

Sources of Support

Beyond the responsibility clergy and ordinands hold for their own self-care, there are a range of organisations and resources on which they can draw to enhance their wellbeing. While support from the diocesan bishop is an expression of his or her pastoral responsibility, structures vary from diocese to diocese. In some dioceses and cathedrals, wellbeing falls under the responsibility of a multi-disciplinary team and in others responsibility is more fragmented. Some dioceses have produced their own resources for clergy wellbeing, such as the Oxford Diocese [Flourishing in Ministry](https://www.oxford.anglican.org/mission-ministry/flourishing-in-ministry/) booklet (<https://www.oxford.anglican.org/mission-ministry/flourishing-in-ministry/>).

Spiritual and vocational wellbeing

The [London Centre for Spiritual Direction](http://www.lcsd.org.uk/) offers resources and support for all those interested in Christian spiritual direction or exploring their faith formation. It includes a directory of spiritual directors across the country. <http://www.lcsd.org.uk/>

[Spiritual Directors International](http://www.sdiworld.org/find-a-spiritual-director) is an inclusive, global learning community of people from many faiths and many nations who share a common passion and commitment to the art and contemplative practice of spiritual direction. Includes directories of retreat centres and spiritual directors. <http://www.sdiworld.org/find-a-spiritual-director>

The [Retreat Association](https://www.retreats.org.uk/) is a national Christian organisation set up to help people find ways of exploring and deepening their journey with God through spirituality and prayer. Their website includes information about retreat houses and programmes, spiritual direction, events, training and other resources. <https://www.retreats.org.uk/>

The [Sheldon Hub](https://www.sheldonthub.org/) is for clergy, ordinands and others in ministry, offering an independent supportive online community, a live directory of people and places, and a bank of trustworthy advice covering most areas of wellbeing. <https://www.sheldonthub.org/>

The [Emotionally Healthy Leader](https://www.emotionallyhealthy.org/you/) is part of a range of 'Emotionally Healthy Discipleship' materials developed by Peter Scazzero, seeking to transform church culture through the multiplication of deeply changed leaders and disciples. <https://www.emotionallyhealthy.org/you/>

The [Guild of Health and St Raphael \(GoHealth\)](https://gohealth.org.uk/) is an ecumenical Christian charity with over 100 years of experience in holistic health and wellbeing. It exists to equip and inspire churches and individual Christians to be healing presences in the world – for the benefit of all. <https://gohealth.org.uk/>



Physical and mental wellbeing

St Luke's supports the physical and mental health of the Anglican clergy and ordinands, working through dioceses and directly with individuals, and providing online information and resources about wellbeing. <https://www.stlukesforclergy.org.uk/>

Clergy Support Trust aims to promote and sustain the wellbeing of Anglican clergy and their dependants. As well as financial grants (see below), it offers coaching, counselling, long-covid and sleep-support services. <https://www.clergysupport.org.uk/>

The Society of Mary and Martha at Sheldon is a community and retreat house specialising in supporting people in Christian ministry. See also the Sheldon Hub, in the spiritual and vocational wellbeing section above. <https://www.sheldon.uk.com/>

Every Mind Matters is an NHS resource that provides expert advice and practical tips to help you look after your mental health and wellbeing. <https://www.nhs.uk/oneyou/every-mind-matters/>

Mindful Employer provides guidance and signposting for individuals to maintain their own wellbeing and where to go when in need of extra support, as well as resources on how to be a good employer by supporting the mental wellbeing of staff. www.mindfulemployer.net

Mind advises and supports anyone experiencing a mental health problem, through information and signposting, local support and care, networks and membership, campaigning, and training. <https://www.mind.org.uk/>

The Mind and Soul Foundation aims to restore Christian leaders to full emotional and mental health, to care for themselves and those that they serve, to reframe leadership to make it a safer place to be and, in doing so, release the mission these leaders long to bring. <https://www.mindandsoulfoundation.org/>

Thyme and Wellbeing is a free Excel-based tool to help Christian ministers with time management. Among other things, it allows recording of time spent on different kinds of activities in order to assess the shape of an individual's ministry. <https://rushenparish.org.uk/thyme-and-wellbeing/>

Thrive Worldwide is a cross-cultural and multidisciplinary team of clinicians, consultants and coaches seeking to support leaders and their organisations to thrive. <https://thrive-worldwide.org/>

CPAS offers a wide range of leadership resources, including relating to wellbeing. <https://www.cpas.org.uk/how-we-help>

See also The Guild of Health and St Raphael (GoHealth), in the spiritual and vocational wellbeing section above. <https://gohealth.org.uk/>



Relationships

Bridge Builders provides training and shares resources and ideas to support church leaders and congregations in the challenging task of living as models of reconciliation.

