

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!**



And We're Go For 2023!

We're excited to launch our 2023 competition which kicks off today and runs all the way through to Friday 14 July. Over the coming weeks providers from across their area will be hosting their own Olympic style events to get those in their care active and moving, raise awareness of the importance of physical activity, and to compete for our overall Olympic title. We will keep you updated with the progress of all our competing teams and share lots of great ideas and best practice that you can try in your setting.

To all our competing teams our message is- Be as creative as possible, think how you can get everybody moving regardless of ability, share what you get up to and most of all have fun!

Abbey Lea our 3rd placed home in Older Adults from last year have sent us the above photo of staff member Nancy compiling a list of residents ideas to get moving this summer. The home mean business this year and are keen to add to their trophy cabinet!

We've got 26 providers already signed up and taking part this summer, with William Wilberforce "A Team" and Sherbutt Lemons from Pocklington, Copperclay Mews in Easingwold, Rawcliffe Rockets and Mossdale Marvels from York, Hilltop Hurricanes from Sherburn in Elmet, and Team Larpool Lane from Whitby the latest to join our competition. **However it's definitely not too late to join in the fun- all you need to do is complete and return our [registration form](#).**

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 "The Pikes Warriors" (Pickering)
Carentan House (Selby)	New Lodge "Best Bar None" (York)
Osborne House (Selby)	Kirkwood Hall (Leyburn)
Sycamore Hall (Bainbridge)	Firth House (Selby)
Apple Tree Care Home "The Granny Smiths" (York)	Fulford Foxes (York)
William Wilberforce "The A Team" (Pocklington)	Team Larpool Lane (Whitby)
Rawcliffe Rockets (York)	Hilltop Hurricanes (Sherburn in Elmet)
Mossdale Marvels (York)	
Younger Adults and LD Category	
Sherbutt House Dip Dabs (Pocklington)	The Botton Community (Whitby)
The Gravers "Amitola Warriors" (York)	United Response "Speedster Union" (York)
Cauwood Crusaders (Malton)	Copperclay Mews (Easingwold)
"Sherbutt Lemons" Home Care (Pocklington)	

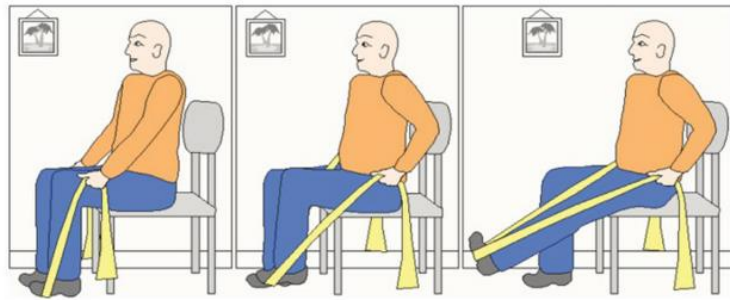


Physical Activity and Falls Prevention- Setting the Scene

This weeks bulletin focuses on how by keeping active and building confidence in movement, we can help prevent falls for those in our care. Did you know that 30% of people aged over 65, and half of those over 80 are at risk of falling at least once a year? As well as injuries, people who fall can suffer a loss of confidence and fear of falling again, loss of mobility, an increase in dependency, hypothermia, pressure-related injuries and infection.

As well as previous guidance around 150 minutes of moderate intensity activity, the 2019 guidance from the Chief Medical Officer for England included for the first time, the recommendation that older people include strength based exercise in to their weekly routines (on at least 2 days per week.) This is to help keep muscles, bones and joints strong – all essential in supporting an older person’s ability to cope with a fall. A great pectoral summary of the national guidance on physical activity can be found through this [link](#).

Exercise and activity comes in many forms, but most importantly. **Some activity is better than none!** Whether ‘targets’ are met or not, reducing sedentary behaviour and moving more has positive health benefits. The benefits of activity always outweigh the risks. All those in our care have their own starting points, and having those person centred conversations are essential to tailoring activity to different abilities and preferences.



Building Strength Through Chair Based Exercises

North Yorkshire Sport have shared a great [resource](#) around chair-based exercises that you can use in your setting to improve strength, flexibility and stamina. These are broken down into warm up exercises and main exercises, targeted at the shoulders, ankles, spin, upper and lower back, arms and thighs.

**WE ARE
UNDEFEATABLE**

Make Your Movement Count

There are also a great range of resources and videos available through the national "[We Are Undeatable](#)" campaign. When you're managing a health condition, being active is about finding what works for you. This can include ways to move that many people don't realise count. The sites provides ideas on how to move that might suit you depending on how you're feeling, where or how you like to move, and more.



What Else Can You Do?

As always would love to hear what you are doing in your setting, big or small to keep those in your care active and moving. What do you find works for you- and would like to share with fellow providers in our area.

We know Physical activity is just one element of preventing falls in settings, and understanding physical health, environment and equipment, and communication and understanding are all vital. Remember the React to Falls Prevention package remains available to support you in preventing falls and is [available through the ICB](#), and through a [free to download app](#).

North Yorkshire Sport.

Want to Know More About Local Opportunities to Get Active in Your Area, or Need Some Support with Your Event?

We're excited to be working with [North Yorkshire Sport](#) as part of this year's competition, who work across North Yorkshire and York to promote participation in Sport & Active Recreation for all those in our region. They have a wide range of information and resources available through their website on opportunities to get active near you. Would you like to learn more about what opportunities may be open to your providers, as well as further support and development opportunities around physical activity for your team to assist the support you are able to provide to those in your care? For further information please contact Simon Pierce by emailing: simon@northyorkshiresport.co.uk. He is happy to get involved at your event for those provides taking part in the competition



How to Register Your Provider, and Keep up to Date with Our 2023 Competition

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](#).

This years closing ceremony and awards presentation will take place on **Thursday 27 July 3.00-4.00** where we will be announcing our 2023 champions. Keep your eyes peeled for joining details!