



Rutland Bell-Ringers

Newsletter

May 2020

It may be sometime before we will be able to ring again. Until we can meet again please

KEEP WELL . KEEP SAFE

The guild now has a Facebook page, run by the Guild Secretary. This is intended to provide an alternative access to information; the website will continue to be maintained and will be the comprehensive source of guild information. Facebook page can be found on <https://www.facebook.com/PDGCBR> Please follow & "like" the page to receive updates on events and news within the guild and the wider bellringing community.

Church Bells on Sunday.

BBC Radio 4 Sunday at 05.43. Monday 00.45
www.bbc.co.uk/sounds

3rd May : The Church of All saints, Writtle, Essex.

This week's recording comes from the Church of All Saints, Writtle in Essex. Mentioned in the Domesday Book of 1086 the Parish is one of the largest in Essex. The Tower contains a peal of ten bells with two extra trebles to provide an additional light ring of eight. The complete ring was cast by John Taylor of Loughborough in 2004. The Tenor weighs thirty one and a half hundredweight and is tuned to the key of D. You can hear part of a quarter peal rung in 2016 of Plain Bob Royal.

10th May: Westminster Abbey

Currently there is no ringing taking place across UK towers, a situation not encountered since the Second World War. Today's bells were recorded at Westminster Abbey during the VE Anniversary celebrations in May 2015. There are ten bells with a thirty hundredweight tenor tuned to D. They can be heard ringing "Rounds" interspersed with the art of "Firing" when the bells are deliberately struck simultaneously - a traditional method of marking a celebration. It's difficult to achieve well and is rarely practised. It is being broadcast on this day in honour of the VE Day 75th anniversary on Friday 8th May .

Thank You

My thanks go to Helen Allton, Guild Secretary. Much of the material and information in this newsletter has been provided by her. Some of the puzzles were previously published in Ringing World and have been reproduced with consent.

Sue Webster

Items for the next newsletter to Sue Webster

by Sunday 31st May

suevw@sky.com

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From CCCBR

Spring Festival day

We should have been at the Spring Festival on April 25th- and wouldn't it have been a lovely day to hold it! There was some ringing though. Northampton Ringing hub held their weekly Saturday school through Ringing Room (<https://ringingroom.co.uk/>). Rounds & Call changes through to plain bob minor were all successfully rung. It's very different from normal ringing, but it's a lot of fun. Amelcote also used this for their practice, feeling pleased with their attempts at plain bob doubles.

If you want to join the Northampton practice, contact Jennie on nptonringinghub@yahoo.com, or to try it in your tower, get in touch with me and we can help you make arrangements. *Helen Allton. Guild Secretary*

The Ringing Room

[Ringingroom.com](http://ringingroom.com) or ringingroom.co.uk has become a source of much focus. This virtual ringing platform, that looks and feels a bit like Abel but with different people on each bell, has been developed by Bryn Rein-stadler and Leland Kusmer and has already got a lot of followers and performances vying for attention on Bellboard. A good introduction was published in last week's *Ringing World*. (RW 10 April 2020)
A platform for handbell ringers has also been released.

Simon Linford. President, CCCBR

Ringing Returns campaign

For a lot of us, this hiatus in ringing has been frustrating, but it has been really great to see the efforts that some are going to to stay in touch with their ringers, to keep practicing their skills using software apps and playing virtual ringing games, and even keeping the after practice virtual pub experiences going.



Ringing Returns will be a campaign over the coming weeks and months looking at two areas:

1. how we can make good use of the down time to learn something new so that once the restrictions are lifted we can put it in to practice by recording a performance, from call changes to peals and everything in between.

2. how we can celebrate a return to ringing once restrictions are lifted

Of course we don't want this restriction to undo all the great work that has been carried out over the last few years with recruitment and training, and we want to celebrate our return to ringing in a time honoured way, by flooding the air with the sound of bells. We have been and will continue to liaise with the Department for Digital, Culture, Media and Sport to get what information we can, and make use of their support in the promotion of bellringing when the restriction is lifted.

We don't know when the restrictions will be lifted so trying to coordinate a specific date for mass ringing is difficult, and it may be at different times depending on which continent you are, or a gradual lifting rather than full scale. The Central Council Comms & Marketing Workgroup have been considering how we could achieve that given that we don't know when and how restrictions might be lifted.

You could also be using this time to plan a recruitment campaign so that when the restrictions are lifted, you can invite your communities to share in the celebrations. There are some great resources to help with this on the Central Council website ccbr.org.uk/resources/publicity-material and the Association of Ringing Teachers (ART) has developed a large package of recruitment and retention resources which are available to everyone at ringingteachers.org/resource-centre/recruitment-and-retention/recruitment-success

Look out for more ideas and information via the CCCBR website and social media, and the Ringing World.

Vicki Chapman
CCCBR Public Relations Officer

Training

It's the tricky subject of striking again, listen to what some experts have to say by way of advice on the Fun with Bells podcast. <https://funwithbells.com/15-tips-to-improve-your-striking>

Safeguarding

[The Diocese of Peterborough](#) sees safeguarding as everyone's responsibility, and would like all volunteers within the church family (that includes bellringers) to have a basic understanding of safeguarding (level C0). While you can't go to practice, why not make use of the spare time to access the free online training portal and complete it. <https://safeguardingtraining.cofeportal.org/>

Photos

How about taking some exercise? Have a socially distancing walk down to your local church, take some pictures of it and send them in. Your photo can update the branch websites and may be chosen as the Facebook page's cover image in the future.

