



Shropshire Association of Church Bell Ringers

Quarterly Newsletter - March 2021

Calendar of Events			
Date	Event	Venue	Time
Saturday 10 th April	Quarterly Meeting and Ringing Room Practice for all	Ringing Room and Zoom	7:00 - 8:30 PM
Saturday 17 th April	'Advanced' Ringing Room Practice	Ringing Room and Zoom	7:00 - 8:30 PM
Friday 23 rd April	Virtual Pub Night	Zoom	7:00 - 8:00 PM
Sunday 25 th April	Survival and Recovery - Next Steps	Zoom	7:30 - 8:30 PM

*To book your place on any of the above events, please contact Matt at master@sacbr.org.uk
Please see our Facebook page for further information regarding events and activities within the Association.

Dear SACBR members and friends,

Tuesday 23rd March marked the one year anniversary of the first national lockdown due to Coronavirus. Our thoughts go out to all those affected by the pandemic. Not even the most pessimistic amongst us would have imagined ringing would still be so restricted 12 months on.

There is cause for optimism. Many ringers have now received at least one dose of the coronavirus vaccine and as I write infection rates have fallen significantly. The government recently released roadmap out of lockdown sets out how and when we may return to a more normal way of life. The various stages of 'unlocking' have the following implications for our exercise.

Stage 1 - starts 29th March

Rule of six outdoors will benefit handbell ringing.

Stage 3 - no earlier than 17th May

Rule of six indoors enables ringing subject to social distancing rules to be confirmed (could still be 2m).

Stage 4 - no earlier than 21st June

All legal limits removed - it remains to be seen whether facemasks will still be suggested or mandated or whether some level of social distancing will still be required.

So, we await more detail on how and when we return. We still need to be cautious as not all ringers will be vaccinated and there is still risk of transmission and infection for us to be aware of; vaccination is not a passport.

The return to ringing (whenever that may be) offers us a chance to do things a little differently and work together to build a vibrant future for ringing. There are some fantastic resources to support our return in the Survival and Recovery Toolbox - <https://ringingteachers.org/survival-and-recovery-toolbox>.

My very best wishes,

Matt

Ringling Master

master@sacbr.org.uk

Regular updates on the Central Council's COVID guidance can be found on their website:

<https://ccabr.org.uk/coronavirus/>

Getting ringing fit

In preparation for when we are able to start ringing with some regularity, the Association of Ringing Teachers (ART) have devised these simple exercises.

Balance:

- Stand with your feet together.
- Stand in tandem – heel of left foot in front of the toe of the right foot – then the other way round.
- Progression 1 – do this with arms raised in front.
- Progression 2 – do this with eyes closed.
- Progression 3 – do this with arms in front and eyes closed.

A Straight Posture:

- Sit up straight on dining chair. Hold still.
- Correct your posture as you pass a window or mirror.
- Reach to touch high shelves (put teabags here).
- Stand up against wall, shoulders back.
- Think posture from your belly.
- Grow tall, walk tall.

Movement Snacks:

- Don't sit working for long periods of time, try to break up the sitting with movement snacks selecting ideas from all the above activities for 10 minutes.

Further details on these exercises, and more Information, can be found on the ART website at <http://ringingteachers.org/survival-and-recovery-toolbox/fit-to-ring>

Lower Limb Strength:

- Sit to stand from a dining room chair (or similar height and firmness). Complete as many as you can in 20 seconds.
- Progression 1 – aim to beat your score.
- Progression 2 – increase time by increments of 10 seconds up to one minute.

Shoulder Flexibility:

- When you walk through a door (provided you are not carrying anything) reach up to touch the door frame above your head and take another step so your arms are stretched.
- Stand with your back against a wall, feet about 3-4 inches in front of the wall arms out to the side with bent elbows. Keep your arms as close to the wall as you can and raise them up so they are above your head.
- Progression – do this 5040 times (only joking!)

Dual Tasking:

- Whilst being active why not revise methods lines, compositions, handbell pairs or calling. This enhances memory and recall – just what the Tower Captain ordered.
- Remember that there is no substitute for the real thing so be prepared to have some aches once we are able to return.

5000 Steps

Michael Carding is Tower Captain at Holy Trinity Church in Meole Brace, Shrewsbury. He is also a volunteer for the *Shrewsbury Food Hub* which is celebrating its 5th birthday in April. To celebrate individually and socially distanced, some volunteers are taking on challenges to raise awareness and much-needed funds. Michael has chosen to climb *5000 steps up Shropshire towers* which combines his interests in bell ringing and mountain walking.

