

Middlesex Bell News

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ART Award
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AGM News
and much more



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Issue 122 June 2025

Middlesex Bell News

All the news, articles, achievements, outings and history from members throughout the Middlesex County Association and the London Diocesan Guild.



Middlesex AGM



Front Cover and above: Spitfire outside St. Paul's Cathedral on VE Day. Photograph by Claire Sneddon.

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Note from the Editor

As you would expect of a bell ringing quarterly, this time round we are mostly focusing on all things bell related. We commemorate VE Day, wander up the tower for repairs to Harrow, go on a jaunt with the Janets, and learn about the AGM – and that's just for starters. At the end of it all is the mighty calendar, which is always a delight to wrangle into shape. Meanwhile, your editor is experiencing something of a crisis of confidence. Maybe I've just been doing too much. The ART Teacher Training course went down a treat, even if I did have to get up at 5:30am to get there (Felsted, Essex – nice bells). Stephen Mitchell's Grandsire course was similarly very enjoyable and edifying. An outing with Hackney took me into deepest Essex for a spot of ringing at four towers and a nice pub lunch, and then of course there's all this to-do with the CCCBR and organising an article in the Mirror featuring a couple of young ringers (one of whom, the inestimable Brooks Hayes, rings in Middlesex). Meanwhile, there's still the day job and I'm starting to wonder if my brain can juggle any more information. Normal service will be resumed as soon as possible.

Angela Elliott, Bell News Editor

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St Mary's, Harrow-on-the-Hill: Re-leading the Spire 2024-5

Bridget Campbell – Tower Captain, St Mary's, Harrow-on-the-Hill

St Mary's Church, a grade 1 listed building, celebrated its 931st birthday in January 2025 at its annual party, and it also celebrated its newly re-leaded spire. We were delighted that our vicar at the time, Fr James Power, allowed bell ringing to continue throughout the restoration.

The spire was added to the church around 1450. Spirewatch AGM minutes state that it was last re-leaded in 1965 at a cost of £4,000, 140 years after previous refurbishment. The re-leading in 1965 only lasted 60 years, which is disappointing, but the scope of that work is unclear. Lead oxidizes and degrades, especially when exposed to the weather at one of the highest points in north-west London. The lead tiles had started to buckle and separate, letting water inside. Some of the timbers were also in need of repair or replacement. Advice was sought from heritage architects, and the decision was made to raise the funds to replace the lead and associated timber work.

Fundraising began in earnest in 2021, after lockdown. The work started in April 2024 and was completed by the end of the year, with the scaffolding coming down at the beginning of 2025.



Fundraising was a challenge given the estimated cost of £500,000, with the scaffolding being a high proportion of that total. St Mary's parishioners and its fundraising charity, Spirewatch (mostly non-parishioners supporting the church as a historical building), worked together to raise the money. The cost of the new tiles could be estimated but the state of the oak frame could only be assessed when the work started. We were lucky that it was no worse than expected. Fortunately, a contingency had been included in the original quotation and so the whole project did not exceed the budget.

A professional fundraiser was engaged, and major sources of income came from legacies, donations from individuals and local organisations, fetes, Christmas fairs, tours with a 360 degree walk around the spire, a range of concerts kindly run by Harrow School, a regular pop-up café (Spire Café), historical walks and talks, Gin Chronicle performances, quizzes, talks by speakers linked with the Church or Harrow School, and a sponsor-a-tile scheme with donor names and comments entered into a book which will be kept by the church as part of its history. Donations were also received from Harrow School and the John Lyon Charity.

Some facts from the project from Nick Ford (Spirewatch):

- More than 15 tonnes of lead were removed and then replaced.
- Erecting the scaffolding took almost six weeks.
- Each roll of lead weighed 110 kg (240 lbs) and was carried by hand from a lorry 50 metres away and then all the way up the spire.
- The lead is formed and fitted by hand; there are no power tools involved (or at least very few indeed).
- We are very proud of the craftsmen involved. They were all aware that they were working on a once-in-a-lifetime job.
- The contractors are considering entering the spire for a conservation building repair award.

