Later life coach completes mountainous trek for Age UK

Pradip Mistry talks about the highs and lows of his Himalayan expedition

Chafford Hundred resident Pradip Mistry is passionate about people, particularly those in later life, and this year he completed a trek across the Himalaya Mountains in aid of Age UK Essex.

Pradip, 59, of Gilbert Road, has raised more than £3,250 from his 10-day trek, which saw him encountering some treacherous terrain following the devastation of the Nepal earthquake two years earlier, as well as torrential rain, hailstones and his own breathlessness at high altitude.

But Pradip says reaching the 3,210m summit made it all worthwhile.

"Reaching the summit was such a relief and an overwhelming joy at seeing the glorious sunrise," says Pradip.

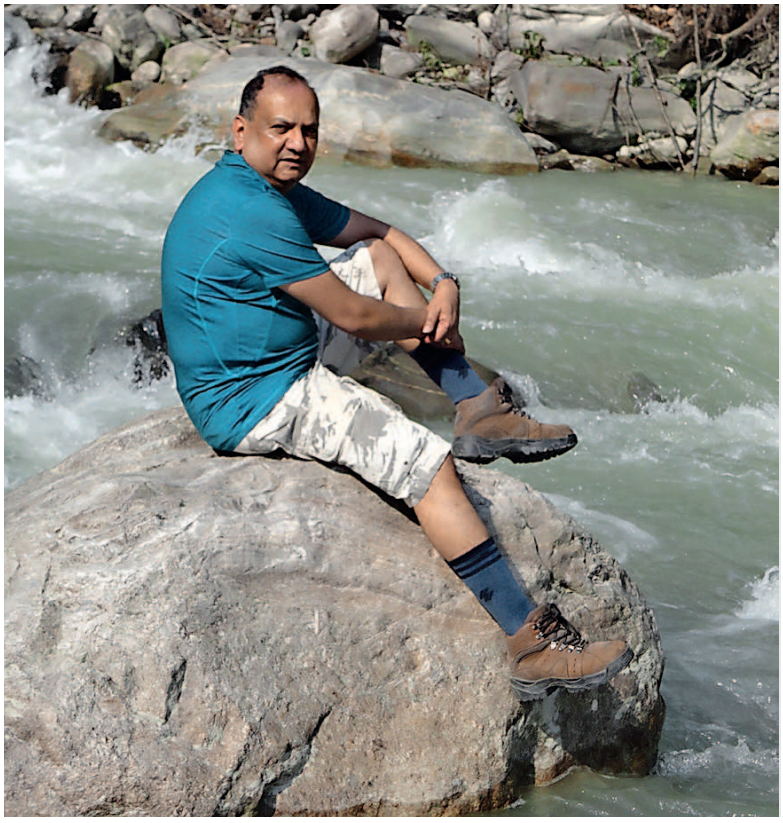
"I was just stunned and excited. The exhaustion disappeared and I ran around the Poon Hill area like an excited child full of energy.

"The atmosphere was just electrifying with the cool crisp early morning breeze. I felt I could sit there eternally and absorb the majestic views"

Pradip works as a lifestyle coach, helping pre and post-retirees make the most of life's challenges, and says his trekking experience has taught him how to handle any life challenge.

"The trek has had a profound impact on my work and how I inspire and support my clients going through their own challenges in life."

In his spare time, Pradip volunteers for Age UK and gives regular talks about their services.



ABOVE
Pradip Mistry in the Himalayas

"When my family and I were caring for my elderly parents, we realised that a lot of people they knew didn't have families nearby to visit them. These elderly people were really lonely and isolated, and this is particularly highlighted at Christmas time. At Age UK we encourage volunteers to make a special effort to say hello to elderly neighbours at this time of year."■

Pradip's fundraising page is still open if you would like to make a donation for Age UK, visit justgiving.com/fundraising/pradip-mistry, or to find out more about Pradip's life coaching visit lifesmistry.co.uk.

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