



What Is A Support, Time and Recovery (STR) Worker?

Support, Time and Recovery (STR) Workers form part of the Lancashire Early Intervention Service Team. They work with the case managers providing practical support. STR workers provide you with support and time to promote your recovery.

STR workers work with your needs – helping you achieve the things you want to achieve. They help you to build your confidence and skills so you can do more things independently.

Some of the ways an STR worker may help are:-

- ❖ Help you engage in your hobbies/ leisure interests.
- ❖ Help you access local community facilities – eg gym / library / groups.
- ❖ Help you learn to manage your money and pay bills.
- ❖ Help you develop confidence with domestic tasks and cooking.
- ❖ Help you develop confidence with food shopping.
- ❖ Help you develop confidence in using public transport.
- ❖ Help you manage anxieties about going out and meeting new people.
- ❖ Help you explore options for returning to employment or education – including looking at voluntary and supported work options.
- ❖ Help you set goals and make plans for the future.
- ❖ Help you develop a healthy lifestyle and routine – exercise/ healthy eating.
- ❖ Someone to talk to.

Your case manager may discuss a referral to an STR worker with you. If you feel this may be helpful then you will be introduced to an STR worker.

My STR worker is:

Contact Number:

You and the STR worker will then set goals for what you want to achieve and how often you are going to meet up.

The things I want to work on with the STR Worker are:-

You can learn more about the Lancashire Early Intervention Service by visiting our website:-

www.hope-health-recovery.org.uk

Email: info@hope-health-recovery.org.uk

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