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Support, time and recovery worker

A support, time and recovery (STR) worker helps adults and young people with mental health problems or a learning disability. By offering practical support and advice, they are improving people's lives across the local community.

Working life

STR workers provide support and give time to the service user to help their recovery.

female-support-time-recovery-worker-with-patient

You'll help people manage a variety of issues affecting their ability to live their lives such as:

- homelessness
- substance misuse (alcohol and drugs)
- social exclusion
- challenging behaviour
- unemployment
- basic skills

You'll help them by:

Apprenticeships logo

- undestanding what they need and building relationships
- planning a programme of support
- working with their families and friends
- referring them to other agencies that can help
- recording information and updating records.

Where will I work?

You may be based in mental health units, probation service offices, clinics, courts, hospitals or police headquarters. Wherever they are based, STR workers spend a lot of time visiting people in their homes.

Who will I work with?

As well as working with people in the local community, you may work with <u>mental health</u> <u>nurses</u> [1], <u>psychiatrists</u> [2] and <u>social workers</u> [3]. You will also work with other agencies such as housing, police, training providers and accommodation providers.

Entry requirements

There are no set entry requirements to become a support, time and recovery worker. However, employers ask for a qualification in healthcare and/or relevant experience.

Employers often want to see that you have experience of mental health services. This could be from working with young people or adults with mental health issues, either paid or voluntary. Your experience could also be from your personal circumstances - looking after someone with mental health issues or dealing with your own mental health issues.

Employers also expect good literacy and numeracy. They may ask for GCSEs or equivalent.

Provides practical support to adults and young people who have mental health issues or a learning disability and who have been arrested.

Skills and personal characteristics needed

STR workers need to be:

- willing to work with people with challenging behaviour
- able to motivate people to make changes in their lives
- accepting of other peoples lifestyles
- understanding of people with mental health issues
- flexible and adaptable to deal with unpredictable situations
- resilient
- calm in stressful situations

You'll also need

- very good communication skills, including listening
- accurate report-writing skills
- practical skills for everyday living
- problem-solving skills

Training and development

As an STR worker, you will go through an induction programme. You will have ongoing training to keep your skills and knowledge up to date.

You may work towards a qualification in mental health at level 2 or 3. This may be via an apprenticeship.

• Pay and conditions

Support, time and recovery workers working in the NHS are paid on the <u>Agenda for</u> <u>Change (AfC)</u> [4]pay system. You would typically start on <u>AfC</u> [5] band 3. With further training and experience, you could apply for more senior positions at bands 4 and above.

STR workers work standard hours of around 37.5 a week. They often work shifts, which could involve nights, early starts, evenings and weekends.

Terms and conditions will usually be different for STR workers working outside of the NHS.

Where the role can lead

You could apply to train as an <u>assistant practitioner</u> [6] or with necessary qualifications, as a <u>mental health nurse</u> [1] or for a career in the <u>psychological therapies</u> [7].

Job market and vacancies

If you're applying for a role either directly in the NHS or in an organisation that provides NHS services, you'll be asked to show how you think the NHS values apply in your everyday work. Find out more about NHS values [8].

Most NHS trusts advertise their vacancies on <u>NHS Jobs</u> [9]. You can find some of the current vacancies below.

Find a vacancy

Enter your location or postcode

Show results within

Search

Support Time Recovery Worker

Dover, CT162AH Salary: £24625.00 to £25674.00 Type: Permanent Employer: Kent & Medway NHS & Social Care Partnership Trust Apply now on NHS Jobs for Support Time Recovery Worker job (opens in a new window) [10]

Home Treatment Support Time Recovery Worker

Dorchester, DT2 9TB

Salary:

£24625.00 to £25674.00

Type:

Permanent Employer:

Dorset HealthCare University NHS Foundation Trust <u>Apply now on NHS Jobs for Home Treatment Support Time Recovery Worker job</u> (opens in a new window) [11]

• Theatre Practitioner / ODP in Recovery

Eastleigh, SO53 2DW

Salary:

Negotiable

Type:

Permanent

Employer: Nuffield Health <u>Apply now on NHS Jobs for Theatre Practitioner / ODP in Recovery job (opens in a</u> new window) [12]

• Relational Recovery Support Worker

Yeovil, BA20 2BN Salary: £26530.00 to £29114.00 Type: Permanent Employer: Somerset NHS Foundation Trust Apply now on NHS Jobs for Relational Recovery Support Worker job (opens in a <u>new window)</u> [13]

• Anaesthetics and Recovery Team Leader (AGH)

Redditch, B98 7UB Salary: £37338.00 to £44962.00 Type: Permanent Employer: Worcestershire Acute Hospitals NHS Trust Apply now on NHS Jobs for Anaesthetics and Recovery Team Leader (AGH) job (opens in a new window) [14]