Photographs by Nick Ford (Spirewatch)

Top of Page: Buckling lead tiles.

Top Left: Damaged frame.

To Right: Weathervane.

Bottom Left: Spire with scaffolding and cover.

Bottom Right: Newly leaded spire glistening in spring sun.



Janets' Jaunt: Wendover to Ellesborough and back

Stephanie Mather - St. Saviour, Pimlico



On Saturday 5th April a group of just over 20 people, including ringers, friends and family, arrived outside Wendover station for the start of Janets' Jaunt. We were blessed by a beautiful cloudless blue sky, though a sharp morning breeze made me glad of the layers I was wearing.

Our first stop, after a short 0.75 mile saunter to the southern edge of the town, was at the historic parish church of St Mary's which has been at the centre of the Wendover community for over 700 years. The church has 8 bells (13-2-17) dating back 400 years, and the ringing room is in an open first floor gallery. Our merry visiting band rang a varied repertoire ranging from rounds and call changes, Grandsire Triples and Stedman Triples to a touch of Cambridge Major.

After an enjoyable turn on these lovely bells we set off on our 2.5 mile walk through woodland and fields to Butlers Cross. This took us through Wendover Wood and up a lovely grassy footpath over the delightful Bacombe Hill Nature Reserve and continued on a climb to the 260m (850ft) summit of Coombe Hill, with its beautiful view over Aylesbury Vale and the Cotswolds. The Summit is a special place with the iconic Coombe Hill Monument created in 1904 in memory of the 148 men from Buckinghamshire who died during the 2nd Boer War. The final part of the ascent to the monument was optional as our planned route veered off down a winding leafy descent towards Butlers Cross but some of us took the opportunity to continue to the very top to take advantage of breathtaking views over the Chilterns (and even a glimpse in the distance of

Chequers, the Prime Minister's country home!) I decided to stay up by the monument to enjoy my sarnies although most of the group walked back to the hamlet of Butlers Cross, The Russell Arms pub and a very welcome lunch break. Upon meeting up again outside the pub after lunch we were treated to a display of passing vintage motors chugging their way down the Missenden Road.

Suitably fed and watered we continued happily up the Ellesborough Road for a short walk to the second ring of the day at the beautiful Grade II listed Church of SS Peter and Paul, Ellesborough on Church Hill. This historic medieval parish church dates primarily from the 15th Century with extensions and restorations occurring in the 19th Century and again has strong links to Chequers. The church enjoys a fine ring of 6 bells (8-0-22).

We rang rounds and call changes, as well as Bob Minor, Cambridge and Reverse Canterbury amongst other things, and set off once again, returning to Wendover via the Aylesbury Ring Footpaths, crossing open fields and paddocks, and strolling along rural roads until we reached the station. With thanks to the Janets for this very enjoyable day out.



VE Day Ringing

On VE Day, 8th May 1945, the sound of church bells ringing across Britain marked the end of World War II in Europe and the surrender of Nazi Germany. The joyful sound of the bells symbolised relief, victory, and hope after the many years of conflict and hardship. Bell ringing had been restricted during wartime, but it now became a powerful expression of national celebration and unity, as people gathered to commemorate peace and honour the sacrifices made.

On 8th May 2025 ringers throughout the country rang to commemorate the 80th anniversary of the cessation of the war in Europe. While many in Middlesex rang, few have attributed their ringing to the Association on BellBoard, meaning it's very hard to glean exactly who rang what and where. The pages in Bell News dedicated to VE Day ringing offer a small glimpse of the celebrations across both districts.

*Picture Right: Ringers at Christ the Saviour, Ealing.
Left to right: Karen Kidney, Phred Pocock, Sarah Delamere, Christine Dringer.*



*Pictures, bottom half of page
Top left: Edgware 720 Cambridge Minor band.*

Bottom left: Some of us at All Saints, Harrow Weald indoor street party after service preceded by celebratory ringing.

