

INSIDE HARMONY LOGGE



HARMONY LODGE

OUR BACKSTORY

At Almond Care, Harmony Lodge is a welcoming home where people are encouraged to live fulfilling, independent, and meaningful lives. It is a place where individuality is celebrated, friendships are built, and every day offers new opportunities to learn, grow, and connect.

Life at Harmony Lodge is shaped around the people who live there. Everyone has their own interests, goals, and routines, and our dedicated team works alongside each person to provide the right level of support while promoting confidence and independence. Whether it's learning new life skills, taking part in favourite activities, or spending time in the local community, each day is tailored to individual needs and aspirations.

The home has a warm and positive atmosphere where residents and staff enjoy spending time together, sharing conversations, celebrating achievements, and supporting one another through everyday experiences. It is these simple moments that help create lasting relationships and a genuine sense of belonging.

At Harmony Lodge, success is measured not only by major milestones but also by the small victories that build confidence over time. Every achievement is recognised, every voice is valued, and every individual is encouraged to make choices about their own life.

More than just a residential service, Harmony Lodge is a community where people feel safe, respected, and empowered. It is a place where support and independence go hand in hand, creating an environment where everyone has the opportunity to thrive.



WHO IS ON THE HOUSE?

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



This is Nathan's special spot, where he would like to share a little about himself.

Nathan has a real passion for music, especially hip hop. In his free time, he enjoys listening to his favourite songs, and every now and then he likes to sing too. Many people will remember his confident performance at our end-of-year party, where he happily shared his love of music with everyone.

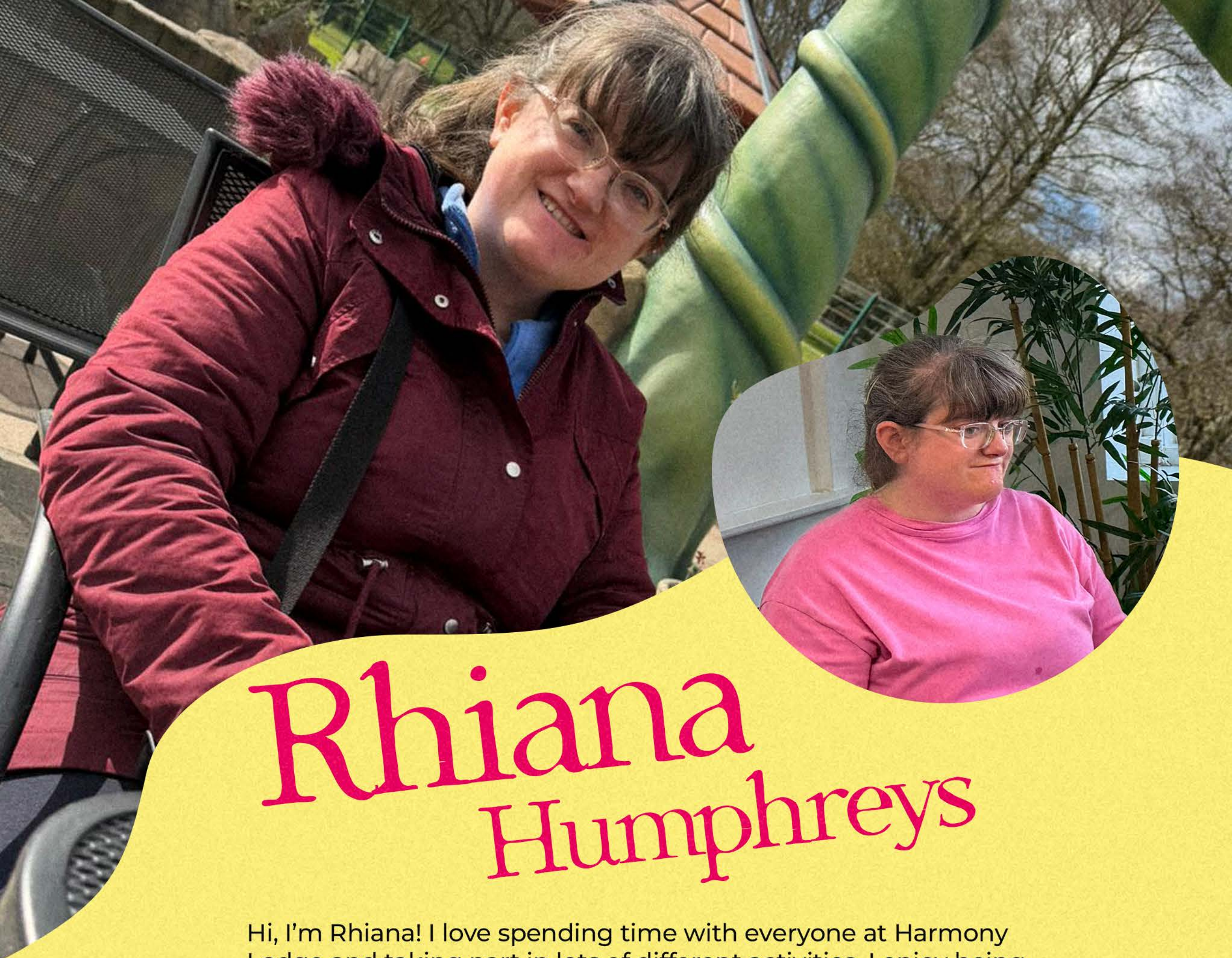
When the weather is warm, Nathan enjoys going swimming. Being in the water on a hot, sunny day helps him feel relaxed, refreshed, and ready to enjoy the rest of his day.