Deputy Ward Manager - Rehabilitation and Recovery Unit

Shrewsbury, SY3 8XQ
Salary:
£37338.00 to £44962.00
Туре:
Permanent
Employer:
Shropshire Community Health NHS Trust
Apply now on NHS Jobs for Deputy Ward Manager - Rehabilitation and Recovery
Unit job (opens in a new window) [15]

• Band 4 Medical Secretary - Steps to Recovery

Birmingham, B10 9JH Salary: £26530.00 to £29114.00 Type: Fixed-Term Employer: Birmingham and Solihull Mental Health NHS Foundation Trust Apply now on NHS Jobs for Band 4 Medical Secretary - Steps to Recovery job (opens in a new window) [16]

• ODP/Theatre Practitioner - Anaesthetics and Recovery (Bank)

Wolverhampton, WV6 8LE

Salary: Negotiable Type: Bank Employer: Nuffield Health <u>Apply now on NHS Jobs for ODP/Theatre Practitioner - Anaesthetics and Recovery</u> (Bank) job (opens in a new window) [17]

Band 3 Community Support Recovery Worker - Deaf services

Birmingham, B15 2FG

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Birmingham and Solihull Mental Health NHS Foundation Trust Apply now on NHS Jobs for Band 3 Community Support Recovery Worker - Deaf services job (opens in a new window) [18]

• Recovery Worker

Andover, SP10 1BG

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Inclusion

Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [19]

• ODP/Theatre Practitioner - Anaesthetics and Recovery (Bank)

Wolverhampton, WV6 8LE

Salary: Negotiable Type: Bank Employer: Nuffield Health Apply now on NHS Jobs for ODP/Theatre Practitioner - Anaesthetics and Recovery (Bank) job (opens in a new window) [17]

Recovery Worker

Andover, SP10 1BG

Salary: £29970.00 to £36483.00 Type: Permanent Employer: Inclusion Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [19]

• Recovery Worker

Aldershot, GU11 3HU Salary: £29970.00 to £36483.00 Type: Permanent Employer: Inclusion Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [20]

• Recovery Worker

Aylesbury, HP18 0TL Salary: £29970.00 to £36483.00 Type: Fixed-Term Employer: Inclusion Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [21]

• Recovery Worker

Wetherby, LS23 7AZ Salary: £29970.00 to £36483.00 Type: Fixed-Term Employer: Inclusion Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [22]

• Recovery Worker

Leicestershire, LE2 7AJ Salary: £29970.00 to £36483.00 Type: Permanent Employer:

• Recovery Worker

Aylesbury, HP18 0TL Salary: £29970.00 to £36483.00 Type: Permanent Employer: Inclusion Apply now on NHS Jobs for Recovery Worker job (opens in a new window) [24]

Recovery Worker (Days)

Grimsby, DN34 5UX Salary: £21841.00 to £23875.00 Type: Permanent Employer: Care Plus Group Apply now on NHS Jobs for Recovery Worker (Days) job (opens in a new window)

Recovery Worker (Nights)

Grimsby, DN34 5UX Salary: £21841.00 to £23875.00 Type: Permanent Employer: Care Plus Group Apply now on NHS Jobs for Recovery Worker (Nights) job (opens in a new window)

Recovery Worker - Beechwood Ward

Basingstoke, RG24 9RH Salary: £24625.00 to £25674.00 Type: Permanent Employer: Hampshire and Isle of Wight Healthcare NHS Foundation Trust Apply now on NHS Jobs for Recovery Worker - Beechwood Ward job (opens in a <u>new window)</u> [27]

Recovery Worker - Beechwood Ward

Basingstoke, RG24 9RH

Salary:

£24625.00 to £25674.00

Type:

Permanent Employer:

Hampshire and Isle of Wight Healthcare NHS Foundation Trust Apply now on NHS Jobs for Recovery Worker - Beechwood Ward job (opens in a <u>new window)</u> [27]

Specialist Forensic Recovery Worker

Stafford, ST16 3AT

Salary:

£29970.00 to £36483.00

Type:

Fixed-Term

Employer:

Inclusion

Apply now on NHS Jobs for Specialist Forensic Recovery Worker job (opens in a <u>new window)</u> [28]

• Substance Misuse Recovery Worker

Doncaster, DN7 6BW

Salary: £28247.00 to £32346.00 Type: Permanent Employer: Practice Plus Group Apply now on NHS Jobs for Substance Misuse Recovery Worker job (opens in a new window) [29]

