

MEET THE TEAM



Allegra Lynch
Chief Executive Officer

Allegra began working for Camden Carers' Centre in 2010 and has been CEO of CCS since 2014. Before that she spent 20 years in Camden's Adult Social Care. Allegra started her career as a microbiologist and worked for five years at the central public health laboratories before leaving to pursue a career working with people. She has an MSc, a diploma in managing care and has completed ILM level 5 in management.



Abbie Sherwin
Health Manager – GP Liaison

Abbie started with CCS in September 2015, working part-time on the Time for Change young adult carers' project (for carers aged 18-25). She is passionate about new ways to support young adult carers and is working with partners to achieve this. She also sits on the Business Strategy Committee.



Angela Edwards
Family & Carer Support and
Information Worker

Angela has worked at CCC/CCS since 2010 as a Family and Carer Support Worker specialising in mental health. As joint working is paramount she attends external meetings, e.g. Carers' Partnership Group, Triangle of Care and Community Mental Health Teams, visits mental health units in Camden and Islington and participates in ward rounds.



Avi Chia
Support and information
worker Dementia lead

Avi's role at CCS is focused around supporting people affected by dementia. Passionate about empowerment her previous work experience includes: Citizens Advice Bureau volunteer, residential mental health support worker, adult community care social worker and she currently co-ordinates a dementia café in Islington. Avi loves to get lost in a good book and always has time to reminisce and eat cake.



Azka Sohail
Volunteer Co-ordinator

Azka joined CCS in April 2016 as the Volunteer Co-ordinator. She has worked in various roles in the voluntary sector for the past decade. She is passionate about volunteering and actively volunteers in her spare time.



Caroline Allouf
Support and Information
Team Service Manager

Caroline joined CCC in 2006 as a Carer Support Worker. She is now the Support and Information Team Service Manager, managing a team of 11. Caroline has always worked in the voluntary sector with a number of different client groups including single homeless adults, mental health and dementia. She is a big believer in the arts as therapies and in her spare time is an active member of a community theatre group.



Ciare Reynolds
Support & Information Line
and Carers Assessment
Manager

Ciare joined CCS in 2011 as a Carer Support Worker. She is now the Senior in the team, leading on Carers' Assessments and the Support and Information line. Ciare previously worked with carers of people with dementia and has also been involved with the Carers' Time Out Project and Quality Assurance.



Elaine Roberts
Family & Carer Support and
Information Worker

Elaine works as a part-time Support and Information Worker at CCS. She previously worked at CCC between 2010-11 on the Health and Wellbeing project. Following that Elaine was employed at a sheltered housing scheme in Enfield, supporting vulnerable people to live as independently as possible, and then worked as a Carer Support Worker at a Carers Centre in Kent.



Georgie Tuvey
Communications Officer

Georgie joined CCS in April 2013 on a Business Administration apprenticeship which he completed in 2014. Georgie worked in finance for a period at CCS and has attended college to develop his knowledge and skill in this area. He currently has a new role within the organisation, his title is Communications Officer.



Jackie Raven
Communications and
Office Manager

Prior to working at CCS, Jackie worked at Crossroads CNL as a Senior Carer Support Worker, working in the home with families of people with care needs. Joining CCS in 2014 Jackie worked on a befriending project to help reduce isolation for older carers and assisted on the Health Team. In 2016 she took on the role of Office Manager.



Jay Wall
Family & Carer Support and
Information Worker

Jay is part of a team of hospital based Family and Carer Support Workers who help support carers through the whole hospital journey, from admission to discharge. They are often the key contact and support for the carer during this time, liaising with health and social care practitioners. The hospital team covers UCLH, St. Pancras and the Royal Free Hospitals.



Jill Pay
Breaks and Activities
Service Manager

Jill has worked for CCC/CCS since 2008. Prior to that she ran training and health days for the organisation. Jill cared for a daughter with severe learning disabilities until she moved into supported living in 2012. She team she now manages offers general training, opportunities and activities for older carers, carers of people with dementia, volunteers and a specific project working with older, isolated carers in the borough. With a strong and abiding passion for Carers' Rights, in 2007 Jill was invited by then Prime Minister Gordon Brown to be a member of the newly-formed Standing Commission on Carers. She remained a member until 2014.



Kemi Bandele-Forbes
Family & Carer Support
and Information Worker -
Young Adult Carer Lead

Kemi started with CCS in November 2016 as the Young Adult Carer (18-25) lead. Throughout her 20s Kemi cared for her mother and so has a wealth of firsthand experience of the specific needs of this age-group. She is particularly passionate about developing better support for YACs in further education and employment. Prior to joining CCS, Kemi worked and volunteered for the British Red Cross for five years, supporting vulnerable people.



