



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!

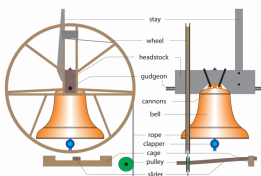


* ringing chambers are usually sound-proofed for **safe noise levels**

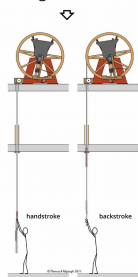
How Bells are Rung

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

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



A BELL IN THE "DOWN" POSITION



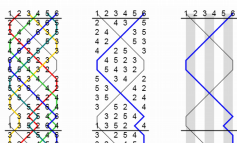
Learn at your own pace in stages:

1. Bell handling

↗ (pulling the rope)

2. Rounds (ringing in time with others)

3. Change ringing (methods) ↗



Discover more about Ringing ...



THE CENTRAL COUNCIL OF CHURCH
BELL RINGERS

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

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



There may be bell ringers at a tower local to you

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

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)

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