

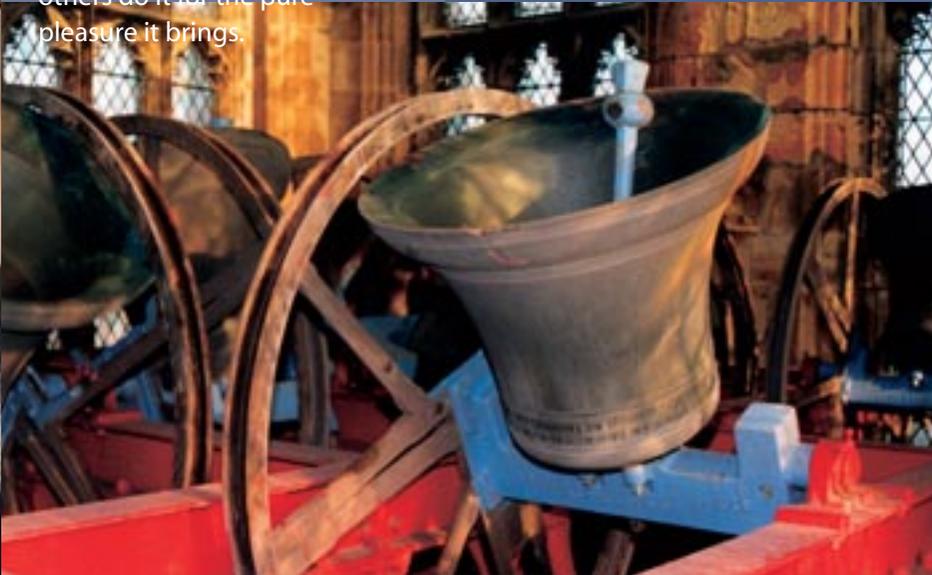
## What's Bell Ringing all about?

Bell ringing is a team activity that stimulates the brain and helps keep you fit...it also makes a glorious sound! Many consider ringing to be their contribution to church life, others do it for the pure pleasure it brings.

## How to find out more

- 🔔 Visit a tower near you when you hear the bells
- 🔔 Look for posters in church porches listing ringing activities
- 🔔 Visit [www.cccbr.org.uk](http://www.cccbr.org.uk)
- 🔔 Write to the address below:

# Bell Ringing



**The ultimate team activity**



Ringers come from all walks of life and range in age from ten to those in their eighties.

*"When I'm ringing I forget all the tensions and frustrations of the day. Even better, you couldn't wish for a nicer group of friends!"*

Bell Ringing  
c/o The Ringing World  
35A High Street  
Andover  
Hampshire  
SP10 1LJ  
Tel: 01264 366620

Join a tradition dating back 400 years

**Become a bell ringer**



## Why learn to ring?

- 🔔 A global group of friends
- 🔔 Lifelong learning experience
- 🔔 Maintain a traditional skill
- 🔔 A service to the church
- 🔔 Team activity
- 🔔 A great mental workout
- 🔔 Opportunity to visit amazing places

## Come and see

Listen for the bells at a church near you, or visit this website ([www.cccb.org.uk](http://www.cccb.org.uk)) to find a tower in your area, then go along to see what bell ringing is all about.

Once you've got the bug, it's hard to give up:

*"I learnt to ring over forty years ago and I still get the same buzz that I did when I first started."*

## Change Ringing

The origins of change ringing lie in the sixteenth century when church bells began to be hung with a full wheel. This gave ringers control of their bell, which allowed sets of bells (*rings*) to be rung in a continuously changing pattern.

Music is created by moving bells up and down the ringing order to a defined sequence of *changes* known as a *method*. Learning a few simple methods allows ringers to join in with other bands in towers around the world.

*"One of the delights of change ringing is the endless opportunity to learn new things."*



## Could I become a ringer?

*"If you can ride a bicycle, you can ring!"*

Ringling is well within the capabilities of most people. The initial teaching takes several weeks, after which a learner can begin to ring with the rest of the band. Most ringers practise once or twice a week and ring before or after church on Sunday.

*"Being able to count is all the maths needed and you can become a very good ringer knowing nothing about music."*