Laurence Hood
Working for Carers
Employment Personal
Advisor

Laurence Hood joined CCS in January 2017 as an Employment Personal Adviser on the Working for Carers project. Laurence has worked in outreach and supported living services for adults autism and learning disabilities. Laurence also volunteers with the Refugee Council; supporting people into employment and education.



Lou Huskisson
Health Promotions Officer

Lou started working for CCS in August 2016 as a Health Promotion Officer. Prior to this Lou worked for the NHS and Public Health in Camden for 12 years. Lou was a support tenant within Camden for people with learning disabilities for 13 years. and for the past 4 years has provided the Health Checks for Camden Carers.



Maureen Connelly
Working for Carers
Employment Personal Advisor

Maureen Connelly joined CCS in January, as an EPA on the Working for Carers project. Maureen has 16 years' experience in this field, supporting clients in overcoming barriers and reaching their training and job potential. She has specialised in all disabilities and hardest to place individuals (e.g. with criminal records). She also works 50 hours per month volunteering for a Christian charity. She is looking forward to getting to know all of the team and working with the carers.



Monika Wojtun-Sieminska
Family & Carer Support and
Information Worker

Monika has worked for Centre 404 since 2008, supporting parents/carers of young adults going through transition process. From 2011 she worked with parents of children and young adults offering support and information on education, welfare benefits, health and social care. Recently Monika joined CCS in a role supporting parents and carers of people with learning disabilities and autism.



Muhsana Khatun
Administrator Apprentice

Muhsana joined CCS in November 2016 on a Business Administrator level 3 apprenticeship, which will last for 18 months. Muhsana will be working in partnership with CCS and Camden Care Line to create the Carers' Card, which will be used both to identify carers in emergencies and to bring new discounts to carers. Her roles consist of front of house, including reception, assisting the Support and Information team and wider support across all the teams in Camden Carers' Centre.



Naomi Feather
Family & Carer Support and
Information Worker

Naomi has worked for CCC/CCS as a Carer Support Worker for many years, based at the Royal Free hospital for most of that time. In 2016 she moved to the main office, working on the Support and Information line. Before CCC she had some time at home looking after her (then) little boy. She has also worked with homeless people, including long-term rough sleepers, and as a teacher of English as a foreign language, both here and abroad.



Philippa Russell
Carer Engagement and
Outreach Coordinator

Philippa started working at Centre 404/CCS in July 2016. Previously she worked for a membership organization, providing support around employment related services, and before that co-ordinated training events for a children's charity. She has been a carer for her father for the past three years.



Shallom Sithole
Family & Carer Support and
Information Worker

Shallom joined CCS in January 2017 as part of the Support and Information Team with responsibility for supporting carers who look after elderly and frail individuals. Shallom has previously worked in supported living for adults with mental health and learning disabilities, and in residential care homes. Before CCS Shallom was a hospital-based dementia support worker for the Alzheimer's Society. She has a degree in Neuroscience and Psychology and has studied Introduction to Leadership in Management.



Sharon Hammond
Working for Carers Project
Manager

Sharon Hammond joined CCS in January 2017 as Project Manager on the Working for Carers project. She and her team will be responsible for supporting unemployed carers to work towards employment, training and volunteering across several boroughs. Sharon has worked on supported employment projects for over 15 years, particularly with people with mental health needs and HIV.



Sitara Necic
Counselling Co-ordinator

Sitara is a qualified counsellor; she co-ordinates the CCS counselling service and co-facilitates the Creative Carers' Collective art group. Sitara is dedicated to providing a range of much needed emotional and therapeutic support to carers. Sitara has a background in art and design, and holds an MA in Film Studies. Her other interests include Eastern philosophies, meditation and astrology.



Sue Taylor
Health Promotion Officer

Sue Taylor started at CCS in August 2013, as Health Promotion Officer with a special interest in nutrition. Having spent many years as a manager with the Metropolitan Police, Sue was inspired to re-train having sought answers in nutritional therapy for one of her children, who has special needs. Since qualifying she has worked for More Life (UK) giving nutrition and lifestyle advice to families with overweight children, plus working in private practice.



Susan Burchell
Family & Carer Support and
Information Worker

Susan's background includes working with helpline teams – training and leading teams that provide emotional support and information to people with specific health conditions. Susan is also a qualified counsellor.

At CCS Susan has worked mainly as a Support and Information Worker, previously leading on stroke. Since spring 2016 she took on the role of dementia lead.



Tracey Smith
Older Carers and Dementia
Opportunities Co-ordinator

Tracey's role is to develop opportunities for older (60+) carers and dementia carers. She has also taken on the Befriending Project for older carers. She has a degree in Public Health and Health Promotion with previous experience working in dementia, mental health, substance abuse and youth work.