

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!**



Let's Get North Yorkshire and York Moving Together

It's now Week 2 of our Olympic Challenge, and teams from across North Yorkshire and York are well underway with planning and hosting some incredible events jam packed full of amazing ideas to get staff and residents moving. The mission is simple, to promote physical activity for those in our care, support reconditioning, sharing best practice and having fun competing against fellow providers!

We've now up to a fantastic 29 providers joining in the fun and promoting physical activity for all this summer- With Harrogate Home Support, and Rambla Nursing Home and St Bernadettes "St Bee" Nursing Home both from

Scarborough the latest to join the competition. For those that have hosted their event don't forget to send us your pictures so we can share what you have been up to. In this week's bulletin are some photos from our first event of the competition, as well as a reminder about keeping safe and hydrated in the current warm weather.

However it's definitely not too late to join in the fun- all you need to do is complete and return our [registration form](#).

Meet Our 2023 Olympic Contenders!

| 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) | Rambla Nursing Home (Scarborough) |
| St Bernadettes "St Bee" Nursing Home (Scarborough) | |
| 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) | Harrogate Home Support (Harrogate) |

Hambleton Heroes in Action!

Hambleton Grange in Thirsk are our first team to have taken up the challenge, and threw themselves into the Olympic spirit by creating a range of their own activities for both residents as well as staff with over 60 people taking part in this event. Their valiant Olympians, cycled, threw bean bags, walked a marathon, tossed the hammer, played tennis and played the zip ball in pairs. One marathon walking resident wore a pedometer throughout the day and walked an incredible 6km around the home! Meanwhile staff took part in a balance board challenge designed to enhance core strength. All received medals and certificates and fun afternoon was had by all. Congratulations to all the team for hosting a fantastic event.



Think Drink- Remember Keep Hydrated This Summer

Remembering to keep hydrated is especially important for those taking part in physical activity and during the present warm weather. Did you know it's recommended that adults drink at least 1500ml of fluid every day which is equivalent to 6-8 glasses? All fluids except alcohol count, this could be water, tea, milk, juice, even high liquids foods like ice lollies...every little helps towards optimal hydration for those in our care. **Remember to follow heatwave guidance around hydration, avoiding extreme exertion and staying out of the sun at the warmest times.**

For those taking part in the competition this is a great opportunity to think about how you give your Olympic athletes plenty of opportunity to keep hydrated and access drinks of their preference. Get as creative as you can, and there are some brilliant ideas from providers that were shared as part of International Nutrition and Hydration Week 2023 available through our [website](#) with everything from delicious mocktail recipes to amazing hydration stations.

Do you need support around hydration in your setting? Our Improving Hydration Quality Improvement Programme remains available. For further information please follow this [link](#).

How to
improve your wellbeing
through physical activity
and sport



How to Improve Your Wellbeing Through Physical Activity and Sport

We know that increased levels of physical activity can benefit your body and your mind. People with mental health problems can be at a higher risk of developing serious physical health issues, meaning that increased levels of physical activity is very important if you have a mental health problem.

MIND have pulled together a resource discussing the health benefits of activity, and how we can incorporate it into our lifestyles. Did you know there are links between exercise and.

- Reduced anxiety and happier moods.
- Reduced feelings of stress
- Clearer thinking
- A greater sense of calm
- Increased self-esteem
- Reduced risk of depression



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 your 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!