

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!



The Finishing Line is in Sight for Our Class of 2023

We're now in the final week of the 2023 North Yorkshire and York Care Provider Olympics, and the scores from our participating providers are coming in thick and fast. The week has been a chance to celebrate the importance of physical activity across our sector, as well as the amazing creativity of our activity teams who have risen to the challenge to get those in their care moving this summer. We've already seen an inspiring cross generation sports days, an Olympic village, fantastic ways of competing our athletes hydrated and events ranging from welly wanging to staff balance challenges, sensory room activities, hoola hooping competitions and much more!

Once you have hosted your event don't forget to share your photos so we can celebrate your achievements with fellow providers, and submit your scores to count towards the medal table to challenge for the overall Olympic title.



Olympic Closing Ceremony

Thursday 27 July 3.00-4.00

We're looking forward to announcing our 2023 champions and celebrating all our teams achievements from this years competition. All our welcome to join us at our upcoming closing ceremony through the joining details below.

[Click here to join the meeting](#)

Meeting ID: 390 706 118 364

Passcode: ErJNpH



Hilltop Hurricanes Soaring to Success!

Our team from Hilltop Manor in Sherburn in Elmet rose to the challenge last week as they hosted an event jam packed full as residents threw themselves into competing in a wide range of different challenges to get active and moving together. The Hurricanes posted so very competitive results in activities including balloon volleyball, paper plate discus and hoopla and we will look forward to seeing where they come in our final medal table!



Inspiring Osborne Olympians

Fresh from their visit to Staynor Hall School, Osborne House hosted their own Olympic event packed full of diverse activities to support all abilities within the home in getting active and fighting deconditioning. This included boxing activities to increase arm strength, and bed-based basketball for nursing residents.

They also shared the inspiring story of resident Bryan who has recently had a significant fall and fractured his collar bone. Members of staff alongside physiotherapy have worked together to encourage and regain Bryans confidence with walking again taking it one step at a time. They set him a personal challenge to walk the corridor to the dining room. Placing a ribbon across the finish line and he rose to the challenge line and walked into the dining room greeted by residents and staff cheering him on. This story demonstrates a profound positive impact on his general health and wellbeing, and highlights the amazing work done by the team as Osborne to support him all the way.



Cauwood On the Move Together

Not to miss out on the fun, Cauwood Day Centre in Malton have been rising to our Olympic challenge and hosted a series of events personalised to the wishes of those in their care. This included competing in any action-packed round of quoits, taking on the shot put and even a round of tiddly wink long jump!

How to 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.