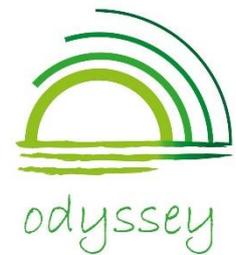


OUR NEWS



march 2019

update #3

an odyssey for odyssey...

At Odyssey, we're all about challenges, whether they're big or small. Some will remember how we took on the swarm of fruit flies in the kitchen over the summer. Well, this time, the challenge is a little bigger...

September 2019 sees one of Odyssey's Directors, Andrew McLaughlan, take on the challenge of hiking across Iceland in testing conditions in conjunction with JT Expeditions. This 5-day event provides an array of unique challenges to test his personal endurance while at the same time raising money for charity. If he's lucky, he might also get to experience the amazing landscapes while pausing to recover his breath.

The challenge and all donations made are in aid of Cancer Research Wales, a cause that Andrew is very enthusiastic about. As one of the leading cancer charities in Wales, their mission, of course, is the pursuit of a cure for cancer. The charity is currently making vital progress into prevention, early diagnosis and better treatment, which will benefit cancer patients in Wales and beyond.

Andrew recently spoke about his upcoming event that he is in training for. 'First and foremost, to be able to volunteer to take on a such a trial is not something to be thought of lightly. There are plenty of people that would love this experience and are prevented for many different reasons, including their own physical health. To be able to help do something about this means a lot.'

Talking about the preparatory training regime, Andrew added: 'It's not just about turning up and walking a few miles. This is an endurance event designed to test you physically and mentally. I keep myself fit, but this type of event is something that will go beyond that. In a small way, I think, taking on a hardship like this might give you an insight into the physical and mental challenges that some people in Wales have to deal with day in and day out.'

When asked what he thought would be the most difficult, with a wry smile he confessed that not packing the hair wax might be a problem and being limited to one change of clothes might be a little 'interesting'. The journey back might also be full of some interesting aromas!

'It's fitting,' he added, 'to be undertaking this challenge while being part of Odyssey, and the personal journey that started for me. Life is all about journeys, whether it's what we do back in the office, helping people, whether it's everyday life, or whether it's momentarily challenging yourself to do something more and putting something back in to the community.'

'Obviously, at the end of the day,' Andrew concluded, 'it's all about the charity and raising money. I hope that I'll be able to be part of making a difference to someone's life, even if it's small. Any donation, big or small, is massively appreciated.'

If you are able to support Andrew in his efforts to raise money for this wonderful charity, please access his Just Giving page, which you'll find below, and also on his e-mail sign off over the next few months.

Finally, a few photos are promised throughout the week-long event so keep a check on the website for these... those who know Andrew may well be interested in the before-and-after shots!

<https://www.justgiving.com/fundraising/andrew-mclaughlan4>

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Odyssey Pensions Limited. Registration Number 11034559. FRN 796417.

Administration Office: 15 Penybont Road, Pencoed CF35 5PY

Registered & Head Office: Celtic House, Caxton Place, Pentwyn, Cardiff CF23 8HA

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