



# International Care Workers:

Displaced Worker Helpline FAQ

We have set out below the answers to the common questions we receive through the Displaced Worker Helpline:

### My sponsorship has ended. How can I find a new sponsor?

It is your responsibility to secure a new sponsor. However, there are various ways that International Recruitment East supports displaced workers who want to find a new sponsor you can find these here: [Help to find a job - International Recruitment East.](#)

### What should I do if my sponsor is not giving me enough hours?

We would recommend that you start searching for a new sponsor. You are at risk of breaching the conditions or stay under your visa if you are not working enough to meet the requirements for sponsored work. There is also the risk that your sponsorship may be cancelled by your sponsor or due to your sponsor's licence being suspended.

### What do I need to do if I have received a curtailment notice?

A curtailment notice is a letter sent by the Home Office to inform you that you have 60 days to apply for a new visa or to leave the UK. This is usually sent when an individual no longer meets the conditions of the visa that has been granted to them. If you receive a curtailment notice, you will qualify as a displaced worker and can find support from International Recruitment East here: [Help to find a job - International Recruitment East](#)

### What should I do if my curtailment notice or visa is coming to an end soon and I have not secured a new sponsor?

You should seek independent legal advice as soon as possible. There may be grounds under which you can apply for an extension of your leave to remain in the UK. However, it is important that you apply for an extension before your curtailment notice or visa has expired to avoid being considered an overstayer.

### What should I do if my visa expires?

If you overstay your curtailment notice or visa, do not extend your permission to remain in the UK and do not leave the UK, you will be deemed to be an overstayer. You will have no legal right to be in the UK, which will severely limit the support available to you and make applying for a new visa more difficult.

In these circumstances, you should seek urgent independent legal advice on the options available in your particular circumstances or contact the Voluntary Returns Service for support in leaving the UK.

## I have been notified that my sponsor's licence has been withdrawn. What does this mean for me?

If your sponsor loses their sponsorship licence, your sponsorship will end automatically. Your sponsor can no longer legally employ you from that point. You will usually be informed that you have 60 days to apply for a new visa, although there is often a delay in this notice being sent to you after your sponsor's licence has been withdrawn. You should seek new sponsorship or another means to stay in the UK legally as soon as possible.

## My sponsorship has been cancelled. Can I still work 20 supplementary hours?

No, if you are no longer sponsored then you lose your right to work the additional 20 supplementary hours for another company. If you start or continue working for another employer without sponsorship, you are at risk of being deemed in breach of your visa conditions, which can make it difficult for you to apply for a new visa.

## Do I have to work for at least 3 months for a company before I can secure new sponsorship?

Provided that you have previously been employed as a care worker or senior care worker you do not. Under the new immigration rules that apply from 22 July 2025, it is only those who are moving from other routes (such as student or graduate visas) that the 3-month rule applies to.

## Can I bring my family to the UK?

Under the Health & Care Worker Visa, you are no longer permitted to bring your family members (known as your dependents) with you from overseas. However, if your dependents joined you in the UK before 11 March 2024, they can remain in the UK as long as one of the following is true:

- you're currently still on a Health and Care Worker visa
- you're extending your Health and Care Worker visa with your current employer
- you're changing to a new job within the same occupation code while on a Health and Care Worker visa

This means that, as long as you are sponsored on the same occupation code as your previous job with a new employer, your dependents retain the right to stay in the UK.