

SallyForth

Western District Newsletter December/January 2020



Diary of Events

December 2019

Wednesday 4 th	Codgers	for towers see SCACR calendar Arundel	11.00am–12.30pm 2.15pm–3.30pm 7.30pm
Friday 6 th	Basic 8 Bell Practice		
Saturday 7 th	Novices & Improvers Practice - Contact Christine first on 01903 872623	Washington	9.30am
Saturday 14 th	Carol Service with ringing before & tea after (link) (Monthly Get Together) Names for tea to Moya at sec-west@scacr.org	Steyning	3.00pm 4.30pm
Friday 20 th	Stedman and beyond 8 bell practice	Arundel	7.30pm
Saturday 28 th	Surprise Minor Practice	Walberton	10.15am

January 2020

Friday 3 rd	Basic 8 Bell Practice	Arundel	7.30pm
Saturday 4 th	Novices & Improvers Practice - Contact Christine first on 01903 872623	Washington	9.30am
Wednesday 8 th	Codgers	for towers see SCACR calendar	11.00am–12.30pm 2.15pm–3.30pm
Saturday 11 th	Monthly Get Together: Ringing and Tea Names for tea to Moya at sec-west@scacr.org	tbc	2.30pm 4.00pm
Friday 17 th	Stedman and beyond 8 bell practice	Arundel	7.30pm
Saturday 25 th	Surprise Minor Practice	Walberton	10.15am

Looking Ahead

ADMs	North	1 st Feb	Lindfield	South	15 th Feb	TBA
	East	22 nd Feb	Ticehurst	West	8 th Feb	Aldwick

29th February **Handbell Maintenance and Repair Workshop** in Hooe ([link](#)) (See advert on page 9)

29th February **Recruitment and Retention Workshop** ([link](#)) developed by the CCCBR in partnership with ART. Limited space so booking in advance essential. There will be a small fee to cover costs. Contact Steph at sec-north@scacr.org

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

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 March 2020**.*

Moya's Musings

The last few months have been a busy one for our District. We have had our annual Walk and Ring, which had about 20 of us enjoying walking from Stoughton to Funtington even if we nearly got blown away on the hilltop. There has been an 'up and down' ringing course for those wishing to learn to do it in peal, where 5 ringers practised this during the afternoon on Aldingbourne's light bells. I understand that those who attended the afternoon have been carrying on practising this in their home Towers which is essential.

In September we enjoyed the sunshine and bells over coffee and cake at Yapton. October saw 26 of us travelling to the City of London for our annual Ringing Outing, kindly arranged by David Kirkcaldy again. The weather was not very kind as it rained all day but we had a great time ringing on different bells ranging from 6 to 12 bells, including the super bells at St. Lawrence Jewry. We did have a lock out at St. Katherine Cree but it gave us a chance to have a warm up and a welcome cup of tea in a nearby café. By the last Tower, the 12 bells at St. Magnus the Martyr we were all ready for our evening meal and our trip home.

November had our monthly Get Together on Remembrance weekend so Heene's vicar held a lovely short Service for us after our ringing. The Raffle proceeds were divided between the British Legion and BRF Fund. Hopefully many of you will come to our Carol Service in December at Steyning. This takes the format of 5 Lessons and Carols, so do come along and forget the hustle and bustle of Christmas shopping and sing some of your favourite carols and then enjoy a tea with fellow ringers.

Also in November we have had our Sussex Association Committee Meeting when it was pointed out that although it is the PCC's job to do Risk Assessments for all areas in the church, if one is not already done with regard to the Ringing Room and Bell Chamber and ringing, it would be an idea for the captain to do one having a knowledge of the risks involved.

All that remains is for me to wish you all a very merry Christmas and happy ringing in the New Year.



Moya Hills
Sec West
sec-west@scacr.org
01903-266980

Michael Palmer Award

Do you have someone in your Tower who you feel deserves recognition and encouragement for their ringing?

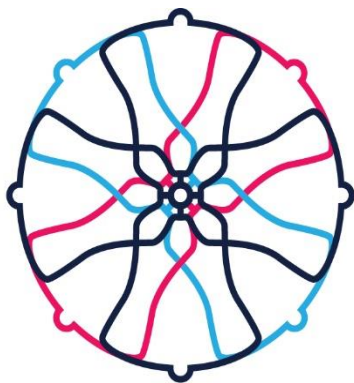
They could have reached a goal they have been striving to achieve, been a very loyal member of the Tower for many years or be a new ringer who deserves encouragement.

