



THE CENTRAL COUNCIL OF CHURCH  
**BELL RINGERS**

# Survival and Recovery Toolbox

Add your ringing society name

Add you name

# What is the toolbox?

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A website developed by ART and CCCBR

Help deliver a successful return to ringing

Designed for:

- Ringers – helping yourself
- Tower Captains – helping your band
- Ringing societies – helping bands

Webpages contain:

- Information – tips, ideas, videos
- Case studies
- Opinion pieces

## Survival

### Keeping going

- » Keeping in touch with other ringers – what are other people doing?
- » Online ringing – product guide
- » Online ringing – adding variety to the experience
- » Organising virtual training courses
- » Handbell ringing
- » Ringing for services – making the most of it
- » Building good relationships – with the church

### Getting fit for ringing

#### For ringers

- » Getting physically fit for ringing – exercises and classes
- » Opportunities to practice – before you ring with others
- » Confidence building techniques
- » Getting back up to speed – learning opportunities

#### For Tower Captains

- » Helping others to feel confident
- » I'm a new Tower Captain – help!
- » I'm a Tower Captain – what's it going to be like after the pandemic?
- » Getting the bells and tower fit for ringing
- » Lockdown learners – a successful return to the tower

## Recovery

### Planning for recovery

- » Become a Recovery Champion
- » I'm a Guild or Branch Officer – what's it going to be like after the pandemic?
- » A ringing survey – why and how
- » Successful ITM – engaging with the community

### The recovery – coming back better

- » Teacher refresher courses
- » Recruitment and retention – planning for success
- » Lapsed ringers – reaching, persuading, succeeding
- » Teaching bell handling
- » Teaching foundation skills
- » Ringing clusters – the what, the why, and the how
- » Youth ringing – to be developed
- » Blended learning – to be developed

[ringingteachers.org/survival-and-recovery-toolbox](https://ringingteachers.org/survival-and-recovery-toolbox)

# Example – getting fit for ringing

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## A major concern for ringers

- 3 practices a week = 1800 plus shoulder stretches

## Two ringing professional physiotherapists

- Set of exercises to do at home.
- Fit into your life e.g. when you walk through a door

Targeted at ringers – other pages outline ideas for Tower Captains on a successful transition back to ringing

Offered a go on a simulator before Sunday ringing resumed in the Summer – 25% of branch took advantage of the offer

[ringingteachers.org/survival-and-recovery-toolbox/fit-to-ring](https://ringingteachers.org/survival-and-recovery-toolbox/fit-to-ring)

# Example – for ringing societies

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## What you can you do:

### Ringing societies guide to life after the pandemic

Ringing societies have an important role to play in facilitating a successful return to ringing. Look for ways in which you can support, complement and enhance the activities of tower captains who are concentrating on rebuilding their own bands:

- Organising events, training and recruitment projects that span a number of towers.
- Identifying bands or areas that are struggling and focus on helping them.
- Taking stock of what's happening across groups of towers and offering solutions that work for the benefit of the group.

#### Organise courses and workshops

Identify what needs to be organised centrally. For example, is there a need for a centralised recruitment campaign or for some form of tower captain training?

Some courses and workshops are now being offered online, so that they can be accessed before ringing resumes. Other courses, which have a physical component, are being offered as small, local courses which delegates may find reassuring.

» [List of courses and workshops](#)

#### Run a large recruitment project

If several bands are struggling with numbers then a centrally planned and coordinated recruitment drive might be the best way of finding new recruits and teaching bell handling.

Pooling of tasks and expertise can often lead to a better outcome and be less stressful. There are a number of models already available so planning a bigger project need not take more time than a smaller one.

» [Recruitment and retention – planning for success](#)

#### Group ringing, learning and teaching

There has been a move towards group ringing which can take many different forms, depending on the needs and aspirations of those taking part. Look out for opportunities for group ringing as you plan for the resumption of ringing.

Group ringing benefits everyone. Learners motivate and support each other when progress is slow. Organisers can play to their strengths, and everyone can cope better with changes in family and working life.

