

SallyForth

Western District Newsletter
March/April/May 2021



Diary of Events

March 2021

Saturday 27th On-Line Handbell Morning Zoom/ Ringing Room 9.45am-12.30pm
Contact Hamish at hamish@wandleys.uk
See advert on page 4

Every Saturday, from 3pm, until further notice

Join the Association online practices - all welcome!



Are you missing ringing, or missing chatting with your ringing friends from other towers? Perhaps you're worried that you've forgotten everything you'd learned... Why not give the fun and supportive weekly online practices a go? The great thing about online ringing is that you don't have to think about bell handling, so you can focus on the theory and practising the method without worrying about the length of your tail end, or how high up to catch the sally. Learners join small groups to concentrate on specific things, supported by super, friendly helpers.

Our learners are making great progress, and many of them are now ringing things well beyond their ability in the tower - so they will have all that knowledge under their collective belts once they get back into the belfry. From intro to Plain Hunt, to "different

Doubles" and moving on to Minor, we're got something for everyone.

More experienced ringers are wanted as helpers!

- **3.00-3.30 pm** - online chat via Zoom (don't forget your cuppa!)
- **3.30-4.30 pm** - Novices' Practice (please join the Zoom call by 3.20 pm) - rounds & call changes, Plain Hunt, Plain Bob Doubles, Grandsire Doubles...
- **4.30-4.45 pm** - break (join the Zoom meeting if not already in the Novices' session)
- **4.45-5.45 pm** - Moving on to Minor Practice - Plain Bob and Little Bob Minor, Kent Treble Bob Minor...

To sign up for either or both the Novices and Minor sessions, contact Steph via sec-north@scacr.org. The practices make use of [Zoom](#) and [Ringing Room](#). If you'd like to give it a go but you're unsure about the technology, just contact your District Secretary, who will be happy to put you in touch with someone who can help.



News from your District Secretary

Hopefully we are now reaching the end of yet another lockdown when no ringing could take place. With a bit of luck, we should be able to ring socially distanced from the 17th May, and then as a full complement from 21st June.

No doubt during this 'stay at home' period you have been keeping in touch with your ringers for a chat either when out walking, via zoom or WhatsApp. Thank goodness for all these electronic ways of keeping in touch. We have also had Ringing room which some individual Towers have taken advantage of meeting up on their usual practice night or there has been the Association one run on a Saturday afternoon, which is available to everyone by registering with Steph (sec-north@scacr.org) and filling in an on-line form indicating what you wish to practise as there are groups from plain hunt onwards. This has all been invaluable in keeping people ringing together albeit virtually. Who had even heard of these this time last year?

We now need to be ready for the return to ringing and there may be some of you who may be feeling a bit nervous about it or even got used to not having to go out in the evening or Sunday morning. The Central Council have realised this and have set up a 'Survival & Recovery Programme' to try and find ways to help with this. They have put together a toolkit on the CCCBR website with many useful tips (<https://ringingteachers.org/survival-and-recovery-toolbox>) and suggested that each Association have a Recovery Champion who can discuss with other ringers nationally, via CCCBR, ways they have found that work for Towers and ringers in their area and try using them here in Sussex. Some towers may require assistance to help their ringers return and feel confident again handling a rope, whilst other Towers will just carry on as before with no problems, but we definitely need to keep all the ringers we had before these lockdowns. (See more on page 4)

At our ADM it was decided that this task of Recovery Champion was too large for one person and we had several people volunteer to work as a team, to find out which Towers may need help in getting all their ringers back to ringing. (Vicky Chase and Janice Crawford have offered to be our representatives on the CCCBR Recovery group.) Each volunteer has been designated about 6 Towers to contact, so one of them should be giving your tower correspondent a phone call in the near future. It would be good if they could find out in advance if anyone is reticent about coming back to ringing or any other problems. The team will then get together and endeavour to try and find help for you in some way.

One last thing, don't forget to give your bells a maintenance check before you return and start ringing them again.

Stay safe and well,
Moya



Moya Hills, Sec West
sec-west@scacr.org
01903-266980

Young Ringers - get a pair of e-bells for £25

Are you under-25? Do you like ringing handbells, or would you like to give it a go? SCACR is offering young ringers a grant of £65 to buy a pair of [electronic handbells](#) for just £25 (usually £90). Contact Hamish McNaughton for details: secretary@scacr.org.

More info about e-bells here: <https://ebells.co.uk/>

MOT bodies and bells

Let's get ready for ringing! Fingers crossed with Stage 3 (no earlier than) 17th May the rule of six indoors means we can ring subject to social distancing rules. Lots of weddings are getting booked already, we're going to need ringers to join the celebrations. Once we get to Stage 4 when all legal restrictions are removed, hopefully 21 June, your diaries could be getting quite booked up.

