**Home Support Worker**

**28-hour Post**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1** |  |  |  |  |  | 7.15-13.15  4.00-10.00 | 7.15-13.15  4.00-10.00 |
| **Week 2** |  |  | 7.15-13.15  4.00-10.00 | 7.15-13.15  4.00-10.00 | 7.15-13.15  4.00-10.00 |  |  |
| **Week 3** | 7.15-13.15  4.00-10.00 | 7.15-13.15  4.00-10.00 |  |  |  |  |  |

**3 week rolling example rota – Split Shift**

**3 week rolling example rota – Standard Shift**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1** |  | 4.00 – 10.00 | 4.00 – 10.00 | 4.00 – 10.00 |  | 7.15-13.15 | 7.15-13.15 |
| **Week 2** | 7.15-13.15 | 7.15-13.15 |  |  | 4.00 – 10.00 | 4.00 – 10.00 | 4.00 – 10.00 |
| **Week 3** | 4.00-10.00 |  | 7.15-13.15 | 7.15-13.15 | 7.15-13.15 |  |  |