

SallyForth

Western District Newsletter
August/September 2021



Diary of Events

July			
Saturday 24 th	The Forewood Mini-Ring (Eastern District) (link) There will be ringing on the mini ring, tea and a raffle Names for tea to Marion Hollands 01323 764868 or marionbells@btinternet.com	Crowhurst	2.30pm
Friday 30 th	Young Ringers Meet Up (link) Open to all ringers aged under 25 – see the advert at page 6 Contact marisa@happymouflon.com for details	Hastings	All Day!
Saturday 31 st	Change Ringing Handbell Morning (link) This event uses Zoom and Ringing Room All welcome – come and have a go! For more details and to register contact hamish@wandleys.uk	On-line	9.45-12.40
August			
Saturday 7 th	Morning Practice to build confidence (link) Please register with Chris Butterfield 01903 872623	Washington	9.30am-12.00
Saturday 14 th	Ring and Picnic (link) Please register with Moya on sec-west@scacr.org or 01903 266980	Pagham	3.00-4.40pm
Friday 20 th	Evening Novice Practice (link) Please register with Moya on sec-west@scacr.org or 01903 266980	Arundel	7.30-9.00pm
September			
Saturday 4 th	Morning Practice to build confidence (link) Please register with Chris Butterfield 01903 872623	Washington	9.30am-12.00
Saturday 11 th	Ringing and Refreshments Please register with Moya on sec-west@scacr.org or 01903-266980	Wisborough Green	3.00-4.30pm
Friday 17 th	Evening Novice Practice (link) Please register with Moya on sec-west@scacr.org or 01903 266980	Arundel	7.30-9.00pm

Looking Ahead

23rd October Handbell Day. Hopefully, this will be a real meeting with real handbells. The venue is yet to be organised.

As Covid Restrictions are lifted more events may be appearing!

Please keep an eye on the calendar at www.scacr.org/calendar

We may reissue this Diary

You can find out about nation-wide ringing events by looking at www.cccbr.org.uk/things-to-ring-for

A few words from Moya

So, yet another edition of Sally Forth is published when only restricted ringing has been taking place beforehand. I am sure we are all looking forward to getting back to ringing normally and without masks. However, in the present circumstances, it may be wise to wear a mask whilst ringing at any of the events below, but it is up to you.

We intend having our first open ringing, morning practice, on Saturday 7th August at Washington. This is aimed at anyone who wishes to get their confidence back ringing, after so long without it. There will be call changes, plain hunt, or simple methods, whichever you are comfortable with. It is a ground floor ring with doors open to the outside and church. If you wish to attend please contact Christine Butterfield, details in the Diary on the front cover as limited numbers.

Then we really push the boat out with a Get Together ringing event on Saturday, 14th August, at Pagham (again a ground floor ringing room open to the church). As we hope it will be a sunny summer afternoon, we propose having a picnic outside, if possible, in the churchyard after our ringing. Bring your own food but Pagham ringers have kindly offered to provide drinks, and who knows, we may feel like a visit to the pub garden for a drink after that.

We also intend starting our Arundel evening novice practices in August on the 3rd Friday of the month (See Diary). Hopefully, those of you who wish to get more practice ringing again will join us. It would help to let me, or Colin know if you intend coming as we may have to restrict numbers if there are too many.

Look forward to meeting you all again in person sometime.

Moya



Moya Hills, Sec West

sec-west@scacr.org

01903-266980

Geoff Goodman (Steining) receives the Michael Palmer Award Shield at last.



Welcome to our new member: Susan Black at Pulborough
and

Congratulations to James Rampton who rang for his first Sunday Service at
St Botolph's, Heene, on 11 July 2021

Coming next for Sussex Young Ringers!



We are going to Rodmell on Sunday 18 July and an Outing to Hastings is planned on Friday 30 July - [see advert on page 6 for details](#).

I also hope to arrange a visit to the Wickham Ring during the summer holidays - of particular interest to younger siblings!

