



# Pastoral Care Policy

[www.chichester.anglican.org/pastoralcare](http://www.chichester.anglican.org/pastoralcare)

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Compiled under four headings:

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# Pastoral Care policy contents

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Counselling

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Disabled children

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Fitness and wellbeing

Health issues

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Marriage and relationship breakdown

**Quick link to the Clergy Manual**

[Click or tap here](#)

**A list of Diocesan people who may be able to help**

Click or tap an email link below to send an email. All diocesan email addresses follow the convention `firstname.lastname@chichester.anglican.org` (no spaces)

**Safeguarding issues**

Colin Perkins - Bishop's Adviser for Safeguarding Children and Adults. If you have general safeguarding concerns or queries [email](#) or call 01273 425792 / 07500

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## Fitness and well-being

*The text below is a DRAFT.*

Whilst we recognise the demands of ministry, a sustainable and healthy pattern of ministry is one that reflects a holistic view of health: looking after body, mind and spirit. The Diocesan Clergy Handbook includes information about entitlement to days off and holidays for clergy licensed under Common Tenure. The handbook can be accessed using the link below.

Other links below include:

- Ashburnham Retreat Centre: a place that runs health and well-being retreats
- Burrswood, which provides opportunities for clergy and spouses in need of time out to prayerfully unwind and refresh mind, body and spirit. The package includes spiritual accompaniment, along with counselling if requested in advance.
- The John Truscott resource gives some ideas on: How to look after yourself; how to make time for family and friends and How to promote your own spiritual growth

Some clergy may need some assistance with their personal presentation in preparation for interviews. Archdeacon Fiona is happy to give some personal support with this. There are also some helpful website resources, such as the ones shown below.

### Related links

Clergy manual

Ashburnham Retreat Centre

### Is this the information you're looking for?

If not, return to the Pastoral Care contents page by [clicking or tapping here](#)

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