



Sahara Lodge
Forest Gate, London



Sahara Care
Pathways to Positive Outcomes

Sahara Lodge provides residential care with 24-hour staffing for eight adults with learning disabilities in a two-storey home and adjoining, one-bedroom basement flat.

The Sahara Lodge approach

We work with service users to identify goals and areas for development, putting in place a personalised support plan designed to help them progress and achieve positive outcomes.

Service users are at the heart of the running of the home and activities provided and are invited to take part in monthly meetings where we share information, discuss issues about Sahara Lodge and life there and make decisions about the running of the home. Service users are also supported to access the community and develop social networks outside the home.



Inside Sahara Lodge

The main house has four ground floor bedrooms and a shower room, all with wheelchair access. The first floor has four bedrooms, a shower room and a bathroom. Rooms are fully furnished and service users are encouraged to decorate and personalise their rooms as they wish.

The spacious lounge/dining room is ideal for shared meals, social gatherings or relaxing while watching the flat screen TV. The room leads onto the landscaped garden, where we hold summer barbeques and has a large trampoline for more active service users. Sahara Lodge is home to cats, a rabbit, goldfish and even terrapins.



We have a fully equipped kitchen, where we prepare a choice of nutritious meals and service users are supported to cook their own meals. As part of this policy of empowerment, service users are supported to use our laundry room to do their own washing.

The neighbouring flat is designed for someone who may wish to lead a more independent lifestyle or is preparing to move out of residential care – or who prefers spending more time on their own – while providing easy access to company and activities at the main house. It has a fully furnished bedroom, bathroom, living area, kitchen, laundry facilities and its own landscaped garden, making it ideal for someone who enjoys gardening.



About our community

East Ham Tube station provides excellent transport links, making it easy for family and friends to visit and for service users to take part in activities in surrounding areas and maintain relationships away from the home.

We are a two-minute walk from Forest Gate, which has a train station, library, churches, shops, doctor's surgery, and a college. Stratford centre, which has a cinema, theatre, pubs, a wider choice of shops and further transport links, is a five-minute bus journey away.





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