They can be either young or old.

Nominations together with a little write up as to why you believe this person deserves this award need to be in by the end of December.

Any nominations should be sent, as a Word Document, before 31st December to:

Moya, West District Secretary (sec-west@scacr.org)



THE CENTRAL COUNCIL OF CHURCH BELL RINGERS

Australia. Simon Linford, from Birmingham, was elected to serve until the AGM in 2020. After the meetings many took the opportunity to join in a form of worship and then it was the official Dinner.

CCCBR UPDATE

Central Council Meeting September 2019!

My last update from the Central Council (CCCBR) featured details of the upcoming AGM to be held at Goldsmiths, University of London, over the first weekend in September.

Looking back this now seems an age ago, the weekend was fortunate with good weather and many ringers took part. Formal meetings seemed to be dealt with more quickly than in the past, and for many the highlights were the extra attractions on offer. Friday saw some guided tours of the bells at St Paul's Cathedral along with open ringing at a selection of towers. Saturday was the Ringing World AGM and then the CCCBR AGM. This was finished in double quick time. The President, Christopher O'Mahony, was not standing for his full three year term due to an impending move back to



Alison Everett at Quiz Night

On Sunday service ringing was available and then in a totally new departure a mini-ringing roadshow had been arranged. There were many trade stalls and others with a ringing related theme. They included Sussex's John Norris from Hurstpierpoint with his training bell, plus Alan Collings from Hooe with his handbell recovery set up; in addition Alan's Dewbys Bells were available.

There are now some changes to the direction that the CCCBR will take; the Executive is under no illusion that all is well within ringing and it is hoped we will be trying to help with three main areas; recruitment, retention and leadership. At the SCACR General Committee meeting in November we had the offer to trial a recruitment and retention workshop that is being developed. This was accepted and a provisional date has been fixed for Saturday 29 February 2020. If you are interested then make a note of the date and

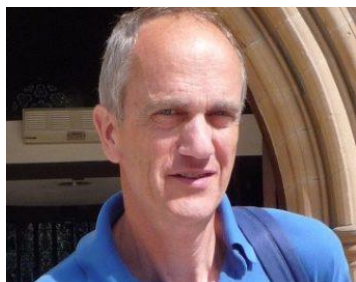
look out for further details in due course, numbers will be limited.



*Mini Ringing Road Show
Matthew Higby's dumb-bell*

In addition to this, new guidelines for Safeguarding have been put together and are available on the following link.
https://cccbr.org.uk/wp-content/uploads/2019/10/SM_Safeguarding_PlusAppendices_2019_Ver_2-Guide-plus-appendices-1.pdf

There will be collaboration with others in future developments. The first three way meeting of representatives of the CCCBR, The Ringing World and Association of Ringing Teachers took place recently. It is hoped that it will lead to a more integrated way of working in the future and highlight areas of good practice, gaps in what is being offered and cut out any duplication.



David Kirkcaldy

Deputy President, Central Council

Chair of the London 2019 Organising Committee.

and our Central Council Rep!

Presentation materials from the Ringing Roadshow held at Goldsmiths in September alongside the CC AGM are available here:

<https://cccbr.org.uk/about/annual-meetings/2019-meeting/materials/>

Arundel Castle Christmas Ringing

It has become a tradition that the bells at Arundel Castle are rung on the evening of the pre-Christmas Mass which takes place in the Castle itself. This usually happens about mid-December when they contact Sylvia Hartigan, one of our Arundel, St Nicholas, ringers and we then make a preliminary visit to see if the bells are still workable. There are only 3 medium weight bells on plain bearings and seem only to be rung once a year for this event, unless some other Royal occasion takes place, so there is a lot of time for the moths to do their worst. *(And they have! No ringing this year as bells require significant work.)*

There is some novelty in ringing bells at a castle and as they are rung rarely, numerous people have been “entertained” up in the little stone chamber positioned half way along the corridor to the old keep. This year (2018), it almost didn't happen as five days before the Mass, no word had been sent requesting this service. After I had e-mailed the Castle (you don't hear that very often!), it was confirmed that we had been forgotten due to somebody retiring and not passing on the routine.

