

## Reviewing the relationship

We suggest that this is done annually with each person accompanied and where appropriate. Please use the [Review Form](#) near the bottom of the [Spiritual Accompaniment webpage](#). You may also find the [Beginnings and Endings documents](#) (from courses) helpful.

## Ongoing learning

We encourage accompaniers to undertake ongoing training. This is in some measure provided through the following:

- Resource evenings
- Annual Accompaniers' Gatherings

Books may be borrowed from [Church House Resource Centre](#) or [Whirlow Spirituality Centre](#) (or obtained second-hand online).

Other providers include:

- The Retreat Association
- The London Centre for Spiritual Direction
- Spiritual Direction Forum UK
- Spiritual Exercises Network

And, of course, many others.

We also encourage retreats and the annual [Retreat Handbook](#) provides up to date information on over 150 Christian retreat centres.

## Insurance

Anyone receiving referrals through Sheffield Diocese is insured provided no money changes hands. Regardless, please consider and mitigate risks to your accompanees and indeed to yourself too.

If you invite donations or charge for accompaniment, you may wish to consider your public and professional liability. At the time of writing, The Retreat Association recommend [Oxygen](#).

## Keeping details up to date

Please submit a [Revision of Details Form](#) if anything changes. The accompaniers' list is managed by [Suzanna](#) (details overleaf).

If you have any suggestions as to how this handbook could be updated or improved, please contact [Julian](#) (details overleaf).

# Spiritual Accompaniers' Handbook



THE DIOCESE OF SHEFFIELD

## Introduction

Thank you for your ministry as Spiritual Accompanier. This is greatly valued, and we hope to ensure that we give you effective support. We are delighted to continue to work alongside our ecumenical partners.

We hope that this Handbook is useful. Please do not hesitate to let us know if anything is missing or if you have any questions.

## Contacts

### Administrative support

- ✉ [suzanna.upperdine@sheffield.anglican.org](mailto:suzanna.upperdine@sheffield.anglican.org)
- ✉ Suzanna Upperdine, Diocesan Church House,  
95-99 Effingham Street, Rotherham S65 1BL
- ☎ Suzanna 01709 309 147.

### Bishop's Adviser in Spirituality

- ✉ [spirituality.adviser@sheffield.anglican.org](mailto:spirituality.adviser@sheffield.anglican.org)
- ☎ Julian 07907 331 859.

## Safeguarding

Contact [Julian](#) (details above) or visit [www.sheffield.anglican.org/support/safeguarding](http://www.sheffield.anglican.org/support/safeguarding).

In the unlikely event of an out of hours emergency, contact <https://thirtyoneeight.org/> on 0303 003 11 11.

## Recognition of Spiritual Accompaniment

The [Diocese of Sheffield](#) provides infrastructure and support for [Spiritual Accompaniment](#). The [Bishop's Adviser on Spirituality](#) is under the oversight of the Resourcing Mission and Ministry Team.

## Leadership structure

The Wardens' Team oversees Spiritual Accompaniment. Working alongside, the Engagement Team seeks to diversify our provision and take-up. Other teams are:

- The Referrals Team
- Supervision Team
- Spiritual Growth and Transformation Team
- Art of Spiritual Accompaniment Team.

If you would be interested in exploring serving on one of these, please email [Julian](#) (details opposite).

## The referral process

Those seeking accompaniment are invited to email [Suzanna](#) in the first instance. Suzanna forwards their details to a member of the Referrals Team who arranges a conversation with the enquirer. This usually results in the enquirer receiving details of two or three prospective accompaniers whom they may contact at their discretion.

We will soon only refer to accompaniers whose safeguarding training is current (see paragraph 0 above).

## Good practice guidelines

To ensure that both you and those you accompany are safe, everyone involved in providing accompaniment is expected to follow our Twelve Guidelines which include: (a) keeping their safeguarding training up to date, (b) receiving regular supervision, and (c) receiving regular accompaniment.

You will find the Guidelines near the bottom of the [Spiritual Accompaniment webpage](#).

## Safeguarding

Safeguarding is at the heart of our Christian faith, and we are committed to offering a safer environment for all. For further details or advice, please visit [www.sheffield.anglican.org/support/safeguarding](http://www.sheffield.anglican.org/support/safeguarding). You are required to undertake the Basic, Foundation, and Domestic Abuse courses (or other denominational equivalents).

To make sure your training is up to date, please visit <https://safeguardingtraining.cofeportal.org/>.

## Supervision of Spiritual Accompaniment

Supervision provides an opportunity to:

- Share your practice in a confidential setting with a trained supervisor, or in a group led by a supervisor, or in a peer group
- Explore feelings that may have arisen in you as you sit with your accompanees
- Celebrate the joys of accompanying others

You are required to receive regular supervision.