<https://www.bbministries.org.uk/>

Flourishing Ministers, Flourishing Communities is a short book by Dr Kathryn Kissell, which provides deep insight into the powerful influence of relational dynamics and emotional processes in ministry settings and includes questions for individuals and groups to explore along with further reading. It can be bought in print from the Susanna Wesley Foundation or downloaded as a PDF from their website. <https://susannawesleyfoundation.org/flourishing-ministers-resource/>

The **Family Mediation Council** provides information about suitable local mediation services through its professional register. <https://www.familymediationcouncil.org.uk/>

Broken Rites supports clergy spouses/partners who are experiencing difficulty in their relationships, including providing practical information, one-to-one support, group meetings and a facebook group. (<https://www.facebook.com/BrokenRites/>) <http://brokenrites.org/>

Lawworks is a charity offering legal advice to those who are not eligible for legal aid and cannot afford to pay. <https://www.lawworks.org.uk/>

There are various Facebook groups to support clergy, including **Clergy Mummies**, **Clergy Spice** (for spouses of clergy), **Clergy Family Network**, **Curates in Training**, **Female Ordinands and Clergy**, **Fragmental** (for neurodivergent church leaders) and **UKME Ordinands and Curates**.

Financial and material wellbeing

Clergy Support Trust (see also physical and mental wellbeing section above) aims to promote and sustain the wellbeing of Anglican clergy and their dependants. It provides grants and support in emergencies and for health, debt, finances and wellbeing, as well as a free will-writing service. Eligible beneficiaries include clergy, ordinands and their spouses, former spouses, children and dependants of living or deceased members or former members of the clergy or ordinands. <https://www.clergysupport.org.uk/>

The **Cleaver Ordination Candidates Fund** supports Anglican ordinands and clergy committed to a traditional Catholic understanding of the priesthood and episcopate. It offers grants to support candidates exploring a vocation to the priesthood and undertaking a parish placement as part of this process; and book and study grants for ordinands and clergy. <http://www.cleaver.org.uk/>



The Church of England **Pensions Board** has a section on the Church of England website with information about how clergy pensions work and how to get further advice. There is a Pensions Helpline, on 020 788 1802 or pensions@churchofengland.org, and you can also ask to speak to an Engagement Officer for information on support provided by your diocese.

<https://www.churchofengland.org/about/pensions>

The **English Clergy Association** provides holiday grants in order to give clergy and their families a rest from duty and contribute to their enjoyment of human life.

<http://www.clergyassoc.co.uk/content/home.htm>

The **Henry Smith Charity**, founded in 1628, has a programme of grants to assist ordained clergy serving in parochial ministry in England, administered by Diocesan Bishops, from whom full details, including eligibility criteria, are available. The Charity also has a Christian Projects grant programme to support projects promoting Anglican clergy wellbeing.

<https://www.henrysmithcharity.org.uk/explore-our-grants-and-apply/christian-projects/christian-projects-overview/>

The **Leaders of Worship and Preachers Trust** offers hardship grants to assist preachers, leaders of worship and their families with immediate financial need, and vocational grants to those who need financial assistance in order to enable them to pursue their vocation in ministry, including to those in the early stages of exploring their calling to preach. <https://lwpt.org.uk/>

Money Helper (bringing together the Money Advice Service, the Pensions Advisory Service and Pension Wise) is a government website giving free, impartial advice on money and pensions matters, including dealing with different economic, health and relational situations. It contains confidential helplines, budget planners and other tools and calculators.

