



Freya Foster

"Freya is meticulous, sharp-minded and quite brilliant on the details of a big case while still maintaining the ability to take a step back and take a broad, tactical approach."

- Legal 500 2023

Call 2017

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Freya welcomes instructions across the full range of Chambers' practice areas and has particular experience in the fields of contract and consumer disputes, public and administrative law, product liability and commercial disputes, and personal injury claims. Freya is also developing a practice in health & safety and employment work.

She has experience acting as sole counsel in a wide variety of disputes and is regularly instructed as junior counsel on matters ranging from group actions to judicial review challenges.

Before joining Chambers, Freya was employed at the Government Legal Department where she represented and advised the Home Office and the Department for Digital, Culture, Media and Sport on issues ranging from data protection to the creation of new criminal offences.

Prior to being called to the Bar she gained experience at Herbert Smith Freehills LLP as a paralegal, working exclusively on the RBS Rights Issue litigation, and worked as a Legal Officer in the Presidency of the International Criminal Court.

For more information about the way barristers at Henderson Chambers work, including our terms of engagement, fee transparency statement and our complaints process, [please click here](#). Barristers are regulated by the Bar Standards Board.

Please [click here](#) for a copy of Freya Foster's privacy policy.

Public and Administrative Law

Freya welcomes instructions relating to matters of Public and Administrative law, including environmental law, public international law, immigration, human rights, transport, data protection, and telecoms.

She is regularly instructed by the Government Legal Department under the Junior Junior scheme in high-profile inquires and judicial review challenges.

Freya also has experience acting for non-Government parties in judicial review proceedings. She is currently instructed (led by Adam Heppinstall QC) for an interested party in respect of a judicial review challenge to an LNG plant in Mozambique.

Freya has also gained experience acting for claimants in public law matters through pro bono work for Advocate.

In the first two years of her practice at the Government Legal Department, Freya dealt with a wide range of public law issues in both an advisory and contentious context. She has appeared for the Government in judicial review permission hearings before the Upper Tribunal.

While at the Home Office Freya provided advice on human rights, investigatory powers, and data protection issues in response to both operational queries and judicial review challenges.

At the Department for Digital, Culture, Media and Sport, Freya advised on the legal implications of proposed primary legislation.

Personal Injury

Freya welcomes instructions in personal injury and has a particular interest in claims arising from product liability, medical negligence, and health and safety breaches.

Freya has experience drafting pleadings and advising in a number of personal injury claims, including those relating to road traffic accidents and employers' liability. She has been instructed to appear in both fast track and small claims personal injury matters.

Freya has also been instructed as a junior in a number of mass tort claims brought against parent companies in respect of the alleged actions of foreign subsidiaries and contractors.

Consumer and Product Liability

Freya has a growing practice in the field of consumer credit. She is regularly instructed to represent clients in a variety of matters, including those involving aspects of the Consumer Credit Act 1974, and regularly acts for major UK lenders.

Freya has experience acting as sole counsel in consumer claims more generally, including dealing with claims alleging defective products and those asserting a failure to provide services with reasonable care and skill.

Freya was also engaged to assist in the Volkswagen NOx Litigation.

Group Actions

Freya has considerable experience acting as a junior in respect of a number of group actions.

She has been instructed as a junior in several mass tort claims, including claims brought against parent companies in respect of the actions of their foreign subsidiaries.

Freya was also engaged to assist in the Volkswagen NOx Litigation.

As a paralegal in Herbert Smith Freehills LLP, Freya was part of the team representing the Royal Bank of Scotland in a group action relating to the 2008 Rights Issue.

International and Public International Law

Freya has particular expertise in Public International Law. She draws on experience in this field gained during her time at the Government Legal Department and the Presidency of the International Criminal Court.

She is currently instructed as a junior (led by Adam Heppinstall QC) in a judicial review that includes questions over the interpretation of the Paris Agreement and UN Framework Convention on Climate Change.

Freya also has experience in private law matters that have an international dimension – including as a junior on a number of mass tort claims involving allegations of parent company liability.

While at the Home Office Freya regularly provided advice on public international law matters, particularly on the application and implementation of international treaties.

Prior to being called to the Bar, Freya worked as an intern, and later a Legal Officer, in the Presidency of the International Criminal Court in the Hague where her work focussed on treaty law and the law of international organisations.

Health and Safety & Environmental Law

Freya welcomes instructions in the field of Health and Safety.

In addition to being instructed to provide advice on health and safety matters in her own right, Freya has worked with a number of senior members of chambers on a variety of cases, including criminal proceedings and Crown censures in respect of serious or fatal workplace accidents involving RIDDOR reporting, falls from height, lifting operations, and dangerous substances.

Freya is currently instructed as a junior (led by Adam Heppinstall QC) in a judicial review that includes questions over the interpretation of the Paris Agreement and UN Framework Convention on Climate Change.

Property

Freya welcomes instructions in relation to property disputes including injunction applications, possession claims, and other procedural matters.

She draws on experience in a range of property matters, including disputes of ownership involving questions of priority under the Land Registration regime, rights of way, bailment, and general possession proceedings.

Employment

Freya welcomes instructions across all areas of employment law, including those involving international organisations, on behalf of employers and employees. Her experience extends to claims involving unfair dismissal, constructive dismissal, and allegations of bullying and harassment. Freya has also worked on claims involving whistleblowing and discrimination. She has provided pro bono representation through both the Free Representation Unit and Advocate.

What the directories say

"She is responsive and very knowledgeable on group actions."
Chambers UK 2025

"Freya is all over the detail and effective on her feet."
Chambers UK 2025

"Freya has a comprehensive understanding of the law. She is very team oriented."
Legal 500 2025

"A diligent junior who works very well within a team."
Legal 500 2024

"Freya has a thorough understanding of the interplay between judicial review, climate change, legislation and the European environmental landscape."
Legal 500 2024

"Freya is meticulous, sharp-minded and quite brilliant on the details of a big case while still maintaining the ability to take a step back and take a broad, tactical approach."

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Appointments

- Attorney General's Panel of Junior Counsel to the Crown, C Panel (2023)

Publications

- Medico-Legal Journal "COVID-19 – Is Covid-19 sowing the seeds for future litigation?" (Co-author).
- Journal of Conflict and Security Law, "Rethinking the Protection of Media Personnel under International Humanitarian Law"

Memberships

- HSLA
- ALBA
- HRLA

Education

- Buchanan Prize, Lincoln's Inn
- Lord Denning Scholarship, Lincoln's Inn
- BPTC, University of Law, London (Outstanding)
- LLM in Public International Law, Leiden University (Distinction)
- LLB Trinity College Dublin

Awards & Recognitions

