



# Adele Cameron-Douglas

Year of Call: 2015

‘Adele is an excellent advocate, who is able to identify the salient legal issues and advice on complex matters quickly.’

**Legal 500, 2026**

“Adele is an exceptional barrister with a great balance of toughness and empathy. She combines a tenacious approach in the courtroom with a caring, approachable demeanour for her clients. Her attention to detail sets her apart. Having Adele by your side in court both in relation to financial and children matters is reassuring for client, as she deals with these particularly sensitive and often complex areas of law with precision and empathy which is invaluable when navigating the intricacies of these cases. Working with Adele is always smooth especially on challenging cases. All of these qualities make her stand out from the rest and highlight her versatility and deep understanding of the law.”

**Senior partner, leading specialist family law solicitors**



## **Practice Areas**

Financial Remedies  
International Children Law  
Modern-Families  
Private Children Law

## **Education & Qualification**

- The City Law School, London – BPTC, Outstanding
- University College London – LLM, Distinction
- Cardiff University – LLB (Hons), First Class

## Overview

Adele is a specialist family law barrister, who specialises and practices exclusively in family finances and children law, with a particular emphasis on private law and international matters. Her expertise in both financial matters and children law enable her to provide continuity of representation in the frequent cases where issues arise in both areas. Her advice is robust, and she is a tenacious advocate. She undertakes work at all court levels and in non-court dispute resolution.

In cases concerning financial remedy proceedings, Adele acts for married and unmarried parties, and intervenors. Her work involves all asset bases and classes, offshore assets, and discrete issues such as loans and nuptial agreements.

Adele's work in children law involves private law children and international proceedings, with a particular interest in abduction and relocation, and allegations of domestic abuse and alienating behaviours.

Adele has a reputation for impeccable client care, meticulous preparation, and powerful advocacy. She is client-friendly but tenacious. Adele understands the stakes involved and is astute and sensitive to her clients' needs.

## Professional Memberships

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Family Law Bar Association

Child Abduction Lawyers Association

Association of Lawyers for Children

Inner Temple

## Finance

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Adele offers pragmatic and sensitive advice, managing and resolving financial disputes when relationships end, whether through divorce, dissolution, or separation (including applications pursuant to Schedule One of the Children Act 1989). She advises and represents clients at all stages: pre-proceedings, at interim hearings, at private FDR, at final hearings, for enforcement, and on appeal.

She acts in all matters connected to financial proceedings, including interim remedies and freezing orders, variation, and issues pertaining to enforcement. Her cases often involve substantial assets, establishing / resisting third party interventions, and jurisdictional disputes.

She is frequently instructed to advise pre proceedings and in round table meetings. Adele works collaboratively to settle matters whilst ensuring her client's needs are met. She is unrelenting in seeking to secure the optimal outcome for her clients.

## **International Children Law**

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Adele is a specialist practitioner in cases concerning international child law, particularly those concerning abduction, relocation, and cross-border disputes. She has extensive experience in applications for summary return under the Hague Convention 1980 (including applications to set aside return orders), and applications concerning wardship and the inherent jurisdiction. Adele is regularly instructed to act on behalf of children as well as parents.

Adele's work includes cases which feature allegations of FGM, forced marriage and honour-based violence.

## **Private Children Law**

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Adele is regularly instructed in protracted and intricate private law matters, including cases involving implacable hostility and parental alienation, and internal and international relocations. She appeared as junior counsel in the seminal Court of Appeal case of *Re H-N and Others (Children) (Domestic Abuse: Finding of fact hearings)* and subsequently presented a Resolution seminar on the Court of Appeal judgment with Miriam Best.

Adele also provides pro bono advice and representation through the charity Not Beyond Redemption for women who are in or have left prison to assist in re-establishing and regenerating a relationship with their children.

## **Non-court dispute resolution**

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Adele is regularly instructed to advise and represent clients in non-court dispute resolution in disputes concerning children and family finances. She has experience in round table meetings, mediation, private FDRs/early neutral evaluations, and arbitrations.

## **Testimonials**

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"Adele's technical and forensic ability is second to none as is her ability to manage complex cases across the broad spectrum of her practice, but it is her empathy and client-led focus that leads to great results. She is with the client every step of the way."

## **Partner, specialist London international family law solicitor**

“Adele’s attention to detail in financial matters and her ability to think outside of the box in complex financial scenarios, assist clients greatly. Her no nonsense approach has enabled her to achieve fantastic results on a number of the cases we have worked together on; some that spring to mind are a husband placing assets outside the jurisdiction; parents attempting to intervene in proceedings; obtaining a final order at an FDR due to parties’ non-compliance.

On the other hand Adele has so much empathy that makes her a great advocate for parents struggling to see their children. Over the years we have worked together Adele has assisted several fathers who were wrongly withheld contact with their children, gaining them the orders they needed in situations of parental alienation and unfounded allegation of abuse.”

## **Senior partner, leading specialist family law firm**