Graham Hills had expressed curiosity about the bells and he, together with Moya, Sylvia and myself met at 7.00 p.m. at the middle gate on 13th December, well muffled against the cold. We then walked through the castle grounds with hand torches to the drawbridge and portcullis entrance in the main block. All around were floodlight trees and high stone walls and far up, a solitary window looking down on the humble folk of Arundel like some guarding tower manned by Orcs from Mordor! Very atmospheric.

We passed into the inner courtyard ablaze with lights and finding our usual door, walked in to the entrance hall with its mounted heads of cattle from the Estate on the walls and a log fire burning in the grate. After a quick look at the adjacent Catholic chapel, we found our way up the usual stairway, along the stone corridor and up again a short stair into the little ringing chamber. It was only about eight feet square with a rope in each of the three corners, huge stone corbels, a stair landing in the other corner and a large, rusty redundant steel radiator leaning against one wall.

We rang up separately in case of structural failure, and then set about call changes on three. The bells were about ten feet above our heads with only a timber floor in between, so strong lungs as well as arms were required by caller. A long rope on the treble gave some anxious moments but we kept going for about 20 minutes before calling down and cooling down!

Back into the entrance hall, we seemed to have been forgotten again, so we made our way up another stair and into the Great Hall where we found a huge Christmas tree, enormous log fires and lots of polished silver and wine glasses. Eventually, the Steward came out with two thermos flasks of the best mulled wine you could wish for together with some canapés and a little envelope with the remuneration split 4 ways for our troubles. Photos of the ringers in front of the tree were called for but only one, taken by Sylvia, was useable which may have been a reflection on the strength of the wine!

As we returned across the floodlit grounds to the huge entrance gates and re-joined the world of the normal domestic scale of things, we felt it was really is a unique evening and a great reminder that the festive season had begun in Arundel.

David Hall



LOOKING FOR A CHRISTMAS STOCKING FILLER?

Practice you can do at home!

Good striking comes through a combination of listening & hearing your bell, feeling the rhythm, and good rope handling. Most practice has to be done in the tower but it's possible to work on listening skills at home. Central Council publishes 2 Listen to Ringing CDs designed to help – the first has over 60 samples of almost perfect ringing with controlled errors – the sequel is all live ringing so the exercises are more difficult.

Both CDs (and other interesting stuff) are available from CCCBR website <https://ccabr.org.uk/shop/>

Sussex in the City 2

West District London Outing 2019

This year our eagerly awaited outing was to the City of London with 6 towers chosen by David Kirkaldy, so we knew it would be full of interesting challenges! Moya had provided us with useful maps and an itinerary so, after trolling the internet for best rail and tube deals, we set out early on 12th October for the Capital.

While Japan was battered by a typhoon giving 1 metre of rain in 48 hours, we had a typical British day of drizzle. This did not dampen our enthusiasm as we assembled at our first tower of **St Andrews, Holborn**, 8 bells with an 18-cwt tenor. Like many City churches, it had been rebuilt after the Great Fire in 1666 by Sir Christopher Wren and again after being gutted by German firebombs in WW2. I was a bit late due to tube cancellations on the Circle Line and standing in the only vacant space in the ringing chamber, was obliged to ring the tenor! Caught again with a short rope and long draught, it took a while to keep up with a course of Bob Triples. (My fault for a late arrival). We were a mixed gathering of about 25 ringers which included some ringing in the Capital for the first time, but all had a ring. A half course of Cambridge and then Grandsire Triples were interspersed with changes and rounds, ending with the number two bell slipping the wheel. That was time to ring down and head off for another tower.



