



Press Release

Immediate Release

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Cygnet Social Care's Kirkside House and Lodge Champions Inclusion

A care service in Leeds, which supports adults with learning disabilities, recently stepped up for a day of fitness and fun.

Located on Spen Lane in Kirkstall, [Kirkside House and Lodge](#) is a specialist residential service for adults with learning disabilities and associated complex needs.

The Cygnet Social Care service embodied the spirit of unity and integration after hosting its annual sports day on 31 July.

The event was thoughtfully themed as 'Every Step Counts' and was organised by staff, with inclusion at the heart of the event.

"From the very first whistle to the final cheer, our sports day was bursting with laughter, determination and unforgettable moments," explained Emmanuel Ekhibirobo, Support Worker at Kirkside House and Lodge.

"The encouragement from both residents and staff made every achievement feel like winning gold."

Whether it was lacing up their trainers to take part in the sack race, showing off their balancing abilities for the egg and spoon race or scoring strikes in bowling, everyone at the Cygnet Social Care service got into the spirit of the games.

Emmanuel continued: "The theme 'Every Step Counts' couldn't have been more perfect. Every hop, throw, laugh and high-five was a reminder that it's not about coming first – it's about having fun, believing in yourself and celebrating each other."