Bell Ringing

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) ⇨

handstroke   backstroke

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stay
wheel
headstock
gudgeon
cannons
bell
rope
clapper
cage
pulley
slider

A BELL IN THE "DOWN" POSITION

Illustration by John Gough

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

Could it be your perfect hobby?

- ◆ an **enjoyable** traditionally English activity - for individuals, couples, families or groups
- ◆ for **all ages** (10 yrs +) - no need to be musical or strong
- ◆ a great activity **at university**
- ◆ effective **exercise** for mind and body (burns calories, tones muscles and relieves stress)
- ◆ **inexpensive** (and **get paid** ringing for weddings!)
- ◆ an easy way to **make friends** and enjoy teamwork
- ◆ a service to the **church** and your **community**
- ◆ an **all-weather**, year-round activity which **fits in** with your other hobbies
- ◆ a **skill** for life with endless **new experiences** and interesting **places to visit**
- ◆ makes a **beautiful loud noise** - *it's the ultimate Heavy Metal*: Church bells are the **loudest*** (unamplified) and **heaviest** musical instruments in the world . . . and they're metal!
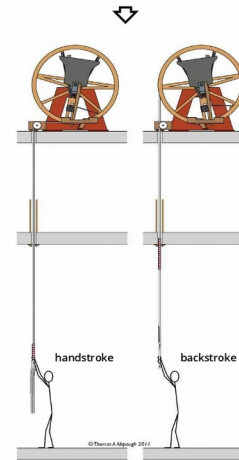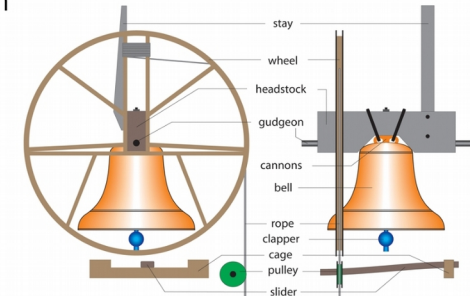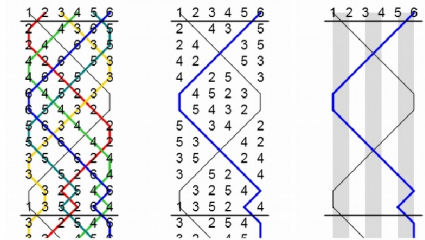
* ringing chambers are usually sound-proofed for **safe noise levels**

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.cccbr.org.uk** or if you're at uni there's **universityringing.org**

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 PRO@derbyda.org.uk
or visit **derbyda.org.uk** for:
✔ further information about bell ringing
✔ where you can learn to ring in Derbyshire

DERBY DIOCESAN ASSOCIATION
Founded 1946

Susan G Hall