A soggy walk took us past St. Paul's (no, not ours on this trip, Adrian and no stopping for doughnuts please!) to **St Vedast, Foster Lane**, with 6 bells, 16 cwt tenor and a glorious Wren interior that had us grabbing cameras and cricked necks. In the glass cabinet displaying church silver, there was an egg timer for keeping the sermons to 1 hour maximum! The bells are considered by some to be one of the finest in the City, dating from 1960 while from the ringing chamber we could see St Paul's, 200 metres away. The 5 and 6 bells required checking to set properly but we were soon ringing changes, a touch of Grandsire and Norwich, Bob Doubles and Cambridge. The tower swayed as we admired the full-size cut-out of Her Majesty and a corgi, the numerous graffiti scratched by previous ringers and the photos of a donkey adopted by the tower and kept in an Oxford sanctuary! Quite an eclectic mix of interests which may account for the lack of peal notices (or being in the shadow of St Paul's?)

A short distance away was our next tower **St Lawrence Jewry, Gresham Street**, with 8 bells and a 24cwt tenor. This is the church of the Lord Mayor of London and the magnificent Guildhall and his golden coach, displayed behind glass, stand nearby. The area used to be the old Jewish ghetto, hence the name. The ringing chamber was rather gloomy with dark stone walls and the sight of two large permanent boxes for the 7 and 8 bells brought it home to us that we were now ringing with the big boys! It took two people at a time to ring up each of these back bells while the rest of us tried to hide in the corners. The other bells went well of course with no worries as long as you pulled long and straight. We managed Grandsire Triples, a half course of Yorkshire and everyone tried changes before a splendid ringing down which disgraced nobody.





A lunch break followed, and we all dispersed to explore local pubs and cafes. The City area had changed a lot since my last visit, and I was amazed at the huge glass office buildings disappearing into the clouds. There were still plenty of eating places however, along Leadenhall Street or even the Tate Modern turbine hall across the river where you could view the amazing buildings across the river.

I was again late getting to our fourth tower, **St Katherine Cree, Leadenhall Street**, 6 bells, 9 cwt and our only ground floor ring. Unfortunately, nobody had turned up to let us in, so we milled around for a while as David made a phone call and found that his contact had forgotten our visit.

Another cafe was found, and we made use of their hospitality to shelter from the rain.

Off again we walked to **St. Olave, Hart Street**, 8 bells 11 cwt tenor. An interesting church, it survived the Great Fire and was named after the patron saint of Norway who had assisted Ethelred the Unready in 1014 at the Battle of London Bridge. Samuel Pepys and his wife are buried here along with a certain "Mother Goose" pantomime character in 1586. There were several notices recording success by the University of London ringers in the London 10 bell competitions and the Abbey Church of St Mary at Tewksbury together with a glitter ball, 3 cornered hat and bright pink trilby, so a lively place to ring! We managed Oxford Bob Triples, plain hunting and changes on these very friendly bells cast in 1950 by the Whitechapel Foundry, before it was time to leave.

Not far away was our last tower of **St Magnus the Martyr, London Bridge**, with 12 bells and a 26 cwt tenor. A tiny outside door led us up 90 steps to a grand ringing chamber with high ceiling and an impressive display of peal boards, relating mostly to the Ancient Society of College Youths. The ropes were all left up at back stroke providing us with a departing challenge. 3 permanent boxes for the back bells added to the drama but David had us meeting the task and several courses of rounds and changes proceeded. These were followed by a Bob Course of Grandsire Caters and hunting while the tower swayed away, and the trains of London Bridge rumbled close by. The local ringers must be giants as we rang on the limit of the tail ends and then found that you had to stand on tiptoes to set the bell at back stroke. Moya took several group photos then we descended to ground floor level and faced the drizzle again.

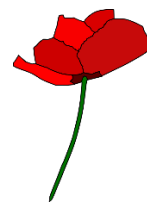
We all dispersed to make our ways home having thoroughly enjoyed a great day out. Many had to meet up to fresh challenges and to test their skills amongst new faces and friends but came away with a smile. Lots of thanks to David and Moya and to Graham and Rik for helping to organise the ringing and to the tower contacts for coming out on a wet Saturday in October. The next test was coping with the crush of the standing sardine, survival trip, to Victoria which was the Central Line chaos due to Underground closures and the delays on the main line down to Horsham! There was, however, the satisfaction that we had brought some musical delight to the bleak, wet and soul-less canyons of the City of London and brightened a dreary Saturday afternoon in October.

