



Bell Ringing is Fun and ...

- ◆ for **all ages** (generally 10 yrs +) – individuals, couples, families or groups (you don't need to be musical, strong or religious – for all faiths & none)
- ◆ **enjoyable & satisfying** – make a glorious sound!
- ◆ an **exhilarating workout** – gentle exercise for mind & body which 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 you can get paid ringing for weddings!
- ◆ boosts **skills**: concentration, teamwork, co-ordination, discipline, listening and analytical
- ◆ an **all-weather**, year-round activity which fits in with your other commitments
- ◆ full of **variety** – a centuries-old tradition using new technology – with endless choices and places to visit
- ◆ makes a **beautiful noise** – *it's the ultimate Heavy Metal*: Church bells are the **loudest*** (unamplified) and **heaviest** musical instruments in the world . . . and they're metal!

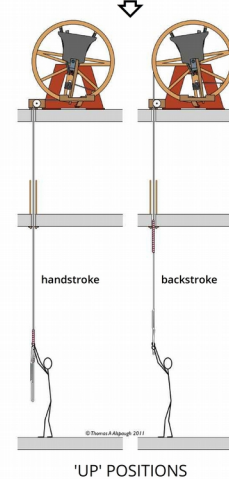
* ringing chambers are usually sound-proofed for **safe noise levels**

*Could it be **your** perfect hobby?*



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.



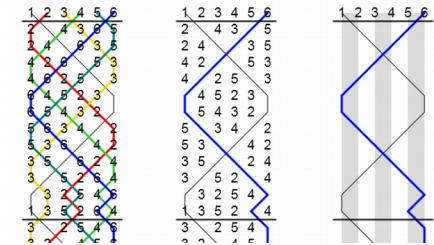
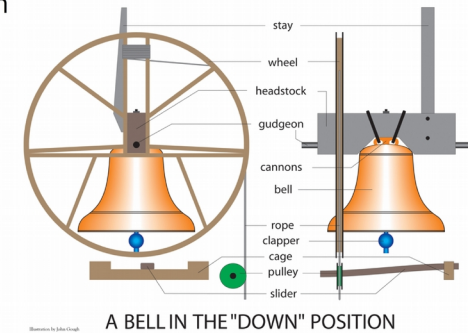
Learn at your own pace in easy stages:

1. Bell handling

↗ (pulling the rope)

2. Rounds (ringing in time with others)

3. Change ringing (methods) ↗



Discover More about Ringing ...

At **www.bellringing.org** and **cccbr.org.uk**

for more information and great videos of what ringing is about, plus contacts for learning to ring

Visit **your local tower**

To find one near you visit **dove.cccbr.org.uk**

If you're at uni there's **universityringing.org**

*Would **you** like to give it a try? Most towers will be happy to teach you and there's no obligation to continue if it's not for you*



Most towers welcome new ringers and many have young people who ring

Contacts for further information and where you can learn to ring

