If you would like to have a companion, either to deal with a 'one–off' issue in your ministry, or with a view to setting up a longer term supportive relationship, this will be arranged through Revd Frances Dower or Revd Rachel Hudson who are managing the day to day running of the scheme in Newcastle Diocese.

Frances knows the accompaniers well, and when you contact her she will arrange to meet you in order to be able to find a 'match' for you with a possible companion. Of course, as accompanier and accompanied meet they will need to discern for themselves whether they wish to work together, to establish how often they wish to meet and how they envisage those meetings developing.

**What Next?**

If you are interested in being accompanied, or indeed becoming a companion, please contact: **Rev Rachel Hudson 07974 410409**

or **Rev Dr Frances Dower**

Phone: 01670 774 297

Email: [frances.dower@dower.org.uk](mailto:frances.dower@dower.org.uk)

Cambo House, Cambo, Morpeth  
Northumberland, NE61 4AY

**Framework of Diocesan Support**

The Companions in Ministry Scheme is part of a wider Diocesan framework of support.

You may wish to discuss options with:

**Revd Rachel Hudson**

*(Advisor in Counselling And Well Being)* [Counsellingandwellbeing@newcastle.anglican.org](mailto:Counsellingandwellbeing@newcastle.anglican.org)

**07974 410409**

**Revd Catherine Pickford** *(Continuing Ministerial Development Officer, including Work Consultancy and Coaching)* Phone 01670 785 606 Email [catherine\_pickford@yahoo.co.uk](mailto:catherine_pickford@yahoo.co.uk) The Vicarage, Stannington NE61 6HL

**Revd Lesley Chapman**

*(Adviser for Spirituality and Spiritual Direction)*

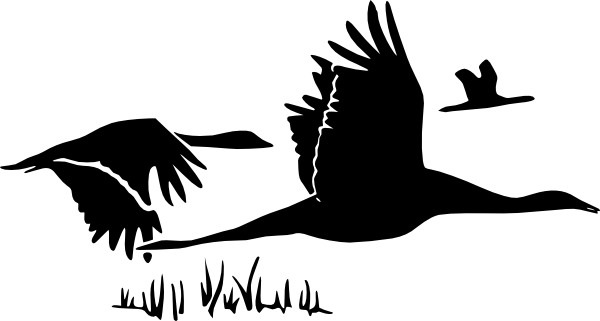
Phone: 01434 682 120

[lesley.chapman414@btopenworld.com](mailto:lesley.chapman414@btopenworld.com)

The Vicarage, Riding Mill NE44 6AT

**Companions in Ministry**

The Diocesan scheme is designed to provide companionship for ordained people by those who have been ordained for some time.



**Accompaniment means:**

providing a safe place for you to explore what is on your mind ... being alongside you as you talk and think about whatever you like within your ministry... offering support and asking questions to help you clarify your thoughts and feelings ... offering knowledge and experience if you ask for it. Accompaniment could mean encouraging and challenging you to decide what action you will take as a result of this conversation.

**How the Scheme Works**

Companions in Ministry was set up across Newcastle and Durham Dioceses initially as a pilot run by members of WATCH. It is now run as part of the Diocese of Newcastle’s own support structures. However there is no direct oversight by the Senior Staff.

The Companions scheme is now available to all those in ordained ministry in the diocese. As part of the Wellbeing focus of the national church, and the recognition of the importance of self- care, companions are available on request. Requesting a companion is not a sign of weakness or neediness but one of strength and resilience.



**The Scheme is designed to …**

**… support your ministry**

* at times of transition, eg. on arrival into the diocese, or first incumbency
* by encouraging social networks
* by encouraging vocational discernment and development
* by reflecting on the joys and pressures of home life in the context of ordained ministry
* by addressing stipendiary/non-stipendiary, dual-role and part-time ministry issues and roles
* by reflecting on the dynamics between training incumbent and curate, and related gender issues where relevant

**… support you personally by**

* establishing a relationship of trust and integrity, which is supportive, challenging and enriching
* encouraging you to develop a healthy and sustainable work/life balance
* helping you to reflect on issues of relationships, gender, singleness and sexuality
* being there at times of crisis

**Companionship is designed to provide a safe place** in which the accompanied can:

* feel heard
* reflect upon their ministry
* be attentive to God’s promptings
* have the courage to reflect on challenges and opportunities
* process what is going on and
* flourish

**The Accompanier** is to:

* provide the safe place
* respect confidentiality
* listen attentively with empathy, wisdom and respect
* share with insight and humour
* be a sounding board
* be non-judgemental
* encourage reflective practice
* empower and facilitate realistic change
* keep their own agenda out of the way