Ringing World National Youth Competition - 11 September 2021 at Worcester. All being well we shall be able to field a band - we shall need to make a decision soon!

Please contact me - Marisa - for more details on any of these opportunities to ring together (07796 145464). Also see link below for a Google Form for young people and their families to complete to ensure we have the correct information and we can keep in touch. <https://forms.gle/aGY9nUXpwzL7y1BT8>

West District Get together at Findon 10th July 2021

This event had long been planned as a coffee and cake morning at Findon Church with a possibility of ringing if Covid Restrictions allowed. However, as restrictions were still in place and people attending were from at least 10 different Towers we couldn't ring. Many of us had brought our own picnic chairs with the hope of sitting and chatting in the churchyard, but unfortunately, the weather didn't oblige, and we ended up sitting on our picnic chairs in the church....



Many thanks go to the joint efforts of the Findon and Angmering ringers who had made loads of various cake with other cakes and flapjacks being brought along to add to the cake fest.

Altogether there were 24 of us who managed to chat and eat, socially distanced, and thoroughly enjoyed being able to meet each other and talk in person rather than via "Zoom".

Graham Hills

Western District walk – Saturday 12th June

A small number of Western District members met up for a circular walk, starting and finishing at St. Peter's Church, Lodsworth. It was a gloriously sunny afternoon and we were in fine spirits for this easy 2.8km walk. The route took us round past the church and across to woodland, where we crossed the river Lod. From then, we were following the course of the river heading south, albeit from a higher vantage point. Emerging from the woods, we crossed open land, crossing the river to reach the Halfway Bridge pub. Well, who can resist a drink in the afternoon? Also, who ever heard of orange juice and cider?? (The landlord even came out to check that the barman had heard correctly!). We noted a cottage belonging to the Cowdray Estate just down the road from the pub, with its distinctive yellow windows. After leaving the pub, it was an almost straight walk to get back to the church, passing some lovely converted barns on the way and wondering where the nearest shop was for them to buy a pint of milk...



So a lovely walk through beautiful countryside and well worth the drive from Worthing. Hope to see more people at these events in the future.

Rik Clay



Never have the right top to go ringing in?

We have the answer – t-shirts, hoodies, rugby tops and more! All are embroidered on left chest with the iconic Sussex bell logo.

Go to SCACR website, choose Resources then Clothing and follow the links for details of garments including sizing and prices, then fill in a Clothing Order Form and send to clothing@scacr.org.

Charmborough Ring - Can you help?



Now that Covid restrictions are gradually being lifted, we have seen a surge of interest in hiring the Charmborough Ring over the autumn period. Sometimes more than one group wishes to hire the ring on the same date, but we have a shortage of operators who can help us take the ring out and about.

The ring is currently based at New Alresford in Hampshire, and we have one other local operator Andy Mead based at Doulling Beacon in Somerset. Ian Kerwin from Essex recently retired from the Trust as his circumstances have changed. We are very grateful for the support he provided in the period up to Covid.

Between us, in 2019 we took the ring to 19 different events, and we would like to make even greater use of the ring in the future. Therefore, we would like at least two more local operators to come

on board in order to share the workload. The ring is predominantly used at weekends during the summer months, although we are keen to take the ring into schools and shopping centres throughout the year to help with promoting ringing post pandemic.

Ideally volunteers will live in Southern England or South Wales, preferably somewhere near the M4 corridor, the M25, or the A34. The ring and its trailer weighs 2.1 tonnes, so volunteers should have a vehicle capable of legally towing that weight (Beware that different models/years of the same car often have different towing capacities). If you do not have a towbar, we may be able to help you purchase one, depending on how often you are willing to take the ring out. We also pay travelling expenses, currently 50p/mile when you tow the ring. If you passed your car driving test on or after 1 January 1997 you will also need to have passed the [car and trailer driving test](#).