Even though bellringing is not a very strenuous form of exercise (it's the technique, not the strength, see Julie Cater's presentation on 'How to ring big bells...') it's a great upper body work-out and I know I've missed it a lot. If you've developed stiff shoulders, back problems and soft hands, you might be concerned about getting back to the tower!

However, there are plenty of resources out there to help you prepare, please take some time to have a look. The Survival & Recovery Toolbox is a good place to start - check out these pages:

<http://ringingteachers.org/survival-and-recovery-toolbox> there are lots of ideas to help you and your band prepare. Ringing physiotherapists have been very helpful with what we can do to get ready.

- A talk with suggestions and demonstrations of useful exercises to complete from home to help support us back to ringing thinks about a typical group of bellringers:



<https://smartinsguild.org/teaching/training-and-resources/exercises-to-support-us-back-into-ringing/>

- A series of 10 videos shared by the Peterborough Diocesan Guild 'Getting fit for ringing' <https://www.youtube.com/channel/UCPoIDi00Q8nreijfe2guNeg>

So that's you sorted but how about your bells? Your local incumbent may have asked the steeplekeeper to check the bells over the last year, for insurance purposes regular maintenance routines may need to be adhered to, but if not, then check what needs doing before ringing starts again

<https://cccbr.org.uk/2020/05/29/stewardship-management-workgroup-when-we-ring-again/>

and make sure **you** and **your bells** are ready for when we get the go-ahead to go back to ringing 😊

Alison Everett, Bosham

Survival and Recovery

The Central Council of Church Bell Ringers (CCCBR) and the Association of Ringing Teachers (ART) are taking a number of initiatives to help ringers and towers to get back to ringing.

The first initiative is a publication the "Survival Recovery Newsheet". The content is quite broad ranging, from advice to experiences. The first four issues can be found at:

- [Issue 1 – December 2020](#)
- [Issue 2 – January 2021](#)
- [Issue 3 – February 2021](#)
- [Issue 4 – March 2021](#)



individual

The second initiative has been to create a [Survival and Recovery Toolbox](https://ringingteachers.org/survival-and-recovery-toolbox) <https://ringingteachers.org/survival-and-recovery-toolbox>

This has many suggestions for keeping bands together and getting prepared to go back to ringing. It also contains the current CCCBR guidelines for ringing and links to the newsheets.

The third initiative is to encourage teams of ringers across the country to interface with towers and bands to find out what is being done and what help is needed. The purpose is to share experiences through local champions.

Vicky Chase and Janice Crawford have agreed to be the champions representing the SCACR Western District. At our ADM in February, Vicky volunteered to co-ordinate a small team comprising Janice, Jane Deadman, Sue Gadd, Moya Hills and Hamish McNaughton. Between them, these people will be contacting all the District's towers over the next few weeks. Similar activity will be happening in the other SCACR Districts.

Change Ringing Handbell Morning 9.45am to 12.30pm Saturday 27th March 2021 Zoom and Ringing Room

This event is open to all, especially:

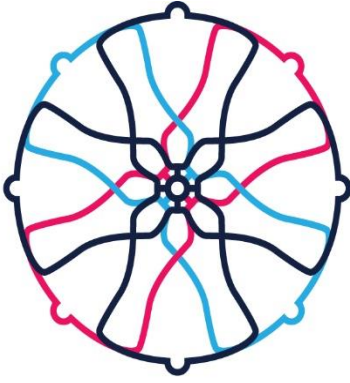
- Handbell groups in Sussex and near by
- Those who enjoy change ringing on handbells but do not have a regular practice
- Those who want to have a go

On the day, there will be three focus groups:

- Plain hunting to Plain Bob
- Plain Bob to Treble Bob
- Beyond Treble Bob

If you are not used to the technology, please contact Hamish and he will arrange a familiarization session.

If you would like to join in please email Hamish McNaughton at hamish@wandleys.uk stating which of the focus groups you would like to join. Information regarding logging into Zoom and the Ringing Rooms will be supplied to those wishing to attend.



CCCBR UPDATE

MARCH 2021

THE CENTRAL COUNCIL OF CHURCH
BELL RINGERS

Although we are still unable to ring there has been a fair amount of activity and development from the Central Council.

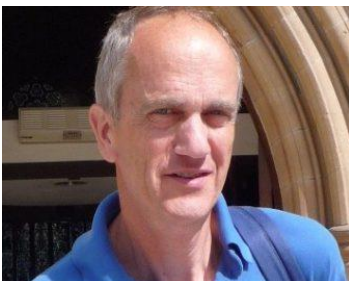
We have been heavily involved with the Association of Ringing Teachers in developing resources to support ringers and get them ready to start ringing again in the not too distant future. It is really good to see the Western District getting involved in this project and hopefully making sure that ringing will return better than before.