Please help support this vital charity which rescues surplus food and distributes it to community groups and families who are really struggling in current circumstances. To support Michael's challenge go to:



<https://uk.virginmoneygiving.com/fundraiser-portal/fundraiserPage?pageId=1272734>

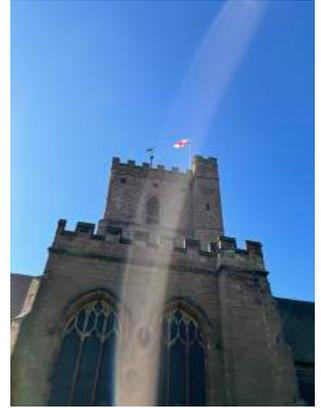
Have you heard when he is coming to climb your tower? All SACBR towers have been requested, many are on Michael's schedule but some have not replied. It would be great if ringers could make sure that their tower is included and turn up to support when Michael visits to climb.

Michael Carding
Holy Trinity Church, Meole Brace, Shrewsbury

Ringling for Easter

Like all towers across the Association, and indeed the country, Shifnal's bells have fallen mostly dormant for almost a year; only the quarter and hour Westminster chimes sound through the spring air now.

With the desire to not let our hobby become part of the past, to become something 'pre-Covid', we turned to Ringing Room and Zoom like many ringers up and down the country. It has been an experience to say the least! While not offering the same physicality of ringing a bell (pushing a button really does not have the same sensation of holding the sally), it has at least enabled us to maintain our practice; the dust that might otherwise have fallen on our knowledge of call changes and methods has been wiped off. As with many virtual practices taking place at the moment, technology and internet connectivity have allowed for some of the more 'interesting' practices, with ringers freezing mid speech, dropping out of calls unexpectedly or the bells appearing stuck and just not wanting to move no matter how hard to hit the keyboard. That being said though, that's all part of the fun and has certainly generated many laughs.



Aside from keeping ringing at the forefront of our minds, Zoom and Ringing Room have allowed us to maintain our social interactions. In a world that might have otherwise have become shut off and isolated, virtual socialising has become the 'norm' (whatever the 'norm' means), and we have kept in touch with one another - while we may not see each other weekly for the time being, we still share and know each other's big news and what is happening in each other's lives. The phrase "for the time being" is an important one, as while these restrictions may seem never ending, and that we may never see a bell rope again, we are confident that we will.

Walking back into the ringing chamber on Sunday morning, with stomachs filled with excitement and very timid nerves, it felt as if we hadn't left at all. It has been over three months now since we last rang a bell (the last being at Christmas), and we were all impressed with how well we rang on Sunday. While small mistakes are to be expected when we initially return, it is important to remember that our skills and knowledge will return.

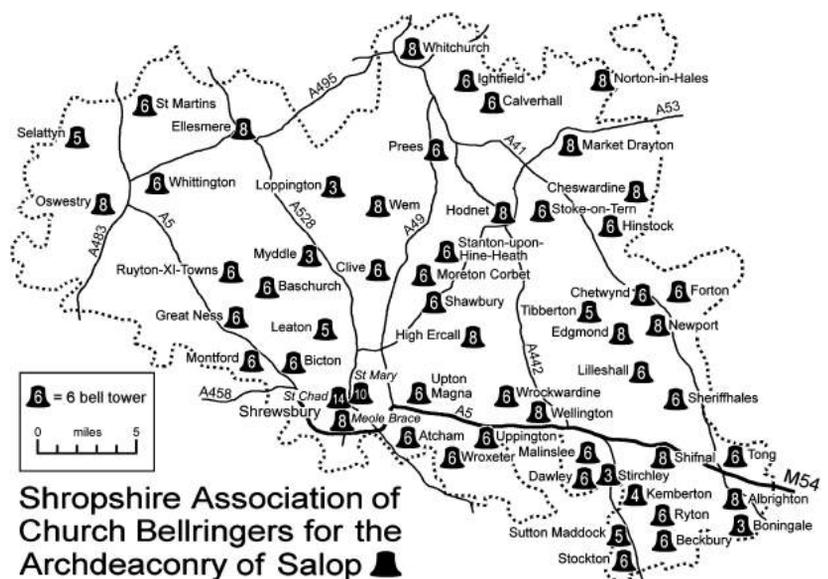
Bellringers of St. Andrew's Church, Shifnal

Brain Teasers!

Here is a brain teaser from the Association's 'Ringing Active' brain teaser series. If you would like a series of the brain teasers sent to you, please contact Shaun at pro@sacbr.org.uk.

How's your tower geography? Use the map to locate these towers:

- 1) What is the most westerly ring of 8?
- 2) What is the most easterly ring of 3?
- 3) Follow the A495 north-east from Ellesmere. What's the ring of 8 I find?
- 4) I ring at Albrighton in the morning, and then follow the A41 north before turning south-west on the A53. Which are the rings of 6 I drive past? My destination is Shawbury.
- 5) What are the rings of 3 along the A528?



Source: <http://www.sacbr.org.uk/Map.html>

Do you have a piece you think should be included in the next Newsletter or on the Facebook page? Please send all suggestions to Shaun at pro@sacbr.org.uk. All suggestions welcome!

DEADLINE for the June edition of the Newsletter: **Friday 18th June, 2021.**