



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?*

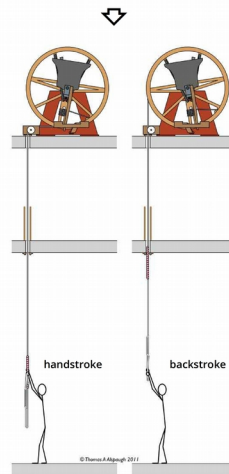
- ◆ for **young people** (10 yrs +) and **adults** of all ages – individuals, couples, families or groups it's for all faiths & none (and you don't need to be musical, mathematical or strong)
- ◆ **enjoyable & satisfying** – experience new achievements
- ◆ a gentle **workout** – physical exercise with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

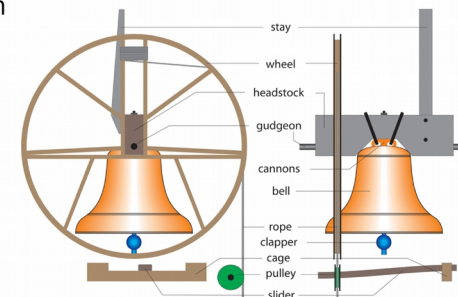
### 1. Bell handling

↔ (pulling the rope)

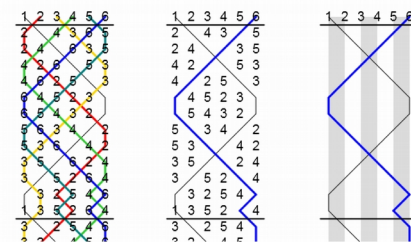
### 2. Rounds (ringing in time with others)

### 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](http://bellringing.org)

and [ccbr.org.uk](http://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](http://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