David Hall

SUSSEX COUNTY ASSOCIATION OF CHANGE RINGERS West District **WELCOME TO OUR NEW MEMBERS**

Chichester:	Shaun Spillane,	Celia Taylor,
	Janice Bird,	Henry Lansley
Graffham:	Philip Turner,	Rev. Vivien Turner
Westbourne:	Stephen Baker	
West Tarring:	Elizabeth Holland	

Remembrance Ringing and Service at Heene November 2019



On 9th November 2019 the Western Division had ringing, service and tea at St Botolphs, Heene, Worthing. The rain fell in sheets, the wind blew and the autumn chill reminded us of the awful conditions that those fighting in two World Wars would have endured. Fortunately for us it was not the screaming of shells above but the chiming of bells that we had come to bring to life.

It was heartening to see 25 to 30 people attending on this chilly day and they enjoyed about 90 minutes of ringing. 4 ropes in a line had some heads turning for those unfamiliar with this tower, but they managed Grandsire Triples, a half course of Yorkshire, Bob Triples, Cambridge, Double Norwich, changes and Grandsire Doubles. Everyone had several rings and built up a good appetite for tea.

The service that followed had us remembering those lost in two World Wars and also the 30th anniversary of the fall of the Berlin Wall. The Reverend Peter Kane officiated, and readings and prayers were led by Sue Standing, Rik and Val Clay while in between we sang hymns, trying to imagine what it must have been like when this huge church would have been packed out with Victorian rustles, bustles and bombazine!

Tea in the adjacent room was eagerly greeted and what a splendid display of sandwiches, scones, cake and nibbles. A raffle produced some fun and of course, funds with £15 for the British Legion and £20 for the Bell Restoration Fund.

Many thanks to all who helped to make the day such a success including Rik and Graham who organized the ringing, Val and the ladies of Heene for the tea, the organist, Reverend Peter Kane for his moving words and for Moya for sorting out the raffle and keeping us in order. Thanks to everyone who came along as well and marked this day of remembrance one more time

David Hall

Yapton Get-together September 2019



On 14th September we had an informal gathering of ringers at Yapton church. These events give people of all abilities the chance to meet and share ringing experiences. They can also try another set of bells under guidance and help and enjoy local refreshments.

About 20 of us had the pleasure of using the ground floor ring of 6 bells in the "leaning tower of Yapton" on a sunny Saturday morning in September. It was good to see support from experienced ringers coming to help and encourage those of lesser skills who perhaps rarely visit other towers.

Basic rounds, plain hunting and then simple Doubles ringing allowed us to come to terms with the quirky layout of ropes 2 and 3 (ringing with your back to a ladder and looking over your shoulder takes a little while to adjust to!). The installation of the new sound deadening below the bells made for much easier call changes and a touch of Bob Minor followed by Cambridge gave the locals a treat and showed all how well the bells could be rung.

Gillian and her helpers were on hand to provide a continuous supply of scrumptious cake and drinks while Graham organised the ringers to give everyone a chance to extend their experience with these delightful bells.

Many thanks to Moya for organising the morning which seemed to just fly by and of course, to Tower Captain Gillian and her band of helpers for their hospitality and allowing us to enjoy the bells of Yapton.

David Hall

Walk & Ring: Stoughton & Funtington

Saturday 10th August 2019

Outdoor events had been cancelled up and down the country on Saturday, 10th August due to a weather forecast of high winds gusting up to 55 mph. However, we bellringers are a sturdy bunch and the walk and ring from Stoughton to Funtington went ahead as planned.



St Mary's, Stoughton (Photo: J Crawford)

The event proved to be popular with around 25 of us meeting at Funtington to be ferried to Stoughton. St Mary's, Stoughton (6) 8-2-0 is a lovely Saxon church (c. 1050 AD) tucked away up a lane overlooking the village. As a novice ringer I was keen, if a little apprehensive, to ring at a new tower. I needn't have worried, as there were plenty of experienced ringers on hand to help. Caroline organised the ringing from rounds and call changes to more advanced methods. Everybody had at least two opportunities to ring. I rang bells 3 and 4 and was pleased to find the bells easy to ring and I had reasonable bell control. We also enjoyed looking at the Millennium tapestry illustrating the life of the village from Roman times to the present day. Despite the lack of a water supply to the church, cups of coffee and cake were supplied to keep us going on the walk.

