

A SUMMARY OF WELLBEING 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	✓	
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. national awareness days and weeks)		✓
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.	✓	
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.		✓

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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.	✓	
Charity for Action on Spiritual Abuse - multi-faith support for anyone who experiences harm in a spiritual setting.	✓	✓
Ecclesiastical Financial Advisory Services Ltd (EFAS) - firm of independent financial advisors owned by the Ecclesiastical Insurance Group offering independent financial advice to clergy.	✓	
Supporting good mental health - The Church of England - podcasts	✓	
Diocesan services and resources		
Diocesan Counselling service	✓	✓
Employee Assistance Programme - for clergy and staff, and your families, this wide range of services is provided by Health Assured and you can access this online via the link with code or tel: 0800 028 0199 24/7, and also download their app.		✓
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 for clergy	✓	✓
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 TDBF