Nathan also enjoys being part of the team at Harmony Lodge. Spending time with everyone brings him happiness and gives him something exciting to look forward to each day. His positive attitude and love of music make him a valued member of our community.



NATHAN DUFFE





Rhiana Humphreys

Hi, I'm Rhiana! I love spending time with everyone at Harmony Lodge and taking part in lots of different activities. I enjoy being creative, especially through art and music, and I like helping to make our home a bright, welcoming, and happy place.

I always enjoy sharing laughs, joining in with activities, and bringing positive energy wherever I go. Whether we're celebrating special occasions, getting creative, or simply spending time together, I love making memories with my friends and the staff.

Harmony Lodge feels like home to me, and I'm happy to be part of such a caring and supportive community. Every day is a chance to have fun, learn something new, and make someone smile.



JACK HARMAN

Hi, I'm Jack! I enjoy staying active and making the most of every day. Going to the gym is one of my favourite activities because it helps me stay fit, healthy, and full of energy.

I also enjoy cooking and trying new recipes. I like preparing tasty meals and sharing them with the people around me. Whether I'm working out, cooking, or spending time with everyone at Harmony Lodge, I enjoy keeping busy and having fun.

I'm always happy to join in with activities, spend time with my friends, and make each day a positive one. I believe that staying active, trying new things, and sharing good moments with others makes life even more enjoyable.



Call Me CHLOE



Hi, I'm Chloe! I'm a calm, happy, and independent person who enjoys making the most of every day. I like spending time doing the things I enjoy, especially dancing. It's a great way for me to express myself, stay active, and have fun.

One of my favourite things at Harmony Lodge is spending time with our two cats. I love being around them, giving them attention, and watching their different personalities. They always brighten my day and make the lodge feel even more like home.

I enjoy the friendly atmosphere at Harmony Lodge and like having the freedom to be myself while taking part in activities that make me happy. Whether I'm dancing, relaxing with the cats, or spending time with everyone, I enjoy each day and the wonderful people around me.

ACTIVITIES *OUTSIDE* THE HOUSE



Bowling Fun at Harmony Lodge

Bowling is one of our favourite activities at Harmony Lodge. It's a great way to stay active, enjoy friendly competition, and spend quality time together.

Whether we're celebrating a strike or cheering each other on, every trip is filled with laughter, teamwork, and fun. Bowling helps build confidence, encourages social interaction, and

A Day Out at Canary Wharf

A visit to Canary Wharf is always an enjoyable day out for the people we support. From exploring the beautiful surroundings to visiting the shops and cafés, there is always something to see and do.

These trips encourage independence, build confidence in the community, and provide opportunities to relax, socialise, and create happy memories together.



Window Shopping Adventures

Window shopping is a fun way for us to spend time together while exploring the local community. We enjoy looking around different shops, discovering new products, and chatting about our favourite items.

These outings encourage independence, provide gentle exercise, and give everyone the chance to enjoy a relaxed day out with friends.