

Things you can tell people about bellringing (choose those that are appropriate to your visitors)

- You can ring all year round, whatever the weather.
- You can do as much or as little as you like (although you may get hooked and want to do more).
- Anyone from 10 years and upwards can learn to ring, you don't have to be strong. There is no upper limit although you need to be able to climb the tower steps!
- Couples and families can learn to ring together.
- It costs very little, you need no special clothing, and sometimes you even get paid (weddings).
- You don't need to be musical, you just need to be able to count.
- Once you have learnt to ring you can ring anywhere – you can visit towers when you are on holiday or when you are working away from home for work. Most towers welcome visitors.
- It keeps the brain active.
- Gentle aerobic exercise and keeps you fit.
- It's a team activity, as well as the exhilaration you get from your own achievements you will get a lots of satisfaction from being part of a team and helping others.
- Helps your concentration.
- Helps you switch off from a bad day at work or other stresses and strains!
- It provides a service to the church (you don't have to attend service).
- You are continuing a centuries-old tradition.
- It sounds glorious (after practice!).
- There are groups for young people and university groups and ringing is frequently combined with other interests, for example, cycling ringers, rambling ringers, train enthusiasts, ringing clergy.
- It is a very social activity.
- Bells are the largest and loudest (when not amplified) musical instruments.