

u3a members embrace adventure



treetops and breaking out of escape

Members of Elmbridge u3a have

been zip wiring through treetops and breaking out of escape rooms as part of the Adventurous Activities group.

Mark, 83, from Surrey, is one of the members of the group. The retired national newspaper journalist is used to the high-octane cut and thrust of the newsroom and had no desire to give up that excitement when he retired.

Since joining u3a seven years ago, he's taken up pickleball, country walks – and a whole host of adrenaline-fueled escapades.

He says: "You get out of life what you put in and, I must say, retirement has been fantastic.

"Since we formed the Adventurous Activities Group last year, outings have included being locked in escape rooms, stretching our creaking joints on climbing walls, kayaking and paddleboarding on the River Thames.

"We also took on the Dare Skywalk experience on the roof of Tottenham Hotspur's new stadium in north London, with the more daring abseiling down from the top.

"The Adventurous Activities Group is now so popular that we're starting another one. We've had emails from people saying, 'you look like you're having such a good time, can I join?'"

The group of older adults recently experienced driving powerful sports cars at Mercedes-Benz World in Weybridge, Surrey, where they were encouraged by the instructor to blast it as fast as they dared.

Group founder Nigel Cudby says: “I created our group to broaden the spectrum of u3a activities and to enable people like me to tick off items from their bucket lists. However, the best value for me has been experiencing our activities with such an amazing bunch of friends.”

The u3a movement encompasses hundreds of different interest groups ranging from crocheting to Egyptology and everything in between – all for an average of less than £20 a year. There are more than 1,000 u3as across the UK and if they haven't interest group for you, you will be supported to start your own.

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