

Clergy Wellbeing Survey & Response

⁹ Do not lie to one another, seeing that you have stripped off the old self with its practices ¹⁰ and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. ¹¹ In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

Colossians 3:9-11

Clergy Wellbeing Survey & Response

The information within these slides should be read alongside the series of separate film clips which have been prepared to support this work.

These feature members of the clergy team, sharing with you their experience and ways of improving wellbeing within an ordained role.

For more information – David Herbert/Liz Geddes/Jane Knight

Clergy Wellbeing Survey & Response

Time off - Balance

Cover

Prayer Life

Support

Exercise & Health

Exercise & Health

Hobbies & Interests

Assemblies Deadline
Bible Chaplaincy Christenings
Funerals
Prayers
Jesus Rush PCC Late
Hurry Spirit God
Weddings

1. Time Off - Balance

What you told us about **time off**

- Hard to work in around funerals, weddings and pastoral emergencies.
- Difficult to coincide with spouse time off.
- As a Self-Supporting Minister – ‘What is time off?’
- Getting into bad habits – taking part of a day off – using a day off ‘to catch up’.
- As a Curate, managing expectations of others.



Key Findings

1 in 12 have no regular day off.

1 in 4 never have a 48 hour break

1. Time Off - Balance

What is already available

From the Diocese of Chester Clergy Handbook

‘The recommendation from the bishop is that clergy should have one full day off per week, with an additional day off once a month so that two consecutive days can be taken, and clergy are strongly advised to take this time off’.



Key Findings

1 in 12 have no regular day off.

1 in 4 never have a 48 hour break

2. Cover

What you told us about getting cover for holidays and illness.

- I have some retired clergy who are willing to help me. One of them makes my requests a priority at the start of a year.
- Most cover is via laity, not clergy.
- Too much reliance on retired clergy?
- Most of my work is not covered whilst I am on holiday
- I feel guilty about asking too much of Reader colleagues



Key Findings

64% say it is easy to arrange cover.

2. Cover

What is already available?

From the Diocese of Chester Clergy Handbook:

'If cover for services is a problem, your Rural Dean has a list of retired clergy in the area willing to do duty or you may wish to combine services within your benefice or reduce the number of services during the holiday periods'.



Key Findings

64% have no difficulty arranging cover.

3. Support

What you told us about **support**

Key Findings

36% of respondents are part of a Cell/Peer Group

55% have a Soul Companion/Friend

14% a Consultant or Coach

58% belong to a Friendship Group



3. Support

What you told us about **support** - It is a challenge!

What we know to be good.

- Spiritual Direction
- Colleagues
- Clergy Peer Groups
- Team Ministry
- Social Gatherings
- Cell Group

Versus

Resources and time to do it.

- Lack of Time
- Organisational Issues



3. Support

What we know to be good. **Made easier** Through existing resources

- Spiritual Direction
- Colleagues
- Team Ministry
- Social Gatherings
- Cell Group
- Spiritual Direction/Companion
- Therapeutic Counselling
- Inter Diocesan Counselling Service
- Consultative Support
- Coaching
- Mentoring
- Mediation Service
- Ministerial Development Review
- Capability Procedure
- Dignity at Work Procedure

3.Support

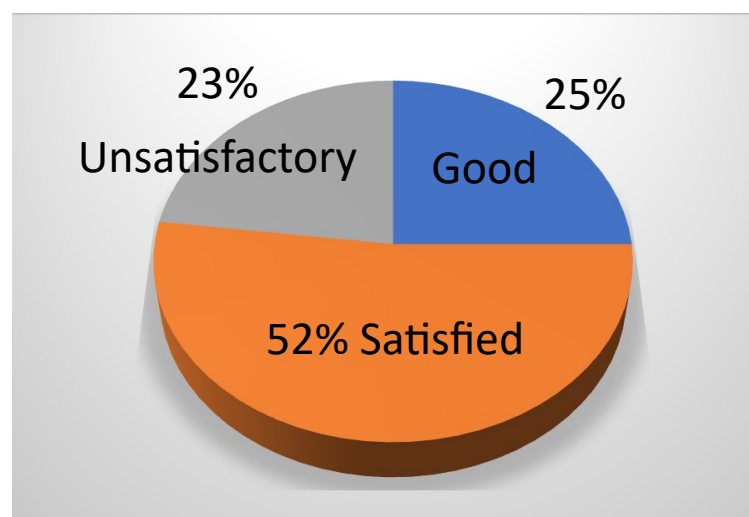
Meeting some challenges through the existing team