• Recovery Worker - Substance Use

Bicester, OX25 1PZ

Salary: £29970.00 to £36483.00 Type: Permanent Employer: Inclusion Apply now on NHS Jobs for Recovery Worker - Substance Use job (opens in a new window) [30]

Recovery Worker (Ref:0035ZB)

Weston-Super-Mare, BS23 1PE

Salary: £23821.00 to £27000.00 Type: Permanent Employer: We Are With You Apply now on NHS Jobs for Recovery Worker (Ref:0035ZB) job (opens in a new window) [31]

Substance Misuse Recovery Worker

Lewes, BN7 1EA Salary: £14.87 to £15.90 Type: Permanent Employer: Practice Plus Group Apply now on NHS Jobs for Substance Misuse Recovery Worker job (opens in a new window) [32]

Recovery Worker Digital Interventions

Winchester, SO23 8UL Salary: £29970.00 to £36483.00 Type: Permanent Employer: Inclusion Apply now on NHS Jobs for Recovery Worker Digital Interventions job (opens in a new window) [33]

• Complex Care Support Worker (Part time Flexible)

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Middlesbrough, TS3 8ET
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Salary:

£15.00 Type: Permanent Employer: Enviva Complex Care <u>Apply now on NHS Jobs for Complex Care Support Worker (Part time Flexible) job</u> (opens in a new window) [34]

• Complex Care Support Worker (Part time Flexible)

Middlesbrough, TS3 8ET Salary: £15.00 Type: Permanent Employer: Enviva Complex Care Apply now on NHS Jobs for Complex Care Support Worker (Part time Flexible) job (opens in a new window) [35]

Recovery Worker - Wandsworth Ref:0036ZD

Wandsworth, SW11 1SW Salary: £27821.00 to £34762.00 Type: Permanent Employer: We Are With You Apply now on NHS Jobs for Recovery Worker - Wandsworth Ref:0036ZD job (opens in a new window) [36]

Recovery Worker - Duty (Ref: 0025ZA)

Shrewsbury, SY1 2AQ Salary: Negotiable Type: Fixed-Term Employer: We Are With You Apply now on NHS Jobs for Recovery Worker - Duty (Ref: 0025ZA) job (opens in a new window) [37]

• Trainee Substance Misuse Recovery Worker

Hull, HU2 8HP

Salary: £24000.00 Type: Permanent Employer: The Alcohol & Drug Service Apply now on NHS Jobs for Trainee Substance Misuse Recovery Worker job (opens in a new window) [38]

• Substance Misuse Recovery Worker - Community team

Doncaster, DN1 2EZ

Salary: £23875.00 to £27603.00 Type: Permanent Employer: The Alcohol & Drug Service Apply now on NHS Jobs for Substance Misuse Recovery Worker - Community team job (opens in a new window) [39]

Recovery Worker - Criminal Justice (Ref: 0014ZA)

Shrewsbury, SY1 2AQ Salary: £23821.00 to £23821.00 Type: Fixed-Term Employer: We Are With You Apply now on NHS Jobs for Recovery Worker - Criminal Justice (Ref: 0014ZA) job (opens in a new window) [40]

• Recovery Worker - Substance Misuse (Ref:0039ZD)

South West London, SW9 8DG Salary: £27821.00 to £35762.00 Type: Permanent Employer: We Are With You Apply now on NHS Jobs for Recovery Worker - Substance Misuse (Ref:0039ZD) job (opens in a new window) [41]

• Recovery Worker - Wandsworth (Borough Based Ref:0038ZD)

South West London, SW11 1SW

Salary: £27821.00 to £35762.00 Type: Permanent Employer: We Are With You Apply now on NHS Jobs for Recovery Worker - Wandsworth (Borough Based Ref:0038ZD) job (opens in a new window) [42]

Social Worker Part-time

Huyton, L36 5SA Salary: £39484.00 Type: Permanent Employer: Elysium Healthcare Apply now on NHS Jobs for Social Worker Part-time job (opens in a new window)

• Social Worker - Part-time

Walton on the Hill, KT20 7RQ Salary: £23800.00 Type: Permanent Employer: Elysium Healthcare Apply now on NHS Jobs for Social Worker - Part-time job (opens in a new window)

Support Worker

Northallerton, DL6 1PT Salary: £12.50 Type: Permanent Employer: Active Care Group

Derby, DE24 8WZ Salary: £27476.80 to £27726.40 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [46]

• Support Worker

East Midlands, S43 3DN Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [47]

Support Worker

Southbourne, BH6 3PX Salary: £26748.80 to £27268.80 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [48]

Support Worker

Derby, DE24 8WZ Salary: £27476.80 to £27726.40 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [49]

Wales, CF47 8UY Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [50]

Support Worker

Long Eaton, NG10 1DS Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [51]

