

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

	Clergy or PCC specific	General information
<b>Useful background reading and research</b>		
<a href="#">Covenant on clergy care and wellbeing</a> - 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> 10-year research project into “Flourishing in ministry” including wellbeing	✓	
<b>External resources and support*</b>		
<a href="#">St Lukes for Clergy Wellbeing</a> - the charity dedicated to improving clergy wellbeing	✓	
<a href="#">Health Cornwall</a> - resources and ideas from Cornwall Council		✓
National initiatives (e.g. <a href="#">national awareness</a> days and weeks)		✓
<a href="#">Clergy Support Trust</a> - Helping Anglican clergy and their families in times of need with financial support and more general resources.	✓	
<a href="#">Intentional Health</a> - Christian Cornish charity delivering wellbeing courses and programmes for individuals and communities/churches.	✓	
<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="#">Yourneighbour</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 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 to resource churches to respond in a healthy way to the impact of tragedies, local and global, including the pandemic.	✓	
<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 make the best choices about health and wellbeing.		✓

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<a href="#">Broken Rites</a> - an international group offering mutual support and information to separated and divorced spouses and partners of clergy, ministers and Church Army Officers.	✓	
<a href="#">Churches Mutual</a> a mutual society, a savings and loans co-operative owned and controlled by its members, an ecumenical collaboration.	✓	
<a href="#">Clergy Family Network</a> - an independent organisation of a group of Church of England spouses and partners to provide mutual support.	✓	
<a href="#">Charity for Action on Spiritual Abuse</a> - multi-faith support for anyone who experiences harm in a spiritual setting.	✓	✓
<a href="#">Ecclesiastical Financial Advisory Services Ltd (EFAS)</a> - firm of independent financial advisors owned by the Ecclesiastical Insurance Group offering independent financial advice to clergy.	✓	
<a href="#">Supporting good mental health - The Church of England</a> - podcasts	✓	
<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 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		✓
<a href="#">"Ministry Matters" newsletter</a> for clergy	✓	✓
<a href="#">Diocese of Truro Facebook</a> - sharing best practice and providing support to group members	✓	✓
<a href="#">Clergy wellbeing pages</a> on the Diocese of Truro website	✓	✓
<a href="#">Clergy Handbook</a> - contact <a href="#">Louise Court</a> , 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