

How bellringing can help you achieve your D of E



14-24 year-olds can do a DofE programme at one of three progressive levels:

- Bronze – for those aged 14+ years
- Silver – for those aged 15+ years
- Gold – for those aged 16+ years

There are four sections (Physical, Skills, Volunteering and Expedition) to complete at Bronze and Silver level and five sections at Gold. You need to spend either three or six months in each section at each level. Bellringing is an ideal activity to help you obtain a DofE Award.

How can Learning the Ropes help?

Anyone from about age 11 upwards can learn to ring. Bellringing counts as one of the activities listed in the Skills section under music. If you have not rung before, you can progress through the [Learning the Ropes](#) scheme. It takes about two years reach Level 5 of Learning the Ropes, so you can use bellringing as a skill all the way through from Bronze to Gold. If you start learning before you reach age 14, you could also work through the [Learning the Ropes Plus](#), [Learning the Ropes Handbells](#) and [50 Ringing Things](#) programmes. Once you have reached a certain level in Learning the Ropes, coaching, teaching and leading other bell-ringers also counts for the volunteering section of DofE.

What is the time commitment?

Bellringing is a skill which takes a significant amount of time and practice to develop, Therefore we do encourage you to opt for bellringing a skill for a minimum of six months. You will be at an age where you will learn quickly, so progress could be as follows:

Learning the Ropes Level	What is covered	Timescale at average of 1 hour per week
1	Bell handling including ringing up and down 'Solo'	1 Week* - 3 Months
2	Foundation skills: Rounds, call-changes, Kaleidoscope places and dodging etc)	6-8 Months
3	Covering and ringing the treble to a method to quarter peal standard	6-8 Months
4	First method inside to quarter peal standard	3-4 Months
5	Second method inside to quarter peal standard	3-4 Months

The minimum time commitment is expected to average at least one hour per week for the duration given, with the first and last activities being the full section duration apart. It can help for the activity to be longer (in terms of hours per session) but less often. Therefore an intensive learn to ring in a week course* with five hours tuition would count as five hours, rather than one week.

The amount and rate of progress does depend on the ability of the local band that you ring with. However at New Alresford we have a strong band and a team of instructors who can deliver Learning the Ropes and have the necessary safeguarding requirements in place. We can also help teach people who live in Preston Candover, Brown Candover, Northington, Old Alresford, Ovington, Tichborne, Cheriton, Bishops Sutton and Ropley all the way up to level 5, and beyond.

There is also a Hampshire young ringers group and a national one (pictured above) and we also hold our own regular programme of ringing courses and training days.

Your Programme Planner and setting goals

You will need to develop a programme which is specific and relevant to you at each stage. This should be drawn up and agreed with your Assessor (instructor). In setting goals, these should be challenging, but realistic. We suggest that in terms of goals that you complete this as follows:

Learn to handle a bell, to raise and lower it on my own and to be able to ring rounds, to lead, and to ring call-changes and kaleidoscope places and dodges. Achieve Levels 1 and 2 of Learning the Ropes

Your Activity Log

Is a personal record of the time spent on the activities for each section. – Participants are encouraged to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into the electronic portal (eDofE). Following the Learning the Ropes or 50 Ringing Things programmes your instructor will give you various certificates to upload to eDofE

Choosing Assessors

An Assessor checks your progress and agrees the completion of a section of your programme. A number of our ringers are members of the Association of Ringing Teachers and they will produce or sign off the relevant Assessor's report for each section, which is uploaded into eDofE.

Further information:

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