



CCC Trustees

Chairperson: Andy Vint

Andy is a dynamic, creative and adventurous manager, leader and developer with a desire to create a culture of leadership and engagement through aspects of morals and beliefs intrinsically linked to the statutory frameworks and standards. Andy has extensive experience in a range of areas that benefit CCC including of management, training, personal development and business planning and development. His natural enthusiasm, energy and motivational style of working

Treasurer, Position Currently Vacant

Secretary: Gemma Roby

Gemma is a full-time carer with a deep understanding of mental health issues and domestic abuse. She is currently on the Committee of the Autism & Asperger Society which has given Gemma the skills and knowledge of working on a Board, particularly in relation to planning and fundraising. Gemma has the knowledge and understanding required to enable an organisation to progress and retain financial stability.

Rita Williams, Trustee

Rita is a dedicated Trustee with a passion for CCC that derives from her experience as a Service User. Rita is a successful local business woman with a great deal of experience working with the public. Rita is an enthusiastic fundraiser with a creative streak and enjoys organising the successful Annual Christmas Craft Fayre each year to raise money for CCC. Rita has significant experience as a Trustee, being our longest-serving current Board Member.

Gail Aspinall, Trustee

Gail has worked in the voluntary sector for over 20 years and has worked closely with CCC throughout her career, developing a good understanding and excellent relationship with the organisation. Gail has a sound knowledge of women's mental health issues. She was a school Governor for 8 years during which time she came to understand the complexities of governance, the importance of providing high standards of care, transparent responsibility and accountability



CCC Staff

Siân Thomas-Knight, Manager

Siân has an Honours Degree in Information Management, a Diploma with Distinction in Philosophy and 4 Diplomas in a range of holistic therapies including Professional Relaxation Therapy. Siân has completed the Level 2 Award in Counselling Concepts and has a keen interest in Personal Development. Siân successfully achieved a Certificate in Principles of Team Leading and progressed onto Diplomas in Leadership and Strategic Management and Women's Empowerment and Leadership Development. As well as overseeing the services, staff and volunteers at CCC, Siân is responsible for statistics, finance and funding. Siân is passionate about CCC having first attended as a service user herself in 2004, she went on to become a Volunteer for a number of years before becoming a paid Administration & Finance Officer. In 2013, Siân was promoted to Assistant Manager and then to the position of Manager in August 2018.

Julie Roby, Deputy Manager

Julie is a qualified and experienced Counsellor with a Diploma in Person Centred Counselling and is a Registered Member of the British Association of Counselling and Psychotherapy (BACP). She offers one-to-one counselling and acts as one of the Mentors for student counsellors on placement at CCC. Julie has over 15 years of experience in the caring profession and a lifelong passion for supporting women. Julie is a qualified Tutor with a Certificate to Teach in the Lifelong Learning Sector at St. Helens College. She co-facilitates the Confidence & Assertion & Stress Management Courses and the CBT-led Positive Me Programme. Julie also facilitates the Domestic Abuse Support Group at CCC. She recently achieved a Level 2 Certificate in Understanding Behaviour that Challenges.

Lindsay Vint, Outreach & Engagement Support Worker

Lindsay spent 24 years as a nursery nurse and recently made the decision to follow a career change to pursue her passion to support others. She has 18 years' experience working with the public as well as in-depth knowledge of relationship building and creative working. Lindsay has completed her Level 2 Certificate in Mental Health Awareness and Level 2 Award in Counselling Concepts. Lindsay has a particular passion about working with women experiencing domestic abuse and now supports Julie on the Domestic Abuse Support Group. Lindsay is currently working towards her Level 3 Certificate in Education & Training and supports Julie in facilitating the courses at CCC.