



Cassie Tregenza

About Me:

I'm Irish but grew up in Romania and Azerbaijan before moving to Nottingham in 2019. I'm class representative on my course and am part of the pole fitness, bouldering, and dodgeball clubs in university.

My Experience:

I began working as a Trustee in 2023 after another Trustee came to do a presentation at my university and asked for people who were interested and had some time to spare. I decided to volunteer with SARAC after using similar services, their support was really important to me, and I wanted to have the opportunity to support others in the way that I was supported. I am fairly new to the role but am settling in and looking forward to working on different projects in the future.

Why I volunteer:

I would like to work in the charity sector after graduating and volunteering as a Trustee is helping me gain experience in the sector. Previously I have volunteered as a Teaching Assistant at Caspian Academy in Azerbaijan, and I really enjoyed this role. I chose SARAC for my next voluntary place because I was impressed with their dedication and the results that they achieve for their service users. Their approach to sexual violence support was really important and I wanted to be a part of the great work they do and help shape the future of the organisation.

