



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 Olympic Competition is Heating Up- Don't Miss Your Chance to Challenge for the Trophy

We're now midway through our Olympic Challenge where providers from across North Yorkshire and York are take the opportunity to get up and moving, showcasing the amazing creativity of our care and activity teams, sharing ideas and best practice and competing for our 2023 Olympic trophies! A fantastic 33 providers from across the area are now joining in the fun this summer, with reigning champions The Orchards from Northallerton, Westwood Winners and MENCAP 2 Abor Close the latest to take up the challenge- **Will you add your provider to the list? To get registered all you need to do is complete and return our [registration form](#).**

The scores and photos are coming in thick and fast- with the highlights from a pair of amazing events at Gladstone House, Marina Lodge, Silver Birches and Rawcliffe Manor in featured this week's bulletin as well as some great opportunities to get moving in your local area.

Meet Our 2023 Olympic Contenders!

Older Adults Category	
Abbey Lea Care Home (Selby)	The Tudor Titans (Selby)
Hambleton Heroes (Thirsk)	5 Whitby Road "The Pikes Warriors" (Pickering)
Carentan House (Selby)	Silver Birches Going for Gold (Filey)
New Lodge "Best Bar None" (York)	Osborne House (Selby)
Kirkwood Hall (Leyburn)	Sycamore Hall (Bainbridge)
Firth House (Selby)	Apple Tree House "The Granny Smiths" (York)
William Wilberforce "The A Team" (Pocklington)	Team Larpool Lane (Whitby)
Rawcliffe Manor Rockets (York)	Hilltop Hurricanes (Sherburn in Elmet)
The Mossdale Marvels (York)	Rambla Nursing Home (Scarborough)
St Bernadettes "St B" (Scarborough)	Westwood Winners (Selby)
Marina Lodge (Scarborough)	Gladstone House (Scarborough)
The Orchards (Northallerton)	
Younger Adults and LD Category	
Sherbutt Dib Dabs and Lemons (Pocklington)	Botton Community (Whitby)
United Response "Speedster Union" (York)	The Gravers "Amitola Warriors" (York)
Cauwood Crusaders (Malton)	Copperclay Mews (Easingwold)
Harrogate Home Support (Harrogate)	MENCAP 2 Abor Close (York)

Getting Active and Keeping Hydrated with Rawcliffe Rockets



Rawcliffe Manor in York held an amazing Rawcliffe Rockets Day to take part in our Olympic Challenge- With the team putting together a range of creative events including an egg and spoon race, 3-legged race, quoits, slip a disc-us and even well wanging! A brilliant time was had by all, and team demonstrated some fantastic ideas as part of their hydration station to keep their Olympians well hydrated. This included berry frozen yoghurt that they made the day before, ice pops, fresh fruit platter and a summer fruits juice fountain!

A big shout out to the carers Fiona, Claire, Janice, Allyson Kirsty and Kerry for supporting the event, and activity coordinators Catherine and Jen for planning a fantastic day to support physical activity and wellbeing for those in their care.



Silver Birches Going for Gold!

Also rising to our Olympic challenge were the valiant team and residents at Silver Birches in Filey who got active and moving in an action-packed day. The day started with warm up exercises followed by a pairs throwing challenge which got very competitive! This was followed by a brilliant wheelchair egg and spoon race, a staff 5 metre race with resident Winnie joining in the fun, and a walking challenge. There was also a hoola hooping challenge with staff member Danny crowned champion after managing an impressive 20 second. Well done to all that took part in a fantastic day.



Gladstone and Marina: On the Move Together

Sister homes Gladstone House and Marina Lodge in Scarborough have also been getting into the Olympic spirit, and teams from both services took part in a range of activities last week personalised to the choices of those in their

care. Marina have proudly unveiled their brand-new sensory room recently and this was a great opportunity for some of their residents to take part in some soft arm and leg exercises together.



Getting Active Together in Our Communities

There are an amazing range of opportunities to get active across North Yorkshire and York, both for those in our care as well as staff members. Thinking swimming, walking, cycling or dancing- or why not something more unusual, perhaps archery, foot golf, boccia or diving? There is something out there for everybody and a large number of clubs and activity groups who work with care providers, and are able to provide activities accessible to all abilities. Remember there are also notable social and mental health benefits from coming together in groups together.

We would love to hear sportsmen or women you have in your service either as residents or staff members, do you have activity groups you regularly work with in your service, or any residents who have personal stories of taking part in sports when they were younger?

There are a wide range of resources available for you to browse to get ideas including the below.

- [North Yorkshire Sport](#)
- [City of York Council- Sport and Physical Activity](#)
- [North Yorkshire Council- Exercise and Activity Groups](#)
- [Live Well East Riding](#)



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** and an invite has been sent to all competing providers.