards

- Award for highest mark in module (Immigration), University of Law (2018)
- Anne Felicity Goddard Scholarship, Gray's Inn (2018)
- European Court of Human Rights Internship Award, Gray's Inn (2018)
- GDL and BPTC Scholarships, University of Law (2016-17)

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