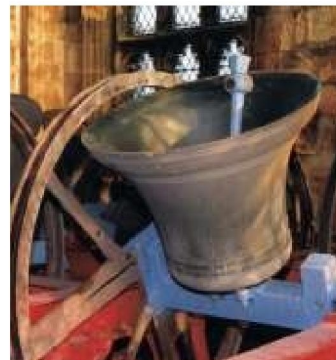




Bell Ringing is **fun** and ...

- ◆ a **traditionally English** 400 year-old activity
- for individuals, couples, families or groups
- ◆ a service to the **church** and **community**
- ◆ a great way to **make friends** and be part of a team
- ◆ for **all ages** (10 yrs +) - no need to be musical or strong
- ◆ great **exercise** for mind and body
(burns calories, tones muscles and relieves stress)
- ◆ an **enjoyable** and **inexpensive** year-round hobby
(you can even **get paid** ringing for weddings!)
- ◆ an activity which **fits in** with your other hobbies
- ◆ a **skill** for life with endless **new experiences** and **places to visit**

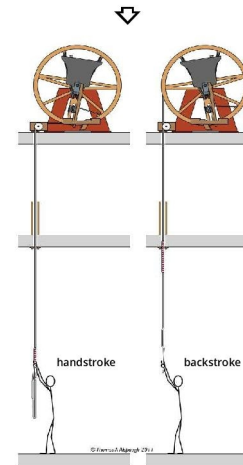
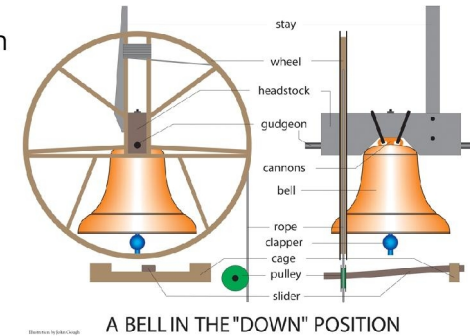


◆ *the ultimate **Heavy Metal**:*
Church bells are the **loudest*** (unamplified) and **heaviest**
musical instruments in the world ... and they're metal!

* 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.

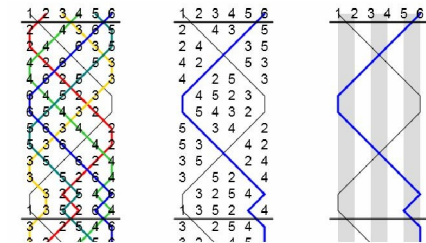


Learn at your own pace in easy stages:

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

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

Visit **your local tower**

To find towers with bells in your area visit dove.cccb.org.uk

There is no obligation to learn to ring and most towers will be happy to teach you if you'd like to give it a try.



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

Contact

for:

- ✓ further information about bell ringing
- ✓ where you can learn to ring