4. Prayer Life

What you told us about **prayer life.**

- Complete consensus over the importance of prayer in ministry.
- Different feelings expressed as to the quality of prayer life.



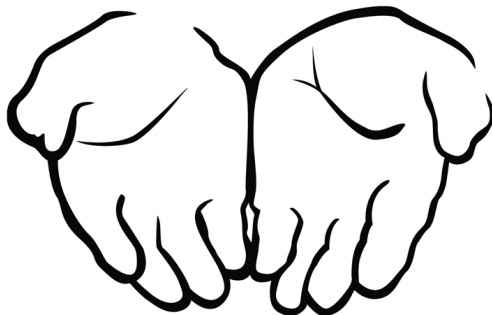
4. Prayer Life

What makes
the 25% Good
??????????

Plenty of structure?
No structure at all?

Early morning or evening
or both or neither?

Spiritual Direction?



On my own?
With a prayer partner?

Stay somewhere familiar?
Go somewhere different?

Retreats?

4. Prayer Life

Resources in the Diocese which await you.

Foxhill House and Woodlands

A remarkable and unique
place of prayerful
hospitality and welcome, to
be enjoyed independently
or with others.



4. Prayer Life

Personal Time & Space

Use of the Half-Penny
Suite (bedroom, en suite,
kitchenette & seating
area) for clergy time out.

Foxhill is a resource to
sustain individual clergy
and also whole teams.



Clergy Quiet Days

3 quiet days each year
led by one of our
Bishops to support
clergy.

Stop, Look & Listen Days

Monthly mini-retreats
provide an opportunity to
step away from the bustle
of parish life, to reflect
and to listen to God.

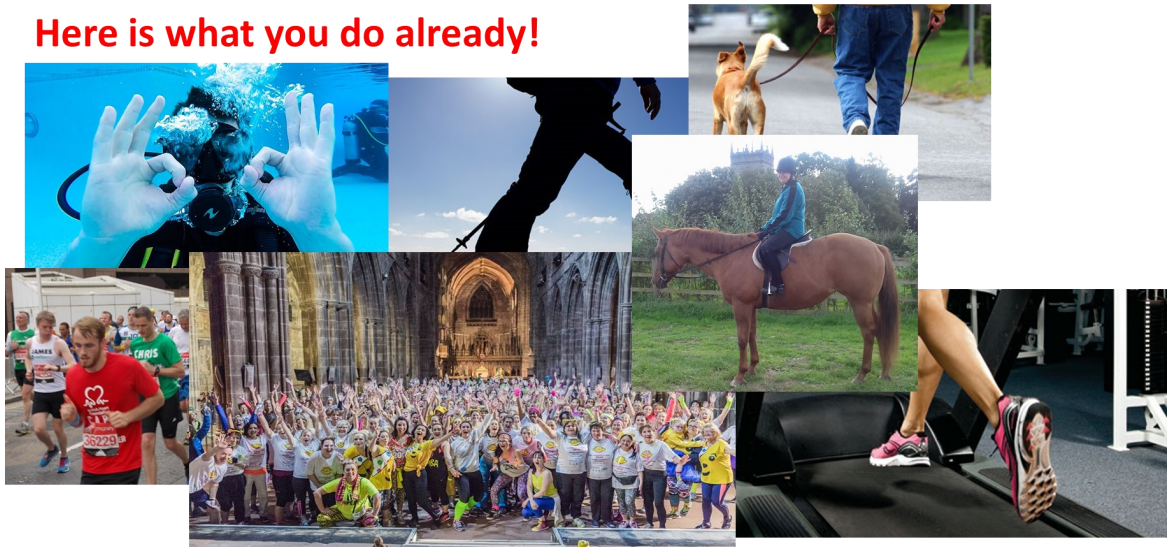
Clergy Reading Week

To be held in January
2018 – a chance to get
away, to think and to pray
about the year to come.

