



Bell Ringing is **fun** and ...

*Could it be **your** perfect activity?*

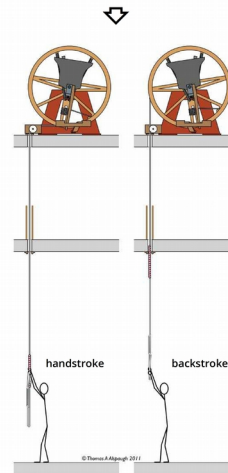
- ◆ for **young people** (10 yrs +) and **adults** of all ages – individuals, couples, families or groups it's for all faiths & none (and you don't need to be musical, mathematical or strong)
- ◆ **enjoyable & satisfying** – experience new achievements
- ◆ a gentle **workout** – physical exercise with mental stimulation – burns calories, tones muscles and relieves stress
- ◆ an easy way to **make friends** – enjoy social activities and be part of a team and community
- ◆ a great activity **at university** – or anywhere (mostly UK)
- ◆ **inexpensive** – and be paid ringing for weddings!
- ◆ boosts soft **skills**: teamwork, leadership, co-ordination, concentration, listening and analytical
- ◆ an **all-weather**, year-round activity which fits in with your other commitments
- ◆ full of **variety** – a centuries-old skill using new technology – with endless choices & places to visit
- ◆ makes your **community's soundscape**: Sunday services, weddings & special events
- ◆ produces a **fabulous emotion-stirring sound** for people to enjoy
- ◆ *it's the ultimate **Heavy Metal***: Church bells are the **loudest*** (unamplified) and **heaviest** musical instruments in the world . . . and they're metal!



* ringing chambers are usually sound-proofed for **safe noise levels**

How Bells are Rung

Bells are rung **full-circle** from the 'UP' position (upside-down) with a rope round a wheel ➡ This allows ringers to vary ringing speed to change the order in which the bells ring



Learn at your own pace in stages:

1. Bell handling

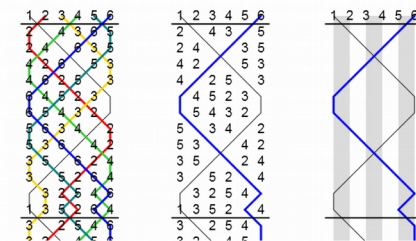
↺ (pulling the rope)

2. Rounds (ringing in time with others)

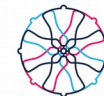
3. Change ringing (methods) ➡



A BELL IN THE "DOWN" POSITION



Discover more about Ringing ...



THE CENTRAL COUNCIL OF CHURCH BELL RINGERS

At **bellringing.org** and **ccabr.org.uk**

for more information and great videos of what ringing is about, with **contacts** for **learning to ring** near to where you live

And at **universityringing.org** if you're at uni

Would **YOU** like to give it a try?

An experienced ringer will be happy to teach you and there's no obligation to continue if it's not for you



*Most towers **welcome new ringers of all ages** and many have young people who enjoy ringing*

Contacts for further information and where you can learn to ring