» [Ringing clusters – the what, the why, and the how](#)

#### Help struggling bands

Identify which bands need help and the help they need. Maybe it's obvious who they are, but if not a survey might help – these are also useful ways of seeding ideas.

A follow-up phone call can identify what help is required. Short term interventions are probably required with an eye to how to make the band self-sufficient in the medium to long term. Your objective is not to be the go-to conductor or bell handling trainer in two year's time!

» [Ringing surveys](#)

#### Encourage mutual help

Find ways that bands can help each other. Could you host an online meeting to share ideas and concerns? Combined with the results of the survey even a single meeting could kick-start people into action.

Forward all information you receive. The act of sharing makes people feel part of the wider ringing community, and you don't know what will trigger someone to act or pick up a new idea.

» [Mentoring – to be developed](#)

#### Promote new ways of doing things

Seed ideas by seeking out new ways of doing things and sharing them with as many people as possible.

Why not do some research on what others are doing, or become a Recovery Champion? You could float one or two ideas at an online meeting and see what response you get, and if you are convinced an idea is just what your area needs then get a few ringing friends together, convince them and just go for it.

» [Become a Recovery Champion](#)

#### What else?

This page will be developed further in partnership with the Recovery Champions network, based on what they need and new ideas that they are developing in their own area. If you think we're missing something or have something that you think would be useful to others than please let us know.

- Organise events, training and recruitment projects that span a number of towers
- Identify bands or areas that are struggling and focus on helping them as individual towers or as a group of towers

<http://ringingteachers.org/survival-and-recovery-toolbox/ringing-societies-guide>

# Example – recruitment and retention

## Resources

- Case studies and know-how. Don't reinvent the wheel or forget something
- Workshop – physical and online versions

### Recruitment and retention

It's inevitable that some ringers won't return to ringing after the pandemic and if your band is a bit short you might want to consider attracting and training some new recruits.

#### Recruitment and retention resources

We've pulled together a host of ideas, stories and tips into one set of resources. Why not take a look and develop your own ten-point recruitment and retention plan, based on your tower, your ringers and your community that will meet your band's aspirations.

» [Recruitment and retention resources](#)

#### Ideas and inspiration

Wondering where to start, or what you can do while tower bell ringing is still restricted? Have a look through these Ringing World articles for ideas and inspiration.

- [Successful Planning](#)
- [Raising Awareness](#)
- [Getting New Recruits Through the \(Virtual\) Door](#)
- [Keeping Everybody Happy](#)
- [How are you getting on?](#)

Many thanks to Ringing World for permission to reproduce the articles.

#### Recruitment and retention workshops

ART and the Central Council have developed a recruitment and retention workshop that introduces you to lots of ideas and guides you through building your personal recruitment and retention plan, whether for your band or your local branch or district. Find out what has worked for others and the pitfalls to avoid.

The workshop can be delivered virtually or as a physical event.

##### Physical workshops

The location and dates of one-day physical workshops will obviously depend on how the pandemic unfolds across the country, but we will try our best to meet everyone's needs. If you're interested in attending or organising one in your local area, contact the Denise if you'd like to join one of these workshops.

##### Online workshop

We are starting to develop an online version of the workshop on the online learning portal. The workshop will be a mix of video presentations, slide shows and facilitated discussion groups. If you're interested in taking part in one of these online workshops please express your interest with Denise, ART Resources Administrator.

» [Contact Denise](#)



#### Publicity Materials

Want to create a poster or a leaflet, but not sure where to start? Or perhaps you're planning an open day and would like some big banners to attract attention. The Central Council has a range of publicity materials for you to use, including downloadable templates, and banners and flags that can be borrowed for events.

» [Publicity materials](#)

#### Virtual Tower Tour

Tower open days are a popular recruitment tool. Why not create your own virtual tower tour? Download the template slides and guidance notes to get started.

» [Create your virtual tower tour](#)

<http://ringingteachers.org/survival-and-recovery-toolbox/recruitment-and-retention>

# What's next?

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- Enjoy and use the resources
- Some resources aren't complete – they will be added later
- Give your feedback
- Develop a joint plan for future work
- Keep in touch

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