Full details – 01928 733777
www.foxhillchester.co.uk

5. Physical Exercise & Health

Here is what you do already!



5. Physical Exercise & Health

But how to fit these activities in?

And how to stick with them?

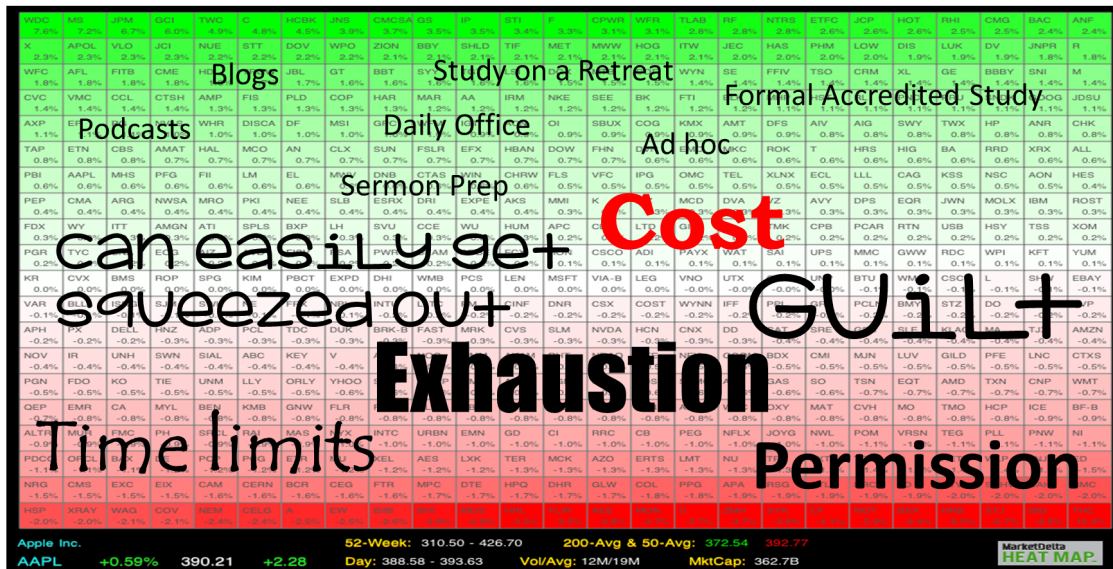
6. Personal Study



**68% of Clergy
keep up a daily
theological
devotion**

6. Personal Study

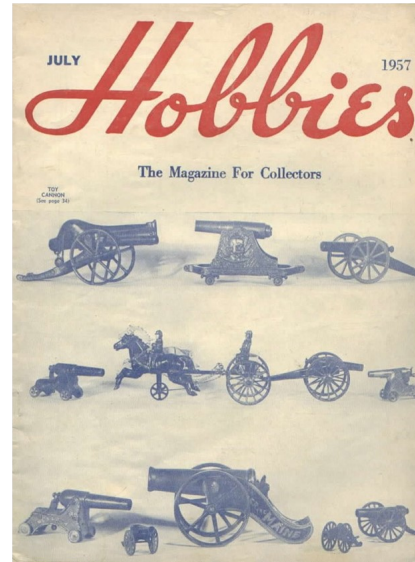
The 'Personal Study' Heatmap!



7. Hobbies and Interests

The wisdom of the scribe depends on the opportunity of leisure; only the one who has little business can become wise.

Sirach 38:24



7. Hobbies and Interests

The Opportunity of Leisure!

Thinking about Socialising with our friends when weekends are always taken upCreating boundaries between our home and work place.....Overcoming a lack of privacy.....escaping (!) on a day off

.... And other opportunities too!