



CCC Trustees

Helen Sinnott, Chairperson of CCC

Helen has a Degree in Forensic Psychiatry and 40 years' experience in the mental health sector. In the past she worked as a Carer Support Worker for Together and now works as a freelance respite carer providing much needed break time for carers and excellent professional support for those they care for.

Rita Williams, Trustee & Service User Representative

Rita previously served the centre as Treasurer however having started at the centre as a service user, she has a unique understanding from a service user perspective. As such she now offers her time on the Executive Committee as the service user representative bringing any issues and areas for development to the board.

Cllr Lisa Preston, Trustee

Lisa is a local resident, married with 3 children and 2 grandchildren. She was elected in May 2014 as a councillor for the town centre. She is very passionate about her role and enjoys working with the community. Lisa is on several committees and is the Cabinet Member for Community Safety (including housing services). She also attends a number of task groups. Lisa loves working with people and has a good knowledge of St. Helens town centre.

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, Counsellor/Facilitator

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.

Tracy Costello, Counsellor/Facilitator

Tracy has a Foundation Degree in Counselling, a Diploma in Cognitive Behavioural Therapy and a Diploma in Hypnotherapy & Psychotherapy. She is a Registered Member of the BACP and offers one-to-one counselling at **CCC** as well as acting as a Mentor for the student counsellors on placement. Tracy is a qualified Tutor with a Level 3 Award in Education & Training and co-facilitates the Confidence & Assertion & Stress Management Courses and the CBT-led Positive Me Programme. Tracy oversees the Supported Drop-in service and Volunteer Support Workers, as well as the Outreach Drop-in at Iris Ward, Peasley Cross Hospital. Tracy has considerable experience dealing with members of the medical profession as well as the general public. Tracy has her First and Second-Degree Reiki qualifications.

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.