



# Global Champions Unite



Help raise  
**£30k**  
in 90 days

- Make a global difference
- Promote Health and Wellbeing



Ardmore seafarers are the embodiment of our business, bringing floating steel to life, and ensuring – through their passion for performance – the consistent success of our operations. Taking on a physical challenge underpinned the importance of the work that seafarers do, and we encourage our maritime colleagues, partners and friends to support the Global Champions Unite initiative!

Mark Cameron,  
COO Ardmore Shipping

#globalchampionsunite

## Unite. Inspire. Connect.

Support the mental health of seafarers...  
and yours too!

For further information contact  
[Krishna@missiontoseafarers.org](mailto:Krishna@missiontoseafarers.org) or call **+44 (0)7741 098725**

Registered charity no: 1123613 (England and Wales) and SCO41938 (Scotland)

## Global Champions Unite is a fun, inspiring, and invigorating way to get motivated with your fitness & wellbeing whilst caring for our communities at sea.

Help yourself and your team by taking on a challenge!

Global Champions Unite provides numerous benefits to individuals and teams:

- Create team bonding, morale boosting opportunities which are fun and unique to you.
- Revitalize yourself and your team in time for summer!
- Exercise releases positive endorphins which improve mood and help to relieve stress and anxiety.
- Exercise helps you to keep fit, maintain a healthy weight and lifestyle, and increase energy levels - **Exercise puts the spark back into life!**

## What do you need to do?

Create your own goal, choose your challenge, and take part in your own time.

You have 90 days to raise your target whether as a one-time event or several. It's your choice.

1. Choose your challenge.
2. Register your interest [here.](#) ←
3. Create your Just Giving page [here.](#) ←
4. Download your fundraising pack [here.](#) ←

Why you should become a Global Champion today!  
Hear from Captain Mark Hart.



# Accept the challenge 2022!

Download Fundraising Pack



Ukraine Statement



Global Impact 2021



@FlyingAngelNews The Mission to Seafarers

#globalchampionsunite