Support Worker

Nottingham, NG8 6QN Salary: £25058.00 Type: Permanent Employer: Elysium Healthcare Apply now on NHS Jobs for Support Worker job (opens in a new window) [52]

• Support Worker

Cullompton, EX15 1EA Salary: £25057.50 Type: Permanent Employer: Elysium Healthcare Apply now on NHS Jobs for Support Worker job (opens in a new window) [53]

Hexham, NE46 1BB Salary: £11.50 to £13.50 Type: Permanent Employer: Active Care Group Apply now on NHS Jobs for Support Worker job (opens in a new window) [54]

Support Worker

South West, BS10 7DP Salary: £13.39 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [55]

Support Worker

Darlington, North East, DL1 5JR

Salary: £26208.00 to £26208.00 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [56]

• Support Worker

Wales, SA19 6DB Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [57]

Maidenhead, SL6 4EP Salary: £23807.45 Type: Permanent Employer: Optalis Limited Apply now on NHS Jobs for Support Worker job (opens in a new window) [58]

Support Worker

Oxford, OX4 4LY

Salary:

£25992.00 to £28163.00

Туре:

Permanent

Employer:

Oxfordshire County Council Apply now on NHS Jobs for Support Worker job (opens in a new window) [59]

• Support Worker

Exeter, EX25AF

Salary:

£24625.00 to £25674.00 Type: Permanent Employer: Devon Partnership NHS Trust Apply now on NHS Jobs for Support Worker job (opens in a new window) [60]

• Support Worker

Keighley, BD20 6NA Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [61]

Bishop Auckland, DL14 7QZ Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [62]

Support Worker

Newcastle upon Tyne, NE46 3LS

Salary: £11.50 to £13.50 Type: Permanent Employer: Active Care Group Apply now on NHS Jobs for Support Worker job (opens in a new window) [63]

Support Worker

Middlesbrough, TS23 2LN Salary: £126.00 Type: Permanent Employer: Active Care Group Apply now on NHS Jobs for Support Worker job (opens in a new window) [64]

Support Worker

Wales, SA19 6DB Salary: £12.60 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [65]

Mansfield, East Midlands, NG21 0HR

Salary: £26208.00 to £26208.00 Type: Permanent Employer: Cygnet Health Care Apply now on NHS Jobs for Support Worker job (opens in a new window) [66]

Further information

• NHS Commissioning - Liaison and Diversion [67]

Other roles that may interest you

- Occupational therapy support worker [68]
- <u>Psychological wellbeing practitioner</u> [69]
- Forensic psychologist [70]
- Knowledge and library services [71]

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Links

[1] https://www.healthcareers.nhs.uk/explore-roles/nursing/mental-health-nurse [2] https://www.healthcareers.nhs.uk/explore-roles/psychiatry [3] https://www.healthcareers.nhs.uk/exploreroles/clinical-support-staff/social-worker [4] https://www.healthcareers.nhs.uk/about/careers-nhs/nhs-payand-benefits/agenda-change-pay-rates [5] https://www.healthcareers.nhs.uk/glossary#AfC [6] https://www.healthcareers.nhs.uk/explore-roles/clinical-support-staff/assistant-practitioner [7] https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies [8] https://www.healthcareers.nhs.uk/about/working-health/nhs-constitution [9] http://www.jobs.nhs.uk/ [10] https://beta.jobs.nhs.uk/candidate/jobadvert/C9380-25-0409[11] https://beta.jobs.nhs.uk/candidate/jobadvert/C9152-25-0409[12] https://beta.jobs.nhs.uk/candidate/jobadvert/E0302-25-0662 [13] https://beta.jobs.nhs.uk/candidate/jobadvert/C9184-25-0820 [14] https://beta.jobs.nhs.uk/candidate/jobadvert/C9365-25-0411 [15] https://beta.jobs.nhs.uk/candidate/jobadvert/C9825-25-0143 [16] https://beta.jobs.nhs.uk/candidate/jobadvert/C9436-25-0377 [17] https://beta.jobs.nhs.uk/candidate/jobadvert/E0302-25-0660 [18] https://beta.jobs.nhs.uk/candidate/jobadvert/C9436-25-0379 [19] https://beta.jobs.nhs.uk/candidate/jobadvert/M9301-25-0085 [20] https://beta.jobs.nhs.uk/candidate/jobadvert/M9301-25-0088 [21] https://beta.jobs.nhs.uk/candidate/jobadvert/M9301-25-0106 [22] https://beta.jobs.nhs.uk/candidate/jobadvert/M9301-25-0092 [23] https://beta.jobs.nhs.uk/candidate/jobadvert/M9301-25-0093 [24]

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