



North Yorkshire Sport.

2023 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS

01 June- 14 July 2023



The Challenge- Host Your Own Olympic Style Event, and Get Those in Your Care Active and Moving. Compete Against Fellow Providers to Be Our 2023 Olympic Champions!

Our 2023 Olympic Challengers



Older Adults Category

Abbey Lea Care Home Selby	Silver Birches Going for Gold Filey
Hambleton Heroes Thirsk	The Tudor Titans Selby
Riccall House Warriors Selby	5 Whitby Road Pickering
Carentan House Selby	

Younger Adults and LD Category

Sherbutt Dip Dabs Pocklington
The Botton Community Whitby

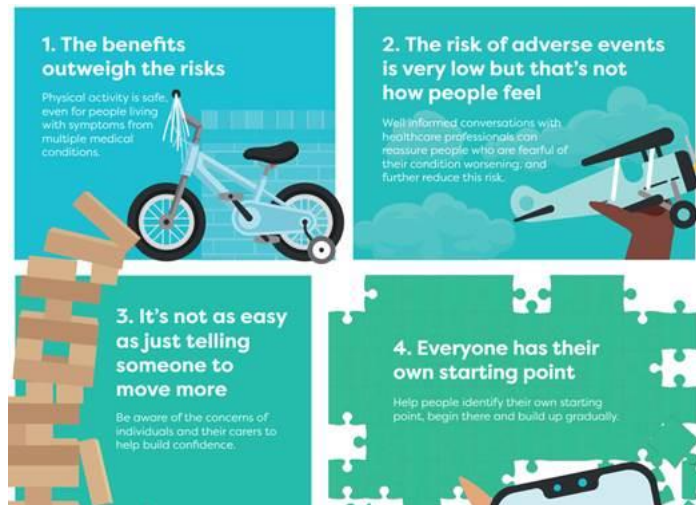
Will You Join Our Contenders for the 2023 Olympic Crown?

The North Yorkshire and York Care Provider Olympics is back this summer, and is your chance to get those in your up and moving to promote the health benefits of physical activity while competing against fellow providers for to be our 2023 Olympic Champions! Nine providers have already signed up to take up our challenge including reigning younger adult and LD champions Sherbutt House, and 2022 Top 3 finishers Abbey Lea and The Botton

Community. Will you be joining them this summer? All you need to do is complete and return our [registration form](#). Remember you have to be in it to win it.

The challenge is simple. Host your Olympic style event on a day of your choosing between **01 June** and **14 July** filled full of as many different activities you like personalised to the needs of those in your care- make them as creative as possible! But like last year we have suggested a series of "Medal Events" that you can compete and submit your scores to compete against fellow providers on our medal table. By coming together through this event we can help those in our care stay active and fight deconditioning, and to celebrate and share ideas between settings to create a lasting legacy of physical activity.

Each week through this bulletin we will share all the updates for our competition as well as resources, ideas and tips to you can use to support physical activity in your setting. This time we look at the health benefits of getting moving, and how we can personalise activities to the different abilities and interests of those in our settings.



Remember- It's Safer for People with Long-Term Conditions to be Physically Active

Do you worry that encouraging those in your settings to be active can cause a risk of harm? If managed correctly, the benefits of activity far outweigh any risks. This [resource](#) from Moving Medicines provides usual guidance on how to approach activity for those with long term conditions by supporting informed conversations with health and care professionals where

appropriate, and taking into account of individual abilities and concerns to use movement to increase confidence. By tailoring to functional and cognitive ability activity for example we can reduce the risk of falls and build strength. Symptoms such as musculoskeletal pain, fatigue and breathlessness are normal after activity- but the resources guides you on when this might be a concern, and medical review may be needed.



Let's Make a Start: Tips to Improve Your Activity Levels

Humber and North Yorkshire Health and Care Partnership have launched the new "Let's Get Better" Website where you can find all the information you need to help live a more healthy and active life whilst learning about the health services in your area.

A recent [article](#) by Beatrice Hunt shows how for all ages, there are some easy steps we can take to incorporate more movement into our day with some great principles that can be translated into our care settings and for staff.

- The best exercise for an individual is something we enjoy!
- Physical activity doesn't need to be structured. It could be a walk around you care setting, or taking part in communal activities like gardening. Aim to reduce time sitting still.
- Exercise can be a great opportunity to socialise with fellow residents or staff in your setting, or equally a chance to be by yourself.
- Start small and don't try to change multiple things at once
- Set SMART goals



Next Time: Physical Activity in Learning Disability Settings

Data currently shows that individuals with a learning disability are less likely to be physical active than other population groups. However for those with LD, taking part in activity has been shown to have a number of benefits for both their physical health and psychological wellbeing. We know we have some fantastic teams and activities coordinators working across this sector- How are you supporting those in your care get moving? Let's share ideas and celebrate the work to support access physical activity for all.



Register Your Place and Join the Fun

To register to take part in the fun all you need to do is complete our registration form and return to sam.varo@nhs.net. This can be found in our 2023 competitors guide below, which is crammed full of ideas on how to fill you event. Don't miss your chance to join the fun and get staff and residents moving! Further information including highlights from our 2022 competition can be found through [our website](#).