Top right: Charmian Baker and Sonia Field at the Pinner church celebration including Tower Open Day and lots of cakes.

VE Day Ringing



St-Mary-at-Finchley: James Thomas, Rita Stephens, Kaz Donald, Jackie Breadmore, Jon Stephens, Daniel Griffith (C), Vanessa Randall & Andrew J Fisher (photographer).



St Mary's, Hendon – Fiona Clode, Hadley Hunter, Miles Baker, Paul Daybell, Richard Chandler & Martin Clode (C) Photograph by Kaz Donald.

My First Middlesex Training Session - Plain Hunt

Kaz Donald - St Mary's, Hendon

The day dawned bright, and I found myself on an early train to the City. I arrived at St James Garlickhythe in good time, to be warmly greeted by Cathryn, from the Middlesex Training Team and Constance from Highgate. By 10am we had all arrived: 4 learners - Constance, Natalie from Lewisham, Lesley from Enfield and me, plus 5 very experienced ringers - Cathryn, Fiona, Angela, Helen, Janet and our trainer, Martin Clode.

I admit to having been a tad nervous. As a beginner I compare ringing with experienced ringers at a new tower to joining an orchestra to play an instrument you're not very good at! Martin took charge of the enthusiastic band, and we were soon in the ringing chamber ringing up 6 bells. Rounds on 6 followed with each learner taking a turn. The importance of ringing "good" rounds as the basis for any other ringing was made clear to us. Once Martin was happy with the rounds, Plain Hunt on 5 (with a cover) was called. Each one of us was, unsurprisingly, apprehensive, but we all did OK. I was 4th in line. My first attempt was curtailed by a "stand" quite early, so that a (very nice) box could be added to my equation, but then I was good to go. It was great. The St James Garlickhythe bells are lovely to ring. Martin's instruction and the encouragement of everyone in the tower ensured I was very happy with the progress I made in the first session. It seems that having coffee & cake is a bell ringing/training tradition. While Cathryn was out getting the coffee the two lighter bells were rung up and we were now ringing rounds on 8. I was thrilled to be able to ring The Elizabeth Bell aka the tenor. We then allowed ourselves a much-deserved pitstop and with sugar levels raised we were soon back to our Plain Hunting. Martin began to mix things up by swapping places for the 3rd, 4th and 5th which forced those of us learners ringing the treble to really think about what we were doing, and to know the new places that those bells were in!

Constance had a bash at trebling to Plain Bob Doubles, and I found myself involved in Grandsire Doubles, but not always knowing if I was in the right place! 1pm came around so quickly. The end of our training had us aiming to ring down 8 bells in peal. Probably not the best attempt ever, with 2 learners involved, but we got there in the end! What a marvellous 3 hours that was.

St James Garlickhythe is a beautiful church and to be able to ring the Royal Jubilee Bells was such an honour. If you haven't done so check out the YouTube video from the Diamond Jubilee - it's incredible.

<https://www.youtube.com/watch?v=KLAHbQc3OeQ>

I hope I did the bells justice! Re my previous trepidation, I didn't have to worry as all the experienced ringers are so supportive. They all remember having been where I am now and are really encouraging. So, a message to all learners...if you see the training emails arrive don't worry about "not being good enough", get yourself signed up. You won't regret it!

A Ringing Birthday

Constance Redgrave - St Anne's, Highgate

So, it was my second bell birthday on 10th May and things are finally getting easier. I am still working on that elusive bell control and learning now to let the bell do the heavy lifting. It's sort of scary and exciting at the same time. I feel out of control again but am learning to find that balance between losing the bell and wrenching my shoulder - but that is not what I want to write about here.

Several weeks ago I got a surprise email regarding a few remaining places for a Grandsire training day at All Hallows, Twickenham on May 17th, 2025. I emailed back quickly and got the last place. Woo hoo! When I mentioned this at practice that night, my friend replied, 'I didn't know you rang inside on Grandsire'. Ah, no I don't and went home to reread the email to find in the subject line the ominous phrase *A Touch of Grandsire*. Oops. Oh dear. I emailed them immediately with profuse apologies and owned up in case there was a waiting list of more worthy applicants. They said there was no waiting list and that if I could learn the part for the number 3 bell, they would call around me. Ya, whatever that means... I just said ok. I had twelve days and wonderful friends to help me.