The decision was reluctantly made to hold our annual meeting by zoom again this year; although September seems a long way off there is no certainty as to what will be allowed This is especially important as we have representatives from across the world who would normally attend, we hope to have a bumper weekend in 2022.

There has been ongoing discussion with the Church of England about when ringing will be allowed again, it is hoped that if all goes well youth groups will be the first to be allowed to meet up. On the subject of young ringers the establishment of a national young ringers group is well under way, it is hoped that this will be launched at the National Youth Competition that has been delayed until September this year rather than the normal July slot. There will be no relaxation by the Church of England for Easter as there was at Christmas, they are very mindful of the spike in covid cases following that time.

There are a number of ringing events that have been highlighted. The Church of England is supporting the Marie Curie National Day of Reflection to take place on Tuesday, 23rd March and is keen that single bells are sounded following the minute of reflection at 12 noon. On Wednesday, 7th July there is to be there is to be a day to thank the NHS for all their work, this is being organised by Bruno Peek and he is keen to have bells included. More details will be available when known.

For all those keen RingingRoom attendees there is to be a national call change competition to be held on the Saturday of Easter weekend. The final details for this should be available sometime over the weekend of 20th March. The idea is for bands that regularly practice together to take part, not putting your top team together for a one off.



David Kirkcaldy
Deputy President, Central Council.
and our Central Council Rep!

WESTERN DISTRICT CONTACTS

Secretary	Moya Hills 311 South Farm Road, Worthing BN14 7TL	01903 266980	sec-west@scacr.org
Education Officer	Christine Butterfield	01903 872623	ed-west@scacr.org
West BRF Rep	Rik Clay		brf@scacr.org
Newsletter Editors	Mandy Rodgers Hamish McNaughton	01243 574074 01243 543410	news-west@scacr.org hamish@wandleys.uk
Central Council Rep	David Kirkcaldy		
Committee Members	Janice Crawford Sue Gadd Geoff Goodman		

WESTERN DISTRICT PRACTICE NIGHTS

You'll always be welcome on practice nights at other towers in the division, but it might be an idea to check before you get there!

Monday: Aldingbourne, Arundel (2nd & 4th) & Lyminster (1st & 3rd), Northchapel, Pagham, Pulborough, Slindon, Stedham, Westbourne, West Tarring & Yapton

Tuesday: Aldwick, Findon (2nd & 4th), Fittleworth, Funtington, Goring-by-Sea, Graffham, South Harting, Washington

Wednesday: Billingshurst, Chichester, Felpham, Heene, Kirdford (7.45pm), Shipley, Stoughton, Thakeham, Tillington (7.45pm - 1st only), Wisborough Green (7.30pm)

Thursday: Angmering (2nd, 4th & 5th), Bosham, Easebourne (1st & 3rd), Findon (1st & 3rd), Midhurst (2nd & 4th), Milland, Petworth, Steyning & Walberton

Friday: Amberley, Rogate & Storrington Upper Beeding (2nd & 4th)

Other Towers: Fernhurst (3), Lodsworth & Trotton (4)

NB: At the time of going to print all practices are still suspended

Regular Practices

Beginners & Improvers Practice - contact Christine first	1 st Saturday of every month	Christine Butterfield	01903 872623
Basic 8 Bell Practice	1 st Friday of every month	Colin Spencer	01243 824952
Stedman&Beyond 8 Bell Practice	3 rd Friday of every month	Colin Spencer	01243 824952
Surprise Minor Practice	4 th Saturday of every month	Graham Hills	01903 266980
Codgers Practice	1 st Wednesday of every month	Mike Foster codgers@scacr.org	01903 741664

Ways to keep in touch with what the Sussex Association of Change Ringers is doing

Take a look at the SCACR calendar at www.scacr.org/calendar

Subscribe to Soundbow. SCACR quarterly magazine. £1 each or £6 pa for a postal subscription. Contact Soundbow

Editor Kathy Howard 01903 813653

You can register and keep in touch via Facebook – just search for SCACR

If you use Twitter then look for @scacr and @sussexbells

If you need to know more about social media please email Alison Everett, our Communications and Events Team leader, at publicity@scacr.org

Membership - changes to your details

View and update your own record in the membership database using the following link: <https://membership.scacr.org/edit-your-details>

or write to The Membership Secretary at 44 Paddockhall Road, Haywards Heath, RH16 1HW

Many thanks to everyone who sent in items for the newsletter. Your input is greatly appreciated.

*Please send your contributions for the next edition of **SallyForth** to news-west@scacr.org by **15th June 2021**.*