We usually transport the ring from area to area during the week, between events, so you will need somewhere reasonably secure to park the trailer when not in use, either in the open air, or inside. It measures 4.53 m long x 2.08m wide and is 2.20m high

We will provide training on how to erect and dismantle the ring. It is currently booked for events in Devises on 4th September, Abbots Langley on 18th September, Roehampton on 19th September and New Alresford on 2nd October, so these might be good opportunities. We also have other enquiries which we are trying to fit in.

If you would like to help with taking the ring to events, please contact Roger Booth roger@charmborough.org or 07411 181583 for further information.



Warwick University Freshers Fair, Milton Keynes Shopping Centre and Cheltenham Music Festival – just some of the 167 events that the Charmborough Ring has been taken to since 2007

Young Ringers in Hastings Friday 30 July 2021

A Day Trip to Hastings to celebrate the start of the summer holidays!

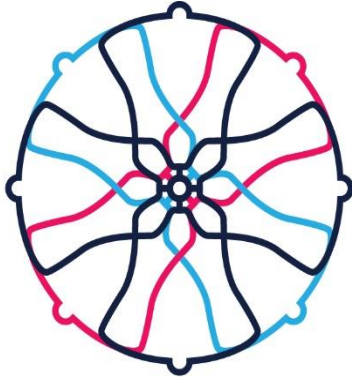
We are planning to go by train on the 08.57 from Lewes. Alternatively join the train at Polegate or meet us in Hastings

Picnic / fish and chips on the beach. Crazy golf (Tania's idea!). Ringing at the two Old Town towers confirmed. More details to follow soon.

Please book a space for this outing by contacting Marisa marisa@happymouflon.com as we can probably work out some good deals on train fares if we travel as groups from various destinations.

Return to Lewes will be around 6-6.30pm so a full day which we hope you will enjoy.

Please help spread the word!!



THE CENTRAL COUNCIL OF CHURCH
BELL RINGERS

CCCBR UPDATE

JULY 2021

The Central Council are now working on a two pronged approach to helping ringing recover following the problems it has faced since March 2020 due to Covid restrictions. This is set out below, the first part focuses on recruiting new ringers to replace those who don't return. The second concentrates on the future for the network of ringers who volunteered to be 'Recovery Champions'. **Any views and suggestions would be welcome.**

RETURN TO RINGING RECRUITMENT

When do we want to do it?

We need to be sure we can teach face to face with no further interruptions, e.g. from a winter increase in restrictions. This probably means Spring 2022. We could target lapsed ringers before that though, maybe in the Autumn.

What age profile are we targeting?

Different towers want different things. The same campaign does not necessarily work for all age groups, and the sort of campaign that works for one segment could actively discourage another. Young learners will forward the art of change ringing, older learners are more likely to fill our towers.

Do we recognise that we now have two different activities?

Whether we are recruiting people for a pathway into method ringing, or recruiting people who will be happy to ring good rounds and call changes in the local tower or area, this is a performing art, with a high expected standard of performance.

Do we just send learners to places they will be taught well?

This is definitely true for young recruits who really need to be taught in groups by people good at teaching youngsters. One possibility is to get centres to apply to be somewhere that you can learn to ring, with something about the specific environment. This might serve to focus ringers, branches or associations on creating attractive learning environments.

What is the message?

The Millennium targeted an event. Ringing Remembers had a good theme. A theme has to be positive - not that we are running out of ringers and are desperate.

What are we prepared to pay?

The Council is prepared to organise and pay for the branding exercise. Good work was done on a possible campaign called 'Resound' in 2014. Targeted marketing is not free, and the more targeted the marketing, the more successful it will be, but the more it will cost.

Simon Linford

CCCBR President

WHAT NEXT FOR THE RECOVERY CHAMPIONS

This was the subject for the latest get together of the Recovery Champions which followed on from the Recovery Convention's week of presentations. Feedback from those attending the presentations was positive, with people having picked up lots of ideas to put into practice when restrictions are eventually relaxed. The next question is what do Recovery Champions want next? We now have well over 140 Champions signed up and almost 500 different people signed up for at least one of the presentations. This is a very useful basis for establishing a network of ringers who are all keen to try and help make a difference and improve ringing in their areas.

