

# CLERGY WELLBEING & SUPPORT

The diocese of Southwell and Nottingham has as one of its priorities the wellbeing and thriving of clergy. We fully support [the Covenant for Clergy Care and Wellbeing](#) and we asked parishes to engage with the resources provided by the national church to ensure we are creating a culture of wellbeing.

## Retreats

There is one grant per year for clergy to take time for yourself to pray, reflect, and learn



## Ministerial Development

A bi-annual review to look at your ministry, goals and development needs. Followed up with a development plan and support tailored for you.

## Clergy Spouses

Spouses are supported through links with other spouses, counselling and pastoral support.



## Financial Support

Through the Ministry Hardship Fund financial support is available for meeting energy bills, there are discretionary trusts available and grants to help when clergy have financial challenges.

## Counselling

Clergy and their spouses are entitled to 8 free confidential sessions and can self-refer. The diocesan counsellor is very experienced, and regularly supports diocesan clergy. You can also select a counsellor of your choice.







## **Mentoring/workplace consultancy/coaching**

We can provide additional support, provide mentors, or referrals to workplace consultants or coaches on a case-by-case basis.

## **Sabbaticals**

One month per year or 3 months after 10 years to give you a time for refresh, relax and rebuild.



## **Clergy Peer Support Group**

There is a group for clergy to meet, discuss issues, and encourage each other using reflective practice techniques and facilitated by a trained pastoral supervisor.

## **Forums**

For forums relating to clergy wellbeing and peer support you can sign up to join the Sheldon Hub and ask for advice or help others out. Forums include general discussion on matters of interest to the church and also individual threads where people can ask for help and support which can be anonymous.



## **Spiritual Direction**

The diocesan Spiritual Direction team has a wide variety of spiritualities represented. Recent directors are also trained in pastoral supervision, basic coaching and mentoring techniques alongside more traditional Spiritual Direction to provide additional support to clergy.

**Sarah Patten – Principal for Wellbeing and Ministerial Development**

