486 days to raise £1.1 million

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PROJECT 1 MILLION

our next challenge coming soon

in 2022 we launched project 1 million. our goal was to raise £1,000,000 for mental health in the space of a year. we didn't manage to do this within 365 but within 486 days we had achieved £1.16 million as a team of 3...

dream big

and now we're ready to launch an even bigger challenge...

"only those who will risk going too far can possibly find out how far they can go..."

bigm**oo**se

project

1mi**ll**ion

2.0

same goal.
£1 million for mental health.
just a **shorter time frame...**

we are aiming to raise £1 million in...

24 hours

more about the event

on november 29th, we're taking on our biggest event to date... 24 hours of non-stop spinning to raise £1 million for life-saving therapy.

each team will have a bike to keep spinning for the full 24 hours, taking turns in whatever way works best for you.

whether you ride for 30 minutes, 2 hours, or take on the full 24 solo, it is entirely your choice.

your impact

the goal: raise £10,000 per bike.

£10,000 = 25 full courses of therapy.

that's 25 lives changed because of you

25 people who won't have to wait.

25 people who will know they're not alone.

this is why we're doing this event.

because lives depend on it.

"i want to thank you from the bottom of my heart for your support. before sessions i had **attempted to take my life** 5 times. now i am in a much better place and **my parents have their daughter back**"

your support will help real people like this person. this is our why.

midday - midday
29-30th
november

cardiff met
9 cyncoed rd,
cardiff cf23 6xd

how?

24 hours on a spin bike

individually or as a team

team-based fundraising

£10,000 fundraised per bike

welcome,
if you're reading this, you probably know we love a big
challenge and this is our biggest one yet.

but it's about more than bikes. it's about saving lives.
every penny raised will fund therapy for someone who's
struggling right now. someone who might not make it without our
support.

that's why we're doing this. and why we won't stop.

we'd love you on this journey with us.
scan the qr code to sign up.

jeff & chloe