



Sun  
Healthcare

ROCK COURT



Supported living apartments for people with autism and learning disabilities

## YOUR HOME

Rock Court in Mansfield offers 10 supported living apartments for adults with autism or who have learning disabilities. These modern apartments, recently decorated to a high standard, enable people to lead a fulfilling independent life but with the safety of 24 hour support staff and with a friendly community atmosphere.

## LOCATION



Rock Court is located in a quiet residential area with the picturesque River Maun on our doorstep. We are within walking distance of Mansfield town centre in Nottinghamshire, which is great for shopping, leisure and employment opportunities.

Mainline bus and train stations are close by, as is the M1 motorway.

## ACCOMMODATION

### Studio Apartments

We have 6 studios, which are great starter apartments for people who are discovering what it means to be a tenant and learning how to maintain a home.

Located across the ground floor, 1<sup>st</sup> and 2<sup>nd</sup> floors, they include:

- Bath with an overhead shower or a shower cubicle
- Kitchenette
- Space for a bed and furniture
- Access to communal areas and our support staff.



### 1 Bedroom Apartments

Our 4 one bedroom apartments provide a great space for long-term tenancies.

They are situated in a separate block with ground floor or 1<sup>st</sup> floor options.

Each apartment includes:

- Lounge
- Kitchen
- Bathroom
- Bedroom
- Access to communal areas, inside and outside, and our support staff.



## LIVING AT ROCK COURT

Rock Court's supported living apartments empower people to live how they want to live but with the benefits of a ready-made community around them. People can enjoy independent living but still feel secure that there are staff available to support them. Our staff focus on each individual's needs, enabling tenants to integrate socially, develop valuable life skills and make their own choices.



## Communal Hub

We recognise that moving into your own tenancy can be a daunting prospect, so we have designed Rock Court to allow an element of communal living.

Our Hub has a sitting room for catching up, watching tv, taking part in activities or playing games.

There is a shared kitchen where people can make drinks, try some baking or cook meals together, should they wish. We also have a laundry room.

Outside there is a landscaped, enclosed courtyard with seating and room for outdoor activities.

Staff are on-site 24 hours a day providing support appropriate to each individual. There is a staff flat where our team sleep overnight and they can be contacted at all times.

This set-up means that people don't feel isolated and can dip in and out of social activities when they choose.

## OUR TEAM



The Rock Court team is headed up by our manager, Rachel Bradford, who has over 20 years' experience in supported living services and also manages Jubilee Court.

To ensure staff are up-to-date with best practices we have a rolling programme of training and Continuous Professional Development (CPD).

Our staff are selected for their high-level of expertise and, most importantly, for their caring attitudes and enthusiasm to assist people to live happy and independent lives.

## QUALITY ASSURANCE

We don't yet have a CQC rating as this is a new service, however, our other residence for people with autism, Jubilee Court, was rated 'Good' in all areas in 2019.

We also achieved the Autism Accreditation from The National Autistic Society for Jubilee Court and won a 2019 Great British Care Award.



## WORKING IN PARTNERSHIP

To ensure that people's views are heard and acted upon, we have house meetings, a service user forum, communications champions and families share their views too.

Individual choice is central to everything we do at Rock Court, and person-centred support plans form the foundations of learning and development for the people we help. By

means of continuous assessment, outcome-focussed support planning and frequent and regular reviews, we offer a comprehensive package of support which is uniquely tailored to meet the needs of the individual.

Our staff work in partnership with other professionals, including speech and language therapy, psychology and other social and healthcare providers.

## REFERRALS AND ASSESSMENT

If you would like to refer to Rock Court, please get in touch with our manager to discuss your requirements.

## CONTACT

Manager: Rachel Bradford

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Rock Court

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## PERSONAL STORY

Being at Jubilee Court has helped me learn new skills that I am looking forward to using when I move to Rock Court. I have learned to be more independent and more confident.

Sam