

## Top Tips for Survival and Recovery

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### Key Messages

#### Stay safe

Always follow social distancing requirements and the coronavirus restrictions in your local area.

#### Stay positive

We will return to ringing at some point. The exercise has survived much longer periods of inactivity without all the fantastic resources that have been developed during this pandemic.

#### Keep in touch

Try as many different ways as possible. Not everyone enjoys virtual ringing, that doesn't mean that they aren't as keen to return.

#### Keep ringing

The sound of bells has been missed in our cities, towns and villages. Use every opportunity to promote ringing to your local community.

#### Plan ahead

Think about what you can do differently when we return to ringing to help sustain ringing for the future.

#### Be bold

If nothing is happening in your tower, then why not organise something yourself.

### Keeping in Touch

#### Ringers

Run virtual pub sessions or coffee mornings using on line video conferencing platforms.

Keep in touch with ringers with regular phone calls.

Meet up as small group where restrictions allow. Go for a walk or have a catch up over a hot drink following social distancing requirements.

Run social events.

Keep in touch with other towers, encourage ringers to take part in Association events.

#### Church

Have regular meetings with clergy and church wardens. Agree how and when bells can be rung for services and community events.

#### Community

Keep in touch with your local community via newsletters, websites and social media.

Let the community know why bells are silent or why ringing might sound different.

## Keeping Ringing

### Church Bells

Ring for every possible occasion – services and other occasions. Even if you can only ring a single bell.

Let the local community know what you are ringing for.

Draw up a rota and give everyone an opportunity to take a turn even if this means ringing fewer bells. Allow less experienced ringers to chime a bell.

### Online ringing

Organise a virtual practice or form a hub practice with other towers.

### Handbells

Organise a handbell practice.

## Recovery

### Return to Ringing

How are you going to support less experienced ringers when we return to 'normal' ringing? Find ways of helping people return to ringing – e.g. offer one on one silent practice for less experienced ringers.

Reach out to others to share ideas for returning to ringing – what else is happening in your area? Get in contact with your Association to find out what's happening.

### Plan ahead

What are the aspirations and values of your band? Do you know how many of your band may not return to the exercise?

Are you planning to recruit? Do you have the capacity, skills and experience to teach new ringers? How about working with other neighbouring towers, or targeting lapsed ringers.

### Developing your band

Look out for and take advantage of training opportunities for new steeple keepers, tower captains etc.

What new ways are there to keep your band motivated? How about organising joint practices with neighbouring towers.

### A tower approach

Use the skills of all your ringers. This is not just down to one person. Involve the whole of the band and use the skills and strengths of everyone.

Do you have a social media expert, someone to check on the bells, or someone who likes to arrange social events?