

## 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!**

### **Celebrating Physical Activity This Summer- Time to Crown our Champions**

The North Yorkshire and York Care Provider Olympics has drawn to a close for another year, and would like say a huge thank you to all the providers who have risen to the challenge this year We have been hugely impressed by the amazing creativity you have all demonstrated in your events, which really celebrates the hard work of teams across our area to support access to high quality, personalised and innovative physical activity for those in our care. We know keeping moving makes a huge difference to quality of life and physical and mental wellbeing, and your teams have shared some fantastic ideas and best practice to support access to activity for all regardless of ability. There have been some especially inspiring stories shared this year, showing the meaning and impact that activity can have for our residents.

**We would be grateful if providers who competed you would be happy to complete a brief [5-minute survey](#) to share your experiences of taking part, and to help us shape the competition for next year.**

**We're very much looking forward to announcing our 2023 Olympic Champions at our Celebration Event Thursday 27 July 3.00-4.00 via [Microsoft Teams](#) to which all are welcome to attend.**



## **Rain Doesn't Stop Play with United Response**

United Response held their fantastic multi-service sports day in Rowntree Park, which brought together over 50 people from across their York service! Despite the weather, the team showed incredible perseverance to keep going and holding day full of activity that really showcases the importance of physical activity for individual with learning disabilities, and the amazing work done by support work teams across our area to help support person centred activity and movement for all. The team scored some great results in our throwing challenges, as well as testing a new beat the support worker in goal challenge! Well done to the whole team for keeping going and for coordinating another fantastic day of activity.



## **William Wilberforce On the Move!**

Will our trophy be heading back to Pocklington this year? The team at William Wilberforce certainly tried their hardest, with valiant performances by their residents who got active and moving together to challenge for our 2023 title. Staring this year was resident June who won both the hoopla and catch the bean bag event with some fantastic scores, with Trevor triumphing in the most steps challenge and Wendy and Shirley the winners in our balloon