

(Suggested email subject line: **PRESS RELEASE: Local bellringers' open tower for Ride and Stride**)

NEWS RELEASE

St Matthew's bellringers throw down a challenge to the public on 'Ride and Stride' day next Saturday

On Saturday 11th September, the public are being invited to have a go at bellringing at St Matthew's church in Longtown. With skilled tuition they will help swing these heavy instruments and sound them out over the town. They can also see short demonstrations of this skilled art, and climb the ancient spiral stairs to experience the view from the top of the tower. This is all part of the church's 'Ride and Stride' open day.

"I've been bellringing for 10 years, and love every minute of it," said local ringer Penny Morris. "These are the original 'heavy metal' instruments and we learn to co-ordinate our movements to sound them evenly," she explained. "There's always something new to try or places to go."

The annual Ride and Stride event takes place throughout Britain each September, with thousands of churches open to the public, who are encouraged to walk or cycle between a number of them. St Matthew's will be open between 9am and 5pm, with the bellringing experience from 10am till 3pm.

St Matthew's bellringers practise at the church every Wednesday evening at 7 pm and anyone interested in coming along to see what is going on is always very welcome. For more information contact Peter Blake on 01234 56789. Alternatively, those wishing to find out more about the art of bellringing can visit the Discover Bell Ringing website (bellringing.org).

[ENDS]

For further information

Name

Phone

Email address

URL