

## CLERGY WELLBEING - A SUMMARY OF RESOURCES AND INFORMATION FOR YOU, YOUR FAMILY AND PCCs

Last updated: June 2020

	General information	Covid-19 specific	Clergy specific
<b>Useful background reading and research</b>			
<a href="#">Covenant on clergy wellbeing</a> - approved by Synod in July 2019, this sets out guidance and principles that puts clergy wellbeing at the heart of Church of England ministry.	✓		✓
<a href="#">“Flourishing in Ministry”</a> from the Diocese of Oxford - a short and easy to read booklet that covers some key themes and offers practical wellbeing advice for all clergy	✓		✓
<a href="#">Never Alone</a> - Published by the Diocese of Truro in 2016	✓		✓
<a href="#">“Living Ministry”</a> report Research project into “Flourishing in ministry’ including wellbeing (flourishing of the person).	✓		✓
<a href="#">THRIVE</a> wellbeing model developed for c-19 crisis from Living Ministry project		✓	✓
<b>External resources and support</b>			
<a href="#">Clergy Support Trust</a>			✓
Kings Fund “Clergy response to stress during c-19” chart		✓	✓
<a href="#">St Luke’s</a> the charity that improves clergy health and wellbeing			✓
<a href="#">Health Cornwall</a> - useful resources and ideas developed specifically in response to the pandemic		✓	
National initiatives (e.g. <a href="#">“Thank Your Vicar” week</a> , <a href="#">national awareness</a> and wellbeing days and weeks)	✓		
<a href="#">EZRA Hub</a> and <a href="#">Facebook</a> - New Cornwall-based wellbeing and health app and group			✓
<a href="#">C of E coronavirus wellbeing guidance</a>		✓	✓
<a href="#">Clergy Support Trust</a> - Helping Anglican clergy and their families in times of need			✓
<a href="#">Sheldon Hub</a> Free safe online place for people in ministry to meet, share and support each other.			✓
<a href="#">MIND</a> (esp <a href="#">Five Ways to Wellbeing</a> ) - the national mental health charity has some great practical resources	✓	✓	

<a href="http://Yourneighbour.org">Yourneighbour.org</a> - a network of over 1000 churches from over 40 denominations in the UK			✓
<a href="#">Churches' Ministerial Counselling Service</a> - a network of professional counsellors operating in England, Scotland and Wales offering subsidised support to ministers and their households.			✓
<a href="#">Clergy Marriage in Crisis</a> - a Facebook site providing support for those married to a church leader and wanting support or advice.			✓
<a href="#">Tragedy and congregations</a> - a project is to resource churches to respond in a healthy way to the impact of tragedies, local and global including to C-19.		✓	✓
<a href="#">Supporting Good Mental Health</a> - a C of E publication by Revd Professor Chris Cook with Ruth Rice, director of the Christian mental health charity, Renew Wellbeing.			✓
<a href="#">NHS</a> - Advice, tips and tools to help you make the best choices about your health and wellbeing.	✓		
<b>Diocesan services and resources</b>			
<a href="#">Diocesan Counselling service</a>	✓		✓
<a href="#">Employee Assistance Programme</a> - for clergy and staff, and your families, this is provided by Health Assured and you can access this online via the link with user ID "Truro" and password "Diocese" or tel: 0800 0305182	✓		
Occupational health services and assessments	✓		
Sick pay scheme	✓		✓
Dependants leave	✓		
Compassionate/bereavement leave	✓		
MDRs	✓		✓
Chaplains	✓		
<a href="#">Ministry Matters newsletters</a> - if you don't already get these you can subscribe here	✓		✓
<a href="#">Clergy wellbeing pages</a> on the Diocese of Truro website	✓		✓
Clergy Handbook - contact Louise Court, HR Director if you have questions or feedback	✓		✓
Churchwarden/PCC newsletters	✓		✓
Slack for Clergy - contact Alex O'Byrne if you don't already have access	✓		✓
C-19 parish updates - regular updates sent out by the Church House comms team		✓	✓