I then promptly caught a virus and had a week at home where there are sadly no bells at all. I drew a circle on a piece of paper with the bell numbers and proceeded to memorise the places, tempos and the sequence because that was all I could think to do. Finally, when I was well enough to get my hands on a rope, it was scrappy but I sort of did it. Of course I know the sequence is not going to help me once they start bobbing etc. I will probably need a lurker or they will put in a helper while I watch. But you know what? I don't care. This has been such a wonderful new challenge and I feel so good about trying something this far above my head, that even if Saturday is a complete train wreck, I am going to have so much fun, it doesn't matter. Wish me luck. (Editor's note: She did good!)

Competitions and Awards

Chelsea Surprise?

Tom Lawrance - St. Vedast, Foster Lane

The Middlesex 8-bell took place on another glorious Saturday, 31st May, at Chelsea Old Church. Six bands took part at a night on perfect venue: good bells, excellent facilities, beautiful historic church, and much appreciated support from Debbie Ardley, the new Tower Captain. Though troops were in short supply at the draw, owing to various ringing duties elsewhere, the squadrons magically appeared at just the right moments to keep the competition on schedule. The Middlesex Ladies conscripted combatants as and when they arrived to get the competition under way. Next, St Giles-in-the-Fields appeared in force in time to set the bar with a tidy course of Yorkshire – the only attempt on Major.

A highlight this year was a first appearance for a band from Bishopsgate, and they acquitted themselves well, pipping St Giles-in-the-Fields by two faults and thereby securing the runners-up slot. Foster Lane rang a method that no-one (probably) has ever rung before, but without too much drama, while Lucy's Birthday Band stuck to the more familiar Grandsire Triples. The surprise 'Chelsea Surprise' band surprised us by not ringing Chelsea Surprise at Chelsea, but their Stedman proved to be a class above the rest. Judge Clive Stephenson from Hornchurch approved of their opening rounds, good pace and clear leading, and his comments overall were thorough and helpful.



Owen Toller – Art Award

Mike Dudgeon



Owen holding a photograph of his predecessor-but-one as Tower Captain at Fulham, Eddie Hartley.

A maths teacher and choral singer, Owen was fascinated by ringing theory, but on starting training in July 2019, in his 60s, he did not find bell handling at all easy. Nevertheless, he persevered and was service ringing within 3 months. Despite Covid lockdown, he studied theory and practised on line, so that four months after lockdown ended he was ringing quarter peals. In April 2022 with just 16 months practical ringing experience, he capitalised on his teaching career to take the ART Level 1 course, and since then has helped many learners at Fulham, Putney and Barnes to achieve LtR Level 1 and beyond. He has taken advantage of several tower outings to develop his skills and experience and can now ring a variety of different methods. In July 2024 he gained the LtR Level 5 with a quarter of PB Minor inside, at Hathersage as part of the Barnes tour of Derbyshire.

In addition to his ART teaching, in April 2023, after little more than 2 years of practical ringing, Owen was elected Tower Captain at Fulham. Since then he has striven to grow the Fulham Band, and to broaden the understanding and enjoyment of ringing by others. He has written articles for the parish magazine, spoken at church to encourage recruiting, preached sermons highlighting the mission of bells, joined the PCC to raise the profile of the Band, expanded its social dimension, and even given a lecture to St Paul's School on The Mathematics of Bell Ringing.

In addition to recruiting and teaching new ringers for Fulham, Owen has welcomed and helped train new and returning ringers from other towers, thereby fostering goodwill and mutual support for his own tower.

News from the AGM

Alec Gray – President, Middlesex Association

Many thanks to those who attended the recent AGM, where I was elected President. I was unfortunately absent due to an earlier commitment to ring in a peal attempt at Canterbury Cathedral. All went (reasonably) well, until just about the 3 hour mark when we collapsed. That's Stedman.

