



All ages
Any faith
All backgrounds
Fun & Social
For mind and body
A glorious sound

Bell Ringing is fun and ...

Could it be your perfect activity?

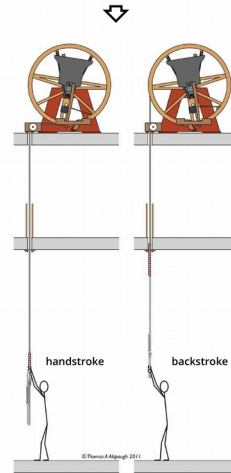
- ◆ for **young people** (10 yrs +) and **adults** of all ages – individuals, couples, families or groups it's for all faiths & none (and you don't need to be musical, mathematical or strong)
- ◆ **enjoyable & satisfying** – experience new achievements
- ◆ a gentle **workout** – physical exercise with 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:

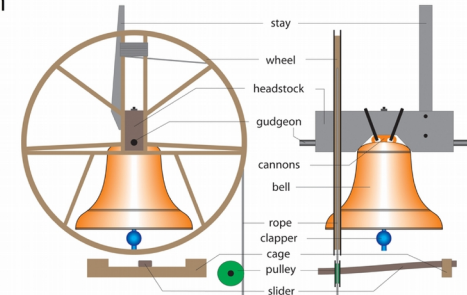
1. Bell handling

↔ (pulling the rope)

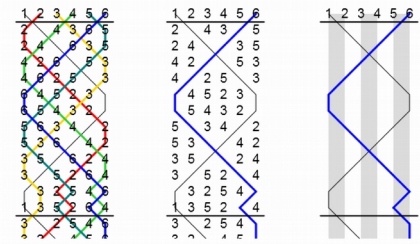
2. Rounds (ringing in time with others)

3. Change ringing (methods) ↗

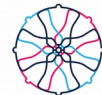
There are about 40,000 ringers in over 6,000 towers!



A BELL IN THE "DOWN" POSITION



Discover more about Ringing ...



THE CENTRAL COUNCIL OF CHURCH BELL RINGERS

At bellringing.org

and ccbr.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