During the workshop held on Sunday 6 June, the future was discussed in small groups and two areas stood out to me as important in peoples' minds; these were also reflected in the feedback from the recovery week presentations.

First, people stated that they thought we should work on recruitment and retention. To that end Simon Linford has already put together a series of questions as to how this could be managed. (See *Return to Ringing Recruitment* section.)

Secondly a support network could grow out of the Recovery Champions. It is worth pointing out statements made by different people which were reflected in the discussions at the seminar.

- *Feeling rather overwhelmed that I do not have the time, the skills, the support/assistance required to put lots of the ideas in place.*
- *It's not easy to gain more experienced teachers or helpers, in fact most of the time it can be learners helping learners.*
- *My tower is part of a group benefice of six churches all of which has a ring of bells but I can't even get them to ring together once a month for our joint benefice service.*

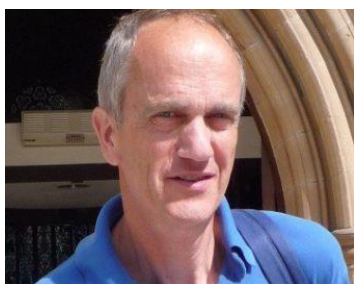
How can we help and support these ringers to put in place some of the ideas they have heard about from the presentations that have worked in other areas? Whilst it is the case that not every idea can be transferred successfully to another area, could a support network help?

How would a support network work?

It shouldn't be a rigid one size fits all. We had a number of different ideas suggested. From being 'buddied up' with someone who you may only want to talk to occasionally to the idea of a 'hit squad'. One person said they would be willing to travel to another part of the country for a week to help with ringing if they felt that it would make a difference. Another suggestion was to introduce regional based meetings in the future, although this did not seem to receive much support with the majority favouring a continuation of the current format.

If this is the way we continue our work should we move away from the term Recovery Champions? Is the network that has been built up likely to outlast recovery from Covid restrictions?

The steering group is still keen to hear the views of those signed up and point us in the correct direction for our future work. At the moment we have a blank slate as far as what to offer next and when to offer it.



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

Safeguarding

The Central Council has two appointed Safeguarding Officers as follows:

[David Bassford](#)

[Ann White](#)

If you have any Safeguarding concern or question, please either contact them directly using their individual email addresses above. Emails sent to president@cccbr.org.uk will be forwarded to the Safeguarding Officers if they are of a safeguarding nature.

Current Safeguarding Guidance and Forms

[Safeguarding guidance including 3 appendices](#)

[Safeguarding Guidance \(without appendices\)](#)

[Appendix A – Role description for a bell ringing leader](#)

[Appendix B – Role description for a safeguarding officer in a society](#)

[Appendix C – Good practice guide for display in towers](#)

[Example safeguarding policy for ringing societies](#) – **this can be edited, in Word**

[Organising and running online ringing session](#) – this was added in April and is reproduced in full at **page 10**

Little Book of Preserves Review

By Simon Meyer

You have to search hard to find connections between the two towers I run. One is a 9cwt six in a Norman church surrounded by one of the country's leading rewilding projects, the other a 42cwt 12 in a magnificent Wren church in the City of London. But it seems preserving is common to both!

The Rector of St Mary-le-Bow is one of the patrons of the Dalemian Marmalade Festival and my predecessor as steeplekeeper is a renowned marmalade maker. And now one of our band at Shipley has produced the most delightful book on preserving.

I do not find much time to read (I have to confess I am still working my way through the Christmas edition of the RW!) but I skipped through this book within a couple of days. The author has taken a topic that many would be reticent to tackle and shown how simple it can be. The different techniques are described in an uncomplicated way with many practical tips: "If you don't have the time to make jam when the fruit is at its peak, freeze ready for later as it doesn't spoil."

There are recipes for all sorts of jams & jellies, bottled pears, bottled tomatoes, sloe and apple butter and many more. I have certainly got my eye on one of the chutney recipes! There is also a section on different herbs, from which I learnt a lot.

