

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

	Clergy or PCC specific	General information
Useful background reading and research		
Covenant on clergy care and wellbeing - sets out guidance and principles that puts clergy wellbeing at the heart of Church of England ministry.	✓	
“Flourishing in Ministry” 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	✓	
Never Alone - Published by the Diocese of Truro in 2016	✓	
“Living Ministry” 10 year research project into “Flourishing in ministry’ including wellbeing	✓	
THRIVE wellbeing model developed by Living Ministry project (see above) and used by our clergy wellbeing group	✓	
External resources and support*		
St Lukes for Clergy Wellbeing - the charity dedicated to improving clergy wellbeing	✓	
Health Cornwall - resources and ideas from Cornwall Council		✓
National initiatives (e.g. “Thank Your Vicar” week , national awareness days and weeks)		✓
C of E coronavirus wellbeing guidance	✓	
Clergy Support Trust - Helping Anglican clergy and their families in times of need with financial support and more general resources.	✓	
Intentional Health - Christian Cornish charity delivering wellbeing courses and programmes for individuals and communities/churches.	✓	
Sheldon Hub Free safe online place for people in ministry to meet, share and support each other.	✓	
MIND (esp “Five Ways to Wellbeing”) - the national mental health charity has some great practical resources		✓
Yourneighbour - network of over 1000 churches from over 40 denominations in the UK	✓	
Churches’ Ministerial Counselling Service - a network of professional counsellors offering subsidised support to ministers and their households.	✓	

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Clergy Marriage in Crisis - a Facebook site providing support for those married to a church leader and wanting support or advice.	✓	
Tragedy and congregations - a project to resource churches to respond in a healthy way to the impact of tragedies, local and global, including the pandemic.	✓	
Supporting Good Mental Health - a C of E publication by Revd Professor Chris Cook with Ruth Rice, director of the Christian mental health charity, Renew Wellbeing.	✓	
NHS - Advice, tips and tools to help make the best choices about health and wellbeing.		✓
Broken Rites - an international group offering mutual support and information to separated and divorced spouses and partners of clergy, ministers and Church Army Officers.	✓	
Churches Mutual a mutual society, a savings and loans co-operative owned and controlled by its members, an ecumenical collaboration.	✓	
Clergy Family Network - an independent organisation of a group of Church of England spouses and partners to provide mutual support.	✓	
Diocesan services and resources		
Diocesan Counselling service	✓	✓
Employee Assistance Programme - 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 028 0199		✓
Occupational health services and assessments		✓
Sick pay scheme (see clergy handbook)	✓	✓
Dependents’ and parental leave (see clergy handbook)		✓
Compassionate/bereavement leave (see clergy handbook)		✓
MDRs	✓	✓
Chaplain		✓
“Ministry Matters” newsletter - if you don’t already get these you can subscribe here	✓	✓
Diocese of Truro Facebook - sharing best practice and providing support to group members	✓	✓
Clergy wellbeing pages on the Diocese of Truro website	✓	✓
Clergy Handbook - contact Louise Court , HR Director, if you have questions or feedback	✓	✓
Churchwarden/PCC newsletters	✓	✓

* inclusion on this list does not mean that a service or organisation is necessarily endorsed or recommended by the Diocese