<https://www.moneyhelper.org.uk/en>

Churches Mutual Credit Union is a co-operative and mutual society owned and run by its members, open to all clergy of the Church of England, including ordinands. Churches Mutual offers a range of affordable and ethical savings and loan products designed with the particular circumstances and needs of individuals in ministry in mind, within the framework of a regulated financial institution. <https://www.churchesmutual.co.uk/>

The **State Pension Entitlement** website will help you to calculate your state pension entitlement at retirement. <https://www.gov.uk/state-pension-age>

Turn2Us is a charitable service helping people access money available to them through welfare, benefits, grants and other help. It gives a wealth of information and provides its own direct grants to people with or connected to a professional background (including religious leaders), and to those who have experienced a recent life-changing event. <https://www.turn2us.org.uk/>



The **Foundation of Edward Storey** can provide grants and sheltered accommodation to those closely connected to the clergy of the Church of England. <http://edwardstorey.org.uk>

Citizens Advice is the online help from the Citizens Advice Bureau and provides information on your rights covering a range of topics. <https://www.citizensadvice.org.uk/>

The **Richards Trust** is a fund administered by SPCK, with the purpose of assisting ordinands in financial need. <https://spckpublishing.co.uk/grants>

The **St Boniface Trust** gives support for those undertaking ordination training, the cost of attending courses or who are planning a sabbatical or to take study leave. <https://www.stbonifacetrust.org.uk/grants.php>

The website of the **Ordinands' Association** lists several other funds that can help ordinands in financial need, including the Church Times TAP Fund, CPAS, the Elland Society, the Anglo-Catholic Ordination Candidates Fund, the Saint George's Trust, the Philip Usher Memorial Fund and the Tim Burke Memorial Fund. <https://ordinands.co.uk/support/>

There are also several charities that support ministers in a specific geographical area: ask your diocese for details of any in your locality.

Participation wellbeing

Inclusive Church is a network of churches, groups and individuals uniting together around a shared vision of a church which celebrates and affirms every person and does not discriminate. <http://www.inclusive-church.org/>

WATCH (Women and the Church) is a national organisation working actively for gender justice, equality and inclusion in the Church of England. <https://womenandthechurch.org/>

The **Junia Network** (formerly known as AWESOME) is a network of women ordained into the Anglican Church from across the evangelical spectrum. It includes all stages of ministry, from ordinands to those who are retired, and exists to support and pray for one another in ministry, learning from scripture, the Spirit and one another, and to give a voice to ordained evangelical women in the wider Church. <https://www.thejunianetwork.org.uk/>

The main group in the Church of England which focuses on disability is the **Committee for the Ministry of and among Deaf and Disabled People (CMDPP)**. You can find out more about its work on the CofE website. <https://www.churchofengland.org/more/church-resources/welcoming-disabled-people>



The University of Aberdeen's **Centre for Autism and Theology** aims to be an international hub for autism and theology research. As well as academic research, it produces a range of resources including the Autism and Theology Podcast. There is also an active Facebook page.

<https://www.abdn.ac.uk/dhpa/research/centres/centre-for-autism-and-theology/resources/>

The role of the Church of England's **Committee for Minority Ethnic Anglican Concerns (CMEAC)** was to identify, monitor and take forward concerns of BAME Anglicans and make recommendations for change. It is to be replaced by a new Racial Justice Board – see [Committee for Minority Ethnic Anglican Concerns | The Church of England](#).

AMEN (Anglican Minority Ethnic Network) is an independent group promoting the presence and participation of Minority Ethnic Anglicans in all structures of the Church of England in the service of the Gospel of Jesus Christ. <https://www.amenanglican.net/>

The vision of **The Tea House** is to raise the profile and participation of Chinese-heritage clergy in all structures of the Church. <https://theteahouse.org/>

UK Minority Ethnic Ordinands and Curates (UKMEOC) network seeks to support and encourage UKME/GMH ordinands and curates in the Church of England and is active on Facebook.

<https://ukmeordinands.wixsite.com/ukmeordinandsandcura>

Workplace Chaplaincy Mission UK (WCM UK) is a British network of over 500 practitioners engaged in workplace chaplaincy mission. <http://www.workchaplaincyuk.org.uk/>

CHRISM is the national association for all Christians who see their secular employment as their primary Christian ministry and for those who support that vision. <http://chrism.org.uk/>

OneBodyOneFaith is an ecumenical movement that helps churches and faith communities to have intelligent and compassionate conversations about sexuality, and empowers individuals to integrate their sexuality and spirituality in ways which are healthy and life-affirming.

<http://onebodyonefaith.org.uk/>

Living Out is an evangelical group helping churches and same-sex attracted Christians find a plausible way of living out a biblical perspective on sexuality. <https://www.livingout.org/>

Gypsy, Roma and Traveller Friendly Churches seeks to support churches to include Gypsy, Roma, and Traveller people in the regular life of the church. <https://sanctuaryplaces.co.uk/>