At the AGM we welcomed other new Officers:

- Dave Bassford returning as Master
- Helen Porter as Assistant Secretary and Peal Recorder
- Michael Dickinson as joint Treasurer with Mark Harris
- Angela Elliott as Report Editor
- Adrian Sweeting as Membership Secretary
- Janet Drake as Safeguarding Officer
- Adrian Sweeting, Brooks Hayes and Angela Elliott as CCCBR reps

Welcome to all those joining the 'team' and to those continuing in post. We are still in need of a Training Officer and General Secretary so please get in touch if you are able to help.

I wish to congratulate Stephen Mitchell on his nomination as a Vice President of the Association. Steve has served for many years as President, Master, and General Secretary. We wish him well in semi-retirement, but I am sure he will continue to be busy ringing and very much hands-on with the U3A group at Twickenham.

Over the next few months, I hope to see many of you at District and Association events. Keep an eye on tower noticeboards, Association emails and the website for details. Remember the most important ringing we all do is to keep our local towers active. Wherever you ring, have fun and enjoy the summer.



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10 years of Wednesday morning practices at All Hallows, Twickenham

Stephen Mitchell – Ringing Master, All Hallows, Twickenham

Back in early 2015, we were benefitting from the bells at All Hallows, Twickenham having been serviced, with replacement bearings and fittings, and remedying of odd-struckness. A grant from the Middlesex Association was much appreciated. Trouble was, we didn't have enough ringers, a number of the band from our healthy post-millennium band having moved away or stopped ringing for health reasons. Our Steeplekeeper, John Sutton, joined a Richmond U3A Snooker group in 2014, meeting informally one morning a week with a mix of experienced and new players, to play for a couple of hours. He had the bright idea of launching a U3A church bellringing group on the same model, with a view to attracting new ringers, and experienced ringers with time on their hands. Recently retired from the civil service, I agreed to help run the group. Little did I know what I was letting myself in for....!

The first U3A ringing session was held in early April 2015. We had a good turnout of brand-new recruits, and people willing to help teach them. In April 2025, we marked 10 years' worth of Wednesday morning practices, only interrupted by breaks at holiday periods (August, Easter and Christmas), and of course Covid in 2020 and 2021. We must have held 350 – 400 practices in that time, broken a few stays early on, and worn out a few ropes. Inevitably people have come and gone, but three of our 'first-time' ringers in April 2015 are still regular attendees, and are now confident at plain hunting on seven, covering on six, and ringing call changes. Along the way we have had a flow of keen new entrants, including through 'Ringing Remembers in 2018' – three of those can now ring Plain and Little Bob Royal on handbells, our garden handbell practices having been initiated as a 'break-out' group in early summer 2020 under the 'rule of 6', and continued subsequently! We have also attracted back three women who learnt to ring as teenagers, then gave ringing up for 30-40 years until retiring and picking up where they left off. Average attendance on Wednesday mornings is now 15-20 ringers, and we attempt to ring anything between rounds and call changes on six, plain hunting on 6-9 bells, Plain Bob Doubles, Surprise Minor and Surprise Major, and even Grandsire Caters.



All Hallows Church has been very supportive of this venture throughout, and there have been no complaints from the neighbours, who are accustomed to planes, traffic and rugby crowds. There has been an unexpectedly positive impact on Sunday morning ringing at All Hallows, mainly through people wanting more opportunities to ring in a smaller group. In 2025 we have rung all 10 bells on a Sunday morning 2-3 times, which was unheard of 10 years ago.

Although U3A members provide the core of the group (we currently have 17 registered members in the official 'group' on the U3A website), our Wednesday morning sessions are actually open to all comers. Unlike snooker, mahjong, snooker or medieval history, it is not possible, and is actually counter-cultural, to run a viable ringing practice on a 'U3A member only' basis. We do need help from experienced non-members, including younger ones keen to ring up the back bells! We only ask people to pay £1 per practice. As ever, ringing is a cheap activity – by way of contrast the recently launched Richmond U3A lawn bowls group charges £6 each for two hours wear and tear on the bowls and lawns, and the instruction!

