



GEMMA THOMAS

CALL 2010

0151 242 0707

Clerks@7HS.co.uk

www.7hs.co.uk

Nationwide

AREAS OF EXPERTISE

Family

- Children
- Injunctions
- Financial Remedy
- TOLATA

PROFILE OVERVIEW

Gemma Thomas is a dedicated and experienced barrister with a specialist practice in family law, focusing on financial remedy applications and private law proceedings involving children and domestic abuse. Approachable, thorough, and pragmatic, Gemma works closely with solicitors and clients to resolve disputes effectively and efficiently.

Children

Known for her sensitive yet robust approach, Gemma, represents clients in complex private law disputes involving allegations of parental alienation, coercive control, emotional harm, and financial, physical and sexual abuse.

With a deep understanding of the dynamics of abuse and trauma and the impact of alienating behaviours, Gemma advocates tirelessly for the safety and best interests of children and vulnerable individuals.

Ranked as 'Leading Junior' by Legal 500 in 2025 for her children and domestic abuse work Gemma is praised for clear, strategic advice and a calm, compassionate courtroom manner. She is regularly instructed in lengthy finding of fact hearings and contested final hearings.

Injunctions

Things happen quickly and unexpectedly in family proceedings and Gemma makes herself available at short notice for advice and representation in applications for non-molestation orders and occupation orders. She has vast experience of prosecuting and defending these applications at Court and is commended for her thorough approach.

Financial Remedy

Gemma has cultivated a busy practice in financial remedy work following relationship breakdown. She is regularly instructed in cases involving substantial assets, business valuations, inherited wealth, trusts, pensions, and issues of non-disclosure.

Known for a meticulous eye for detail and a commercially astute approach, Gemma advises and represents clients across all stages of financial remedy proceedings—from First Appointments to Final Hearings—as well as in applications to vary or enforce financial orders.

Clients and solicitors value Gemma for pragmatic advice, strong negotiation and an authoritative presence in court. Her practice includes both high net worth and more modest asset cases, always approached with the same commitment to fairness, clarity, and outcome-focused representation.

In addition to her court work, Gemma is available for conferences, written advice and private FDRs.



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TOLATA

Gemma acts in a wide range of cases involving cohabiting couples, family members, and friends where disputes arise over beneficial ownership, contributions to property, and equitable interests.

Gemma combines a strong grounding in both family and civil law, allowing for a nuanced approach to cases at the intersection of domestic relationships and property rights. Her work regularly includes claims involving resulting and constructive trusts, proprietary estoppel, and applications for orders for sale or declarations of trust.

She is known for clear advice on complex legal and factual issues, careful handling of emotionally charged disputes, and persuasive advocacy.

Gemma accepts instructions to draft pleadings and is committed to turning them around quickly.

EDUCATION

Called to the Bar by the Honourable Society of the Middle Temple 2010

Bar Vocational Course - Very Competent

LLB (Hons) The University of Hull 2:1

TESTIMONIALS

"Also just like to add how great Miss Thomas was today. The court were proposing a slower progression of the contact despite the Cafcass recommendations and I feel Miss Thomas' final submission before their decision made them reconsider..."

"I just want to add our personal thanks for your hard work in getting the judgement Nicholas deserved."

"I love your approach to cases, pragmatic and clients love you. But like most good things, very in demand"

"A very strong and robust barrister. I never thought I would get my contact at my first hearing but Miss Thomas fought hard in court to obtain a brilliant outcome"

"I was facing serious allegations in a finding of fact. I thought the court wouldn't see through the lies. When Miss Thomas started to cross examine my ex I was relieved that it started to show how much he had been lying to the Court. I was cleared of all the findings and now having regular contact with my daughter. I cant thank Miss Thomas enough for the excellent work and attention to detail. Thank you". D

"Thank you again Miss Thomas, I really do appreciate everything you have done. From putting me at ease at the first conference to reigning me back when I needed it. I cannot thank you enough"

"I had Gemma as my main support through an awful time. Gemma was faced with things that she had never had to deal with in her career as did the family judge. However, she would take the issues home spend time researching the issue and each time put forward the best approach for my outcome. She has been understanding with my autism and allowed communication to be easier for me. She was always willing to advise me and always responded to my query's quickly and effectively would highly recommend for family services."