The weather was windy and bright for our walk over the Downs to Funtington, which was ably planned by Caroline and Christine and led by Pip. We walked through the village and then huffed and puffed our way up the path and steps of the steep, wooded scarp slope. Once we'd caught our breath at the top of the Downs we were rewarded by wide ranging views to the tidal channels of Chichester Harbour. Sauntering downhill, a field of lively, young pigs provided some entertainment by legging it when James (Oldham!) shouted "bacon". The last part of the walk took us across the road and into Funtington.



A steep climb (Photo: J Crawford)



Ringing at Funtington (Photo: BJ Oldham)

We regrouped at St Mary's, Funtington (6) 5-3-21 and made ourselves comfortable in the church hall ready for our packed lunches. The Funtington ringers kindly provided us with hot drinks and there was a lovely selection of tasty treats to go with our sandwiches. There was plenty of time to have a chat and I enjoyed getting to know everyone better.

It was another ground floor ring and Jack made sure everyone had a chance to ring at their skill level. Again,

I was pleased with my bell control and took part in rounds and call changes.

We all had a fantastic day out and I can add the two St Marys of Stoughton and Funtington to my short list of towers that I've rung at. Now I'm looking forward to next summer's Walk & Ring Outing.

Catherine Fiske

Quarter Peals

If requested, SallyForth is pleased to report Peals and Quarter Peals rung in memory of ringers or national figures, or rung to celebrate events which are of general public interest or of specific interest to bellringers, or which include "firsts" for one or more members of the band.

Please ensure that all members of the band are happy to have their names printed in SallyForth before sending your request.

Chichester Cathedral of the Holy Trinity

3rd August 2019

1260 Grandsire Triples

- 1 Henry Lansley
 - 2 Susan Spencer
 - 3..Peter Watson
 - 4 Jane Deadman
 - 5 Hamish McNaughton
 - 6 Ewan Grant-Richardson
 - 7 Colin Spencer (C)
 - 8 Nick Deadman
- First QP - 1

Chichester Cathedral of the Holy Trinity

21st August 2019

1260 Grandsire Triples

- 1 Alison Hunt
 - 2 Dickon Love
 - 3 Ian Hastilow
 - 4 Paul Robinson
 - 5 Colin Spencer
 - 6 Darren Ricks (C)
 - 7 Ashley Fortey
 - 8 Simon Meyer
- Rung by members of the Sussex C.A. and the ASCY following the Requiem Mass in the cathedral in memory of Keith Game, a long serving ringer and Steeplekeeper here.

St Andrew, West Tarring

9th November 2019

1260 Grandsire Doubles

- 1 Brenda Cox
 - 2 Liz Potter
 - 3 Val Clay
 - 4 Harry Bickers
 - 5 Rik Clay (C)
 - 6 David Gibbons
- Rung in memory of Darren Lewis, a ringer at West Tarring, whose ashes were interred this morning.
- First QP - 6

Handbell Maintenance and Repair Workshop

Dewbys Barn, Hooe

Saturday 29 February 2020

Learn the basic skills necessary to keep handbells in good order

Programme

- How to inspect a set of handbells.
- How to fit a new strap and cap.
- How to remove clappers and replace clapper pegs/ felts.
- How to polish handbells.
- General discussion forum.

Maximum 12 delegates, only one from any tower.
pastie lunch

Cost £15 per delegate including a

If you are interested, please contact Alan Collings
by email: alanjcollings@aol.com or by phone: 01424 893313

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
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Central Council Rep	David Kirkcaldy		
Committee Members	David Hall Janice Crawford Sue Gadd Geoff Goodman Graham Hills	01903 266980	brf@scacr.org

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, 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 (2nd & 4th)

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

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

Regular Practices

Beginners & Improvers Practice - contact Christine first	1 st Saturday of every month	Christine Butterfield	01903 872623
Basic 8 Bell Practice	1 st Friday of every month	Colin Spencer	01243 824952
Stedman&Beyond 8 Bell Practice	3 rd Friday of every month	Colin Spencer	01243 824952
Surprise Minor Practice	4 th Saturday of every month	Graham Hills	01903 266980
Codgers Practice	1 st Wednesday of every month	Mike Foster codgers@scacr.org	01903 741664

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 March 2020**.*