The author has produced everything in this book: The words, the pictures and the artwork. Apparently this one of the first books the printers have produced on their new printing press which has just arrived from Japan and the quality is stunning.

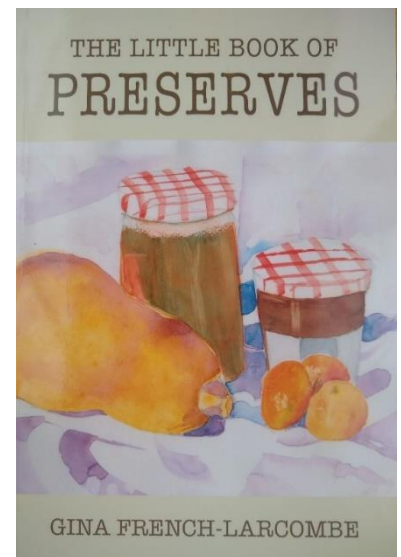
I thoroughly recommend the book to anyone who likes food! It is on sale for £12.00 including postage and packing and all profits will go to the Shipley tower fund.

Order from: Gina French-Larcombe, Green Gates, Hooklands Lane, Shipley, RH13 8PX

ginafrench@gfrs.co.uk

Payment by bank transfer or if paying by cheque, please make payable to Gina Larcombe.

P.S. When I am emailing Gina I only have to type "Gin" in the address line and she magically appears!



Safeguarding advice for young ringers online

In general bellringers are lovely people but very rarely things can go wrong. To help you stay safe when ringing online:

- When you are going to a practice make sure there is someone you know and trust there.
- If someone says something inappropriate use the "Report Behaviour" link on Ringing Room and tell an adult you trust (mum or dad, tower captain or another family member).
- You can take screenshots to keep a record of conversations.
- If you need more help or don't know who to talk to, go to <https://cccbr.org.uk/safeguarding>.

Best Practice Guidance

Organising and Running Online Ringing Sessions & other Events

Hosts should expect to run a session where all participants behave, speak and are treated respectfully and appropriately and where CCCBR Safeguarding Guidelines are observed throughout the session.

- ✚ **DBS certification:** a ringer holding an up-to-date DBS certification or similar background check should be present at on-line sessions where under-18s could attend.
- ✚ **Waiting Room:** enable the waiting room so that an adult is not alone in a meeting or breakout room with a person under 18
- ✚ **Welcome:** begin the session with a welcome and reminder to attendees of on-line Safeguarding guidelines. Repeat for latecomers as appropriate.



- ✚ **Safeguarding concern:** Alert attendees that if anyone has a safeguarding concern, they should raise it with an appropriate trusted person, such as family member, friend, Tower Captain or report directly to a Safeguarding Officer (Local Association or CCCBR, <https://cccbr.org.uk/safeguarding/>)

- ✚ **Record of attendance:** as with all ringing, best practice is to keep a dated record of attendees



- ✚ **Meeting ID:** all participants at session should use an easily identifiable name as their Meeting ID in both Ringing and Communication Platform. Under 18's should use first name only.
- ✚ **Video:** should be enabled for all attendees during at least some of the event, so the host can see all people attending.



- ✚ **Comments in chat:** disable private chat if possible. Comment in chats should be visible to all ringers (or to the host only).
- ✚ **Consent for under 18s:** a parent or carer or known "responsible adult" should ideally be visible at the beginning of the session and for younger children should be encouraged to be present throughout the session.

- ✚ **Recording or screen shots:** permission is required from all attendees and parent/carer for U13's.
- ✚ **Contact details:** should not be shared.



See CCCBR website for further information and FAQs
<https://cccbr.org.uk/safeguarding/>

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, Amberley (7pm), 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: Rogate & Storrington Upper Beeding (2nd & 4th)

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

NB: As practices begin to start up again it is essential to check with the tower first before making a visit

Regular District Practices

While ringing is being re-established please check the Diary and the Calendar

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 October 2021**.*