I should emphasise that the All Hallows morning ringing sessions, sometimes followed by regular developmental quarter peals, are also fun, with the very sociable environment much commented on. We have been known to retire to a Twickenham pub for refreshments afterwards. Attached is a happy photo (by John Sutton) of some the group in 'The Cabbage Patch', after the 'end of term' practice on 9th April. Of the 12 ringers pictured, five have learnt to ring with us on Wednesday mornings.

Do come and visit us. We ring on Wednesday mornings between 10am and 12 noon, starting with bell handling instruction and coaching until 10.30am.

Get ready for the N&E 6-Bell striking competition

Lucy Chandhial – N&E District Ringing Master

Will your tower enter a band in the N & E 6-Bell Striking Competition on Saturday 19th July? Remember that you can enter a band for method ringing or called changes and you can join up with another tower or invite a visitor to complete a band. Striking competitions are a useful focus to practise listening to your ringing, adjusting for different bells and working on your handling to make it easier to place the bell exactly where you want.

This website has exercises to practice listening and identifying the imperfections:

<http://www.coggeshallbells.co.uk/ring.html>

ART have a range of exercises and guides to improving striking at different stages of ringing:

<https://ringingteachers.org/resources/Method-Toolboxes/listening-and-striking>

Most bands ring Plain Bob Doubles or Grandsire Doubles but you can ring any doubles or minor method for 120 changes and if you want to ring called changes, I do have a suggested set of changes which fit the criteria for the competition so let me know.

The N&E 6-Bell Striking Competition will be held at St George-in-the-East, a reasonably light set of bells which handle very well, and not too many steps up, so a good first striking competition tower! The judge is our last District Master so you can expect helpful feedback from Tom (but you must not attempt to win favour!). After the striking competition we will have a Treasure Hunt social, so save the afternoon/evening in your diary.

National Volunteers' Week

Lucy Chandhial – N&E District Ringing Master

National Volunteers' Week is 2nd – 8th June and I encourage you to take a few minutes to write a thank you card to the bellringer(s) who taught you, mentored you and enabled your progression. You can find a template for a Thank You card here: www.volunteersweek.org - But, of course, you can use any card, it's the message inside which counts.

A year ago I joined a Central Council workgroup to look at how we find the leaders who can support recruitment and development for ringers and in March I joined the ART Conference for ringing teachers in York.

I know there are many great leaders teaching new ringers and running practices which provide a supportive environment for trying something new. Showing them appreciation for their efforts can help it to be a more rewarding task week in, week out!

**It's time to say
thank you**

#VolunteersWeek

Roger Bailey Cup

Stephen Jakeman – Vice President, MCA & Hackney Tower Captain

The Roger Bailey Cup comes back to the N&E! Stephen Jakeman as conductor of the winning N&E Team with 87% is being presented with the cup by Judge Fraser Storie from Surrey. This is the annual inter-District Striking Competition held before the AGM of the Association with two teams from each District doing battle. This year the competition was at Spitalfields. In second place was the S&W Team conducted by Steve Mitchell with 83%, then the N&E Team conducted by Lucy Chandhial with 78% followed by the S&W Team conducted by Mike Palmer with 66%. The cup is now residing at Hackney along with the Diocesan Cup - nice to have some bling!



Email Updates: Changes and more details are sent via email to the Middlesex Association email list nearer the date of each event. Send an email to mcaldg+subscribe@googlegroups.com to be put on the list if not on it already.

Dates, times and venues subject to change. Please check with event organiser.

