

What is church 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.

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

What's involved when learning to ring?



All learners, regardless of age, will be closely supervised by a bell ringer who deemed competent to teach by the tower captain. Learners will get to see the bells in the bell chamber from a safe distance.

Learners will start by controlling the backstroke, followed by the handstroke. They will then put the two together. The skills required for bell ringing cannot be acquired overnight and it may take a couple of months before learners can safely handle a bell by themselves.

Once a ringer can safely handle a bell they will be able to join in ringing with the rest of the band.

Although bell ringing is safe, there are hazards. Access to the ringing room is via a steep set of stairs so flat footwear should be worn. Excessively loose clothing and jewellery should not be worn as it may get caught in the rope when ringing. Learners must not touch ropes or mechanisms unless closely supervised by a competent ringer.

Backstroke

Handstroke



St Mary's Church, Ruabon - Permission to Ring

This form should be completed by the parent/guardian of a young ringer and returned to the tower captain. Please retain the front cover for your information.

Full name of young person

Date of birth

Address.....

Name of parent/guardian.....

Home Telephone number.....

Mobile.....

Email

Are there any medical (eg diabetes, epilepsy) or dietary concerns that we should know about the child in your care? (This will not preclude your child from ringing, but notification now will help in the event of a medical problem.) Please give any relevant details below or state "none":

.....

- I give my permission for the above-named young person to take part in the normal activities of this group.
- I understand what is involved and I am aware of the hazards present.
- I understand that separate permission will be sought for certain activities and outings lasting longer than the normal meeting times of the group.

Signature of parent/guardian.....

Name of additional contact.....

Telephone (for additional contact).....

St Mary's Church, Ruabon



Church Bell Ringing

A Guide for Parents/Guardians

Practice Night: Thursday 7:00pm – 8:30pm

Tower Captain: Gordon Richardson

Tel: 07970 140004 Email: gordon@richardson1502.fsnet.co.uk