

THE HULL HANDBELL PROJECT

Promoting double-handed change ringing throughout East Yorkshire

Newsletter Number 15, January 2018.

News Roundup.

Recorded lengths.

Early in the month we had a focus session with **Ros Baxter**. After a few lumps and bumps had been ironed out we managed a respectable extent of Plain Bob Minor.

1st December, 2017

720 Plain Bob Minor

1-2 Rosina Baxter

3-4 Chris Church

5-6 Peter Church (C)

First 720 in hand: 1-2

Christmas festivities created a break in the usual routine and when we met for some quarter peals towards the end of the month Gwynneth, Chris and Pete were all suffering from lack of practice. We rang the 720 OK, but about half way through the 540 we came unstuck. **Gwynneth**, next time we will prevail!

Having brushed the rust off, we went on to ring:

All on Friday 29th December, 2017

1272 Plain Bob Minor

1-2 Karen A Lane

3-4 Christine M Church

5-6 Peter Church (C)

1260 Plain Bob Minor

1-2 Rosina M Baxter

3-4 Christine M Church

5-6 Peter Church (C)

First in hand 1-2

1360 Plain Bob Major

1-2 Heather Peachey

3-4 Christopher LD Munday

5-6 Peter Church (C)

7-8 Barry F Peachey

1,700th Quarter Peal 7-8

Out and about.

Older but no wiser in Hull

Methods rung vary greatly with who can make the meetings; serious hangovers and broken arms definitely stop play. The new year should see a return to full strength for the group.

Market Weighton / South Cave

Karen Lane from Market Weighton, and **Bill Lennox** from North Cave were joined by **Chris** and **Pete Church** for a practise session, it included much respectable Plain Bob Minor with calls galore, Little Bob, Bastow, Kent Little, and Kent T.B.

Sutton

We managed to slot in a couple of sessions with **Gwynneth Moffat**, and I noted a serious touch of Double Bob Minor, 2 touches of Reverse Bob Minor and 2 courses of Kent TB, a lot of humour, and lots of nice striking.

Ron Ducker (Gwynneth's father) enjoyed one session so much he took a recording!

Rawcliffe

Ron Barclay's progress to full use of limbs is slow but sure.

Learning Point

One thing we have learned is that there is a cross-over point which is vitally important on the path to becoming a handbell ringer. It's the point where the method pattern gets hard-wired in the memory and hence available to the sub-conscious mind. A.k.a. ringing on auto-pilot.

If you are ringing using conscious mind and visual clues then eventually tiredness sets in

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and the striking becomes choppier, more trips ensue. Once you are on autopilot there is more time to think about the next dodge, or the next call.

How do you get past the cross-over point? The best way is to just ring a lot. The first 1,000 courses of Bob Minor that you ring are very important in absorbing the patterns and rhythms that form the basis of much of our method ringing.

Aim for 30 minutes every day on handbell manager / Abel, and at least an hour each week with real bells and real people.

Reflection

Looking backwards

What did we achieve in 2017? Well the graph shows some quarters and a peal. The records show some first quarter peals, a first peal, and a significant uplift in the standard of method ringing.

The six bell method ringing boundary was at London Surprise Minor for a period but more consistently at Cambridge Surprise Minor. Kent TB Minor has become a norm.

On eight bells, much Plain Bob was rung and our learning point is Treble Bob Major.

Ringing on higher numbers did not take place in 2017.

The above represents a huge amount of progress stemming from the beginners workshop in October 2016.

Looking forwards

In one of my careers I taught self-image psychology to a bunch of computer scientists. At the heart of this activity I recognised that there was a Venn diagram of knowledge, skill, and motivation.

Knowledge we can impart, skill can be taught so long as people will trust their brains. The difficult part is the motivation.

What are you trying to achieve when you pick up a pair of bells?

The most frequent cause of not achieving your goals is not to set any in the first place. So, with new year's resolutions coming up in the next few weeks, what do you want to achieve on handbells in 2018?

Some people have shared their goals:

- Ring a Quarter of Kent TB Minor and be moving on from there
- Ring Cambridge / Right Place Surprise Minor competently
- Score a quarter of Royal
- Score a peal of Kent TB Major

We have proved that knowledge and skill can be imparted, let's achieve some more goals together in 2018.

2018:

See Website www.handbellringing.org.uk for meetings.

Saturday January 27th:

Regional Handbells day No 6.

The day will incorporate a beginners workshop. The workshop is for people with little or no experience of double-handed change ringing.

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