

Welcome to HARMONY Lodge



OUR STORY BEGINS HERE!
A HOME FILLED WITH FUN
ACTIVITIES. YOU WILL
FIND MOST AMAZING
EXPERIENCES WITH US.

READ AND FIND OUT
WHY WE ARE CALLED
HARMONY LODGE.

SWEET
HOME
OF
FUN

HARMONY

Lodge

At the heart of Almond Care, Harmony Lodge is more than just a place to live, it's a place where lives grow, friendships form, and every day brings a new opportunity.

The name "Harmony" reflects the spirit of the home. Each person who lives here brings their own personality, interests, and story, and together they create a shared environment built on respect, understanding, and support. No two days are ever quite the same, but there is always a sense of togetherness that makes the lodge feel truly special.

Mornings might begin with the simple routines of daily life—making breakfast, planning the day ahead, or sharing a laugh with staff and housemates. As the day unfolds, individuals are supported to follow their own paths, whether that's developing life skills, enjoying activities, or spending time in the community.

What makes Harmony Lodge unique is the balance it creates: encouraging independence while always being there with the right support when it's needed. Staff and residents work side by side, building confidence, celebrating achievements, big and small, and creating meaningful moments every day.

Over time, Harmony Lodge becomes more than a service, it becomes a home. A place where people feel safe, valued, and understood. A place where everyone's voice matters, and where harmony isn't just a name, but something that is lived and felt each day.

THE HEROES

Harmony lodge is shared by just the three of us, creating a calm and friendly home. Being a small household helps everyone feel comfortable, supported, and able to enjoy both time together and their own independence.

JACK
HARMAN

RHIANA
HUMPHREYS

NATHAN
DUFFEL



POWER GIRL
RHIANA
POWER GIRL

Hi, I'm Rhiana! I'm power girl of the lodge, and I like bringing my own energy to the home. I enjoy spending time with everyone and taking part in different activities. I love being creative, whether it's through art, music, or just making our home a cheerful place. I like helping make the lodge a happy and friendly place for all of us.



THE BOY CALLED Nathan

Hello, I'm Nathan Duffel. Welcome to my page in the newsletter.

I'm someone who really enjoys the simple things that make me feel good and happy. Music is a big part of my life, especially hip hop. I like to listen to it in my free time, and every now and then I enjoy singing along too. One of my favourite moments was performing at our end-of-year party—it was a great experience.

I'm also a big football fan and proudly support Aston Villa. Watching matches and keeping up with how the team is doing is something I really enjoy. It gives me something to look forward to and keeps me excited.

Another thing I love is swimming. On a warm, sunny day, there's nothing better than being in the water. It helps me relax and feel refreshed.

That's a little insight into who I am, Nathan, just being myself and enjoying what I love.



I AM JACK HARMAN

Meet Jack, a man of energy, creativity, and passion.

Jack enjoys staying active and strong, and you'll often find him working out and pushing himself to be his best. Keeping fit is important to him, and it's something he takes real pride in.

But Jack isn't just about strength, he has a creative side too. He loves cooking and enjoys spending time in the kitchen preparing meals. Whether trying something new or making a favourite dish, cooking is one of the ways Jack expresses himself.

Alongside this, Jack also has a talent for painting. He enjoys using colours and creativity to create artwork, giving him another way to relax and show his personality.

Jack brings a great balance of energy and creativity to each day, always finding ways to stay active while also enjoying the things he loves.



LIFE AT THE LODGE

Life at the lodge is full of variety, with a wide range of activities to suit everyone's interests and preferences. We believe it's important for each person to have opportunities to enjoy their time, try new things, and build confidence in a supportive environment.

From creative activities like painting and music, to more active options such as fitness sessions and outdoor walks, there is always something happening. Some days are about relaxing and enjoying quiet time, while others are filled with energy, fun, and shared experiences.

We also encourage involvement in daily living activities, such as cooking and planning meals, helping individuals develop independence and important life skills.

Every activity is person-centred, meaning it is tailored to what each individual enjoys and wants to achieve. This helps create a positive, engaging atmosphere where everyone feels included, valued, and motivated.

At the lodge, no two days are the same, and that's what makes it spec





A vote OF THANKS to our carers

We would like to take a moment to say a heartfelt thank you to all our carers for the incredible work they do every day.

Your kindness, patience, and dedication make a real difference in the lives of everyone at the lodge. You go above and beyond to provide support, encouragement, and care, helping to create a safe, happy, and welcoming environment for all.

From the small, everyday moments to the bigger achievements, your efforts never go unnoticed. You bring positivity, understanding, and compassion into everything you do, and that means so much to both residents and their families.

We truly appreciate your hard work and commitment. Thank you for everything you do—you are valued more than words can express.