Helen Allton

Secretary: Peterborough Diocesan Guild of Church Bellringers

Facebook: <https://www.facebook.com/PDGCBR>

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VE Day 75 Advice

The following message has been issued by Bruno Peek, organiser of the of UK's VE Day 75 celebrations:

"I am afraid that the terrible Coronavirus emergency and consequent Government guidance means that we must advise participants to cancel or postpone the majority of the VE Day 75 community celebrations due to take place on the bank holiday weekend of 8th – 10th May. It is right and proper that people should be kept safe and healthy.

My sincere thanks to everyone who registered their events and were looking forward to celebrating VE Day 75. I know how disappointed you will be that these cannot now go ahead as planned. However, we are still encouraging solo pipers and town criers to continue to mark the occasion from a safe and suitable location.

I am hoping that all the events you have carefully planned can be moved to the weekend of 15th – 16th August when we will be able to celebrate VE Day and VJ Day, both momentous points in our history."

Vicki Chapman. CCCBR Public Relations Officer

Westley Award for Church Bell Maintenance



You may be interested in this award, for which nominations are now invited for the second year. It is for anyone who has become involved in belfry maintenance in the last 5 years, which can be in a single tower or across a wider area. Please consider nominating someone, or encouraging them to nominate themselves for The 2020 Westley Award for Church Bell Maintenance. Ringers are all dependent on the bells that they ring.

Towers and bells in good condition will usually make it easier for ringers to develop their skills and, in particular, help retain new recruits.

So have you or one of your band become involved in belfry maintenance relatively recently?

If so, then the Westley Award for church bell maintenance is for you!



The Stewardship & Management Workgroup of the Central Council of Church Bell Ringers is launching the 2020 award for people who are newly involved in belfry maintenance, developing their own skills and those of others. The award will be made at the September 2020 CCCBR annual conference to be held in Nottingham. The winner will receive £100 and a certificate.

Full details and an application form are available from

<https://cccb.org.uk/about/workgroups/stewardship-and-management/westley-award-2020/>

The closing date for nominations is noon on May 31, 2020.

Exercise

Being aware that, for many of us, ringing formed part of our weekly exercise, a series of exercises have been put together (by my kid brother, who used to ring and is a physical trainer – that's him in the video) that will work those bellringing muscles - and there are quite a lot of muscles that bellringing uses. This is the first in a series and is one that will warm you up and works on more of the body, rather than concentrates on any particular muscle set.

Please only work to your ability. Exercise should not actively hurt, if it does, reduce the effort, or make the exercise easier. Especially if you're not used to this type of exercise, take it easy and build up the number of repeats and difficulty slowly.

Start with arms above head and swing the arms (held comfortably straight, not locked out at the elbows) down and behind. At the same time as the arms come down, bend the knees and stick the bottom out (rather than leaning the upper body forward). The body should remain largely upright. The action is a bit like that of skiing (not that I've ever been skiing!) The deeper the knee bend the more it works legs, balance and hips. A shallower knee bend will make the exercise easier on the knees.

Try to do this 10 to 20 times, and do 2-3 repeats of that set. You should be a bit out of breath at the end as well as warmed up nicely.

Video available here: <https://www.facebook.com/PDGCBR/videos/158487775516240>

These exercises are to target some of the muscles in the arms and shoulders. The first of the more targeted exercises. In this you need something to add some weight, Steve's using a book, as they're easy to stack to add complexity.

Hold book between palms, pressing the palms together, and move it from down to overhead to down with arms straight. Repeat 10 to 20 times, and try 2-3 sets. To increase effort, add additional books. This will mean you need to push the palms together harder, which increases the workout on the lateral muscles.

Maybe don't start with the largest book on the shelf, nor the most valuable.

<https://www.facebook.com/PDGCBR/videos/3209148415976487/>

The second is another exercise to target arms and shoulders This is a close relative of the earlier arm raises. Again you need something to add some weight. Hold book between palms at the chest, pressing the palms together. Move the book out from chest to arms stretched in front of you and back again. This is exercise A. Then move from chest to overhead and back to chest, exercise B. Repeat A 10 times, then exercise B for the same number. Try 2-3 sets of A and B. To increase effort, add additional books. This will mean you need to push the palms together harder, which increases the workout on the lateral muscles. Maybe don't start with the largest book on the shelf, nor the most valuable.

<https://www.facebook.com/PDGCBR/videos/834486933702106/>

Helen Allton. PDGCBR Secretary

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The Ringing World and coronavirus

As ringing activity declines, ringing reports and news will also decline, which will affect the content and format of the journal, but The Ringing World intends to continue production of a weekly printed and online journal despite the coronavirus outbreak. They have launched a discount for new subscribers and a 6-month online-only subscription option.

New subscriber discount <https://bb.ringingworld.co.uk/subscribe.php> Use code 'RW2020' for 25% off for all new subscribers

Three month subscription, UK £20.00

Six month subscription, Online edition (NEW) £24.00 Six month subscription, UK £35.00

Annual subscription, Online edition £44.00 Annual subscription, UK £64.00

Source: *Ringing World*