District	Date	Day	Event	Location	Time
S&W	01/06/2025	Sunday	S&W District 6 Bell Striking Competition	Harlington	14.30 - 17.00
N&E	04/06/2025	Wednesday	Minor Methods practice	Southgate	19:00 - 21:00
S&W	05/06/2025	Thursday	Triples practice	Hanwell	20.00 - 21.30
N&E	08/06/2025	Sunday	Caters and Royal Methods practice	Hackney	14:00 - 16:00
N&E	10/06/2025	Tuesday	QP Slot	Islington, St James	18:30 - 19:30
S&W	10/06/2025	Tuesday	6 bell practice	Norwood Green	19.45 - 21.00
Association	13/06/2025	Friday	Association Cinques and Maximus Methods practice	St Magnus the Martyr	18:30 - 20:30
N&E	19/06/2025	Thursday	Plain Doubles to Major Methods practice	Stepney	19:00 - 21:00
S&W	20/06/2025	Friday	Surprise Major Methods practice	Heston	19.30 - 21.00
N&E	21/06/2025	Saturday	Full Day Outing	St Albans	10:00 - 18:00
S&W	26/06/2025	Thursday	Triples practice	Hanwell	20.00 - 21.30
N&E	27/06/2025	Friday	Surprise Major Methods practice	Pimlico, St Saviours	19:00 - 20:30
N&E	28/06/2025	Saturday	Training Course	TBC	10:00 - 13:00
N&E	30/06/2025	Monday	QP Slot	TBC	18:30 - 19:30
N&E	02/07/2025	Wednesday	Minor Methods practice	Southgate	19:00 - 21:00
S&W	04/07/2025	Friday	General practice	Harrow on the Hill	19.45 - 21.15
N&E	08/07/2025	Tuesday	QP Slot	Isle of Dogs (may change)	18:30 - 19:30
S&W	08/07/2025	Tuesday	6 bell practice	Norwood Green	19.45 - 21.00
Association	11/07/2025	Friday	Association Cinques and Maximus Methods practice	St Magnus the Martyr	18:30 - 20:30
N&E	13/07/2025	Sunday	Caters and Royal Methods practice	Hackney	14:00 - 16:00
N&E	17/07/2025	Thursday	Plain Doubles to Major Methods practice	Islington, St Mary	19:00 - 21:00
S&W	18/07/2025	Friday	Surprise Major Methods practice	Heston	19.30 - 21.00
N&E	19/07/2025	Saturday	Striking Competition followed by Treasure Hunt	St George in the East	14:00 - 17:00
S&W	24/07/2025	Thursday	Triples practice	Hanwell	20.00 - 21.30
N&E	25/07/2025	Friday	Surprise Major Methods practice	Hampstead	18:30 - 20:30
N&E	26/07/2025	Saturday	Training Course	TBC	10:00 - 13:00
S&W	01/08/2025	Friday	General practice	Hillingdon	19.45 - 21.15
S&W	05/08/2025	Tuesday	6 bell practice	Norwood Green	19.45 - 21.00
N&E	06/08/2025	Wednesday	Minor Methods practice	Holloway	19:00 - 21:00
Association	08/08/2025	Friday	Association Cinques and Maximus Methods practice	TBC	18:30 - 20:30
N&E	10/08/2025	Sunday	Caters and Royal Methods practice	Hackney	14:00 - 16:00
N&E	12/08/2025	Tuesday	QP Slot	Enfield, St Mary Magdalene	18:30 - 19:30
S&W	15/08/2025	Friday	Surprise Major Methods practice	Heston	19.30 - 21.00
N&E	16/08/2025	Saturday	Summer Local Outing	S & W District towers TBC	12:00 - 18:00
N&E	21/08/2025	Thursday	Plain Doubles to Major Methods practice	Islington, St Mary	19:00 - 21:00
S&W	21/08/2025	Thursday	Triples practice	Heston	20.00 - 21.30
N&E	22/08/2025	Friday	Surprise Major Methods practice	Hart St	18:30 - 20:30
N&E	23/08/2025	Saturday	Training Course	TBC	10:00 - 13:00
N&E	30/08/2025	Saturday	10 or 12 bell general ringing practice	Hackney	10:00 - 12:00

Items for inclusion in **Middlesex Bell News** to Angela Elliott at BellNewsEditor@bellringing.london

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