



## **DIOCESE OF SODOR AND MAN**

### **WELL-BEING and WELFARE**

Clergy are encouraged to develop and maintain a good work-life balance. Ordained ministry is demanding – physically, emotionally, mentally and spiritually. No priest can ever ‘switch off’ his or her vocation and calling to serve Christ. However, periods of rest, refreshment and time off are important and should be taken.

Various resources can be found here -

#### **Church of England**

<https://www.churchofengland.org/more/clergy-resources/national-clergy-hr/supporting-clergy-health-and-wellbeing>

#### **A resource from Oxford Diocese**

<https://www.oxford.anglican.org/wp-content/uploads/2018/04/clergy-wellbeing.pdf>

#### **Retreats**

<http://www.retreats.org.uk/index.php>

#### **Clergy Support Trust**

[www.clergysupport.org.uk](http://www.clergysupport.org.uk)

#### **The Society of Mary and Martha**

<https://www.sheldon.uk.com/>

#### **The Sheldon Hub**

<https://www.sheldonthub.org/>

#### **St Luke's Healthcare for the Clergy**

<https://stlukeshealthcare.org.uk/>

#### **The Blackley Centre**

A welcoming, safe and inspiring meeting place for people seeking to transform conflict and make peace for people of all faiths to develop and grow in understanding and friendship for retreats, away days, meetings, training and conferences

<https://www.blackleycentre.co.uk/>

Additionally, you can contact the Bishop, the Archdeacon, or the HR officer should you wish specific support.