

Need help choosing?

If you're unsure which resource is right for you, speak with your Deanery Wellbeing Champion or contact:

 agriffiths@chelmsford.anglican.org

You are not alone — support is here for every season of ministry.

And don't forget there is a women's ministry adviser team:

www.chelmsford.anglican.org/support-for-ministers/womens-ministry-support

What is wellbeing?

Wellbeing is complex. 'For any minister, their wellbeing is the interplay of whatever mental health, physical health, spiritual health, financial, structural and relational factors contribute to that minister's sense of settled joy and fulfilment'. (Living Ministry Project)

What is a deanery wellbeing champion?

Deanery Wellbeing Champions are ministers in each deanery who have a role in helping the deanery and chapter operate in wellbeing-friendly ways; in spotting if ministers aren't part of deanery structures and making sure they're being cared for; and in being conduits for information about wellbeing both from the diocesan structures to the deaneries, and from the deaneries to the wellbeing team. They meet every six months to pass on a sense of how morale is, and see what stands in the way of ministers thriving. To find who your deanery wellbeing champion is, go to chelmsford.anglican.org/support-for-ministers/ministerial-wellbeing/deanery-wellbeing-champions

Wellbeing & Ministerial Development Resources



The Church of England
in Essex and East London
Diocese of Chelmsford

Supporting Clergy, LLMs, and their Households in Chelmsford Diocese

Whether you need practical support, space to reflect, or help to thrive in ministry, a wide range of accessible resources are available to you. For even more, see chelmsford.anglican.org/support-for-ministers/ministerial-wellbeing. All these resources are offered free of charge, or covered by a grant for those eligible.

Confidential Counselling

- Fully confidential service
-  DavidJBlackledge@aol.com
-  Available to all clergy (including PTO) and households

Licensed Ministers Assistance Programme

- 24/7 helpline, counselling, wellbeing apps and resources
-  chelmsford.anglican.org → Ministerial Wellbeing
-  Licensed clergy, LLMs, spouses/partners, children (16–24)

Coaching

- External “thinking partner” for reflection and development
- 6 sessions over 9 months (CMD-funded)
-  jcouchmanboor@chelmsford.anglican.org or your CMD Adviser
-  Clergy & LLMs

Reflective Pastoral Supervision

- Structured reflection on pastoral work
- 6 sessions per year (CMD-funded)
-  Contact jcouchmanboor@chelmsford.anglican.org
-  Clergy & LLMs

Authorised Spiritual Companions

- Support in recognising and discerning God's work in your life
 -  annvcol@gmail.com
 -  Open to all
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"More than One" / "Four or More"

- Peer learning for those leading multiple churches
 -  jnicholls@chelmsford.anglican.org / agriffiths@chelmsford.anglican.org
 -  Multi-church leaders
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New Beginnings Programme

- Year-long leadership and self-awareness course (previously CCLP and Discerning Mission, Leading Change)
 - Ideal for new incumbents
 -  Contact
jcouchmanboor@chelmsford.anglican.org
 -  New & experienced incumbents
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Leadership Development Opportunities

- Includes Windsor Consultations & SLDP
 -  Contact
jcouchmanboor@chelmsford.anglican.org
 -  Open to all
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Financial Support Grants

- Help through Clergy Support Trust & LMDC
 -  clergysupport.org.uk | lmdccharity.org.uk
 -  Ministers & households
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Sleepstation

- Sleep assessment and therapy programme
 -  clergysupport.org.uk/sleepstation
 -  Clergy
-

Alongside Scheme (ReSource)

- Prayerful accompaniment and regular support
 -  resource-arm.net/Alongside
 -  Clergy & church leaders
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Thrive Worldwide

- Training on resilience, time management, thriving in ministry
 - Annual sessions (in-person or online) every autumn
 -  agriffiths@chelmsford.anglican.org
 -  Open to all
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Sabbaticals

- A three-month period of rest, reflection and retreat, fully funded for stipendiary clergy every ten years
 -  contact your Area CMD Adviser in the first instance
 -  Parish clergy after their first two years in post, subject to the approval of the Area Bishop
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Conflict Transformation Partners

- Confidential listening in conflict situations
 -  chelmsford.anglican.org → Conflict Transformation
 -  Incumbents & Area Deans
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Retreats

- A normal part of ministerial life; we suggest three days a year for most ministers. Funding available via CMD grant for those eligible.
 -  many sites available including retreats.org.uk
 -  All ministers
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Training Opportunities

- A whole range of training opportunities are advertised on the (approx. monthly) CMD Bulletin. To subscribe, just go to chelmsford.anglican.org/publications.
-  Check forthcoming opportunities at chelmsford.anglican.org/support-for-ministers/continuing-ministerial-development. But we're also open to enabling ministers to use their CMD grants for other conferences, courses, and deeper biblical study.
-  Ministers of all kinds