

Push your fundraising up a gear

Set yourself a target – For every £45 you raise you will receive a Bin Twinning Sticker to Twin a Bin with a waste or recycling project overseas.

Go the extra mile

To celebrate the completion of your month-long cycling challenge, could you hold a Finishing Line fundraiser?

Host a quiz night – our Bin Twinning quiz will give you some rubbish questions to start you off.

Set up a JustGiving page

Link your Strava account to your [JustGiving](#) page so you can show your friends and family your progress. JustGiving has a really helpful [step by step guide](#).

Get your workplace involved and ask your employer to match fund your fundraising efforts.

Start a team – get your friends to sign up and complete 90 miles together. Or go bigger – can your team reach 300 miles in a month?

FAQs

Safety first

Make sure your bike is road safe and ready to ride. Check your brakes, tyre pressure and gears.

Wear bright or reflective clothing and make sure you have lights for darker rides.

How can I track my miles?

Strava is a fantastic free app that lets you track your distance and pace, you can also link your Strava account to your JustGiving page – [use their helpful step by step guide](#).

Download the [Spin for the Bin](#) progress tracker so you can see your progress.

Do I need to sign up?

Spin for the Bin is free to sign up to. If you sign up, we can cheer you on with every mile you cover and send you fundraising ideas and social media posts. To get you started, you'll be emailed a Spin for the Bin supporter pack, which includes Spin for the Bin guidelines, Progress Tracker and Sweepstake Poster.

When does Spin for the Bin start?

You can do Spin for the Bin whenever you want to. But, we recommend the month of January. Use the start of the year for a sporty challenge, beat the winter blues with exercise and some fundraising fun.

Do you have any top tips?

1. Set up an online giving page with [JustGiving](#). Find the Bin Twinning page.
2. Ask friends and family to support you.
3. Start your challenge! You've got a month – January is a great time!
4. Share your progress on social media. Use **#SpinForTheBin** to challenge your friends to start their own cycling fundraiser.

Find Bin Twinning on [Twitter](#), [Facebook](#), [Instagram](#) and [LinkedIn](#).

Do I have to cycle 90 miles?

No, the distance is your choice. If 90 miles is too much then why not opt for 45 miles and aim to fundraise at least £45 for 1 Bin Twin.

If 90 miles seems like a cycle in the park then why not aim for 180 miles in a month. Or, match Syed and cycle 10 miles a day – 300 miles over the course of a month.

A target of 300 miles is a great aim for a team effort. Get your workplace, friends, family, school, church or group involved.

How to pay in donations

If you set up an online fundraising page with [JustGiving](#), donations will come directly to us.

With any other fundraising mechanism, you can bank the cash raised, and then make a BACS transfer to us online (please include your name as a reference). It's really helpful if you can email info@bintwinning.org to let us know it's on its way.

Account name Toilet Twinning*
(reference: **YOUR NAME/BIN**)

Bank Barclays

Account 53798860

Sort code 20-00-00

**Toilet Twinning manages all bank transfers on behalf of Bin Twinning.*

Alternatively, you can send a cheque (payable to **Bin Twinning**) to:

Bin Twinning
1052-1054 Christchurch Road,
Bournemouth
Dorset BH7 6DS

