



Because we care

Rockfield House

Residential Home in Liverpool



Rockfield House

Rockfield House (ten-bed) and its annexe (four-bed) form a residential home for men and women aged 18-70 with a learning disability and/or associated complex needs and mental health conditions.

Rockfield House offers a spacious and supportive living environment, complete with a dedicated annexe designed to promote semi-independent living. This separate space provides individuals with the opportunity to build the confidence and skills needed to successfully transition into more independent community living.

The focus at Rockfield House is on encouraging independence and personal development. Residents are supported to take ownership of their daily routines, including tasks such as housekeeping, meal planning and preparation, shopping, and budgeting. In addition, individuals are encouraged to pursue educational opportunities, work placements, and social activities, helping them to gain real-world experience and live happy, fulfilling, active lives.

Our goal is to empower each person to grow at their own pace, while providing the right level of support to help them achieve their personal goals.



Anfield, Liverpool



14 bedrooms over two properties



Men and women aged 18 up to 70



Learning disability, autism, mental health, complex needs.



I enjoy going shopping and cooking, and I like volunteering at the local charity shop.

Resident



MHC

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Surrounding area

Rockfield House is situated in Anfield, a vibrant and well-connected area of Liverpool, known for its rich cultural heritage and strong community spirit.

Liverpool Football Club, and Everton Football Club play a prominent role in the city's celebrated football scene. These clubs offer not only thrilling match-day experiences but also a range of community initiatives and inclusive football programmes, providing exciting opportunities for local engagement.

The home is conveniently located within walking distance of a variety of local amenities, including shops, cafes, and places of interest. Well-served by public transport, residents have easy access to Liverpool City Centre via nearby bus routes. For those who enjoy walking, there are accessible footpaths that lead directly into the city.

Liverpool is alive with history, music, and the arts. The city offers an abundance of landmarks and attractions, including The Beatles Story Museum, the Royal Albert Dock, Liverpool Cathedral, and numerous art galleries and museums.

The city also caters to a diverse range of cultures and faiths, with many places of worship and multicultural events fostering inclusivity and community connection. Famous streets like Penny Lane highlight Liverpool's musical legacy, loved by residents and visitors alike.

In addition to cultural and recreational opportunities, the area is supported by excellent healthcare services, including hospitals and local medical centres, ensuring easy access to primary care.

With its welcoming community, strong transport links, and wide variety of things to see and do, the location of Rockfield House provides the perfect balance of comfort, accessibility, and meaningful community involvement.



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What we do

Rockfield House is a residential care service that supports up to 14 men and women aged 18 and over with complex needs.

The home and its annexe (an adjoining house) provide a safe, supportive, and structured environment where individuals can work towards greater independence and a better quality of life. Rockfield House offers highly personalised care plans and risk assessments, tailored to meet the unique needs of each individual. This creates a flexible and responsive approach to care, ensuring residents receive the right support at the right time. Residents have access to psychology and social work on a needs-led basis.

Rockfield House functions as both a step-down service for individuals transitioning from hospital or more intensive settings, and a step-up for those requiring additional support beyond what is available in the community. The home offers 24-hour staffing, with a typical 1:1 support ratio, which can be adjusted according to each person's specific requirements.

The focus at Rockfield House is on maximising wellbeing, autonomy, and independence, while promoting dignity, respect, and choice. Residents are empowered to take an active role in their own lives, make informed decisions, and take positive risks as part of their personal development journey.

Our goal is to provide the care, encouragement, and structure needed to help each individual reach their full potential and lead a life that is meaningful, fulfilling, and self-directed.



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How we do it

At Rockfield House, residents are actively supported and encouraged to take ownership of their daily routines and life skills.

This includes engaging in tasks such as household responsibilities, shopping and budgeting, meal planning and preparation, self-medication (where appropriate), managing personal finances, as well as participating in education, work placements, and social activities.

Residents are empowered to make meaningful decisions about their lives and their home environment, helping them to build confidence, independence, and a strong sense of self-worth and respect. Each person is supported by a dedicated Key Worker along with a personalised activity plan designed to meet their evolving needs and help them achieve their individual goals.

Involvement and inclusion are central to our approach. Residents are encouraged to attend monthly house meetings where they can share ideas, raise concerns, and stay informed about any changes or developments within the home.

The care and support provided at Rockfield House is shaped by a comprehensive pre-admission assessment, which considers not only the individual's needs, wishes, and aspirations, but also input from families, commissioners, and other professionals. This ensures that support is truly person-centred and aligned with the broader objectives of everyone involved in the individual's care.

Our aim is to enable each resident to work towards their personal potential, with tailored support that reflects the key principles of Person-Centred Planning, focusing on what matters most to the individual and empowering them to lead a fulfilling, independent life.

Residents are supported to access a full range of primary healthcare services within the community, including GP visits, dental care, opticians, and other services.

Facilities

- › Ten bedrooms each with ensuite toilet, of which seven also have a shower – main house
- › Walk in shower room and two communal bathrooms – main house
- › Four ensuite bedrooms – annexe
- › Personalisation to rooms welcomed
- › Lounges and quiet area
- › Garden, outdoor seating area, sensory garden and courtyard connecting main house and annexe



Registered Manager

Cath Meenagh, Registered Manager

Cath brings a wealth of knowledge, experience, and compassion to her role. A qualified Learning Disability Nurse since 2010, Cath has been part of the MHC team since the start of her nursing career. She is now working towards her QCF Level 5 in Health & Social Care Management.

Following four years as a Senior Nurse at an MHC independent hospital, Cath transitioned to Rockfield House in Liverpool as Interim Manager in February 2024. Her dedication and leadership were quickly recognised, and she was officially appointed as the Registered Manager in July 2024.

Cath has extensive experience supporting individuals with complex behavioural and communication needs. She is deeply committed to improving outcomes for those in her care through a person-centred approach, ensuring that each individual is valued, respected, and actively involved in shaping their support.

In addition to her managerial role, Cath is a Foundations for Safer Care trainer and an active member of the Restraint Reduction Network, reflecting her dedication to creating safe, supportive environments that prioritise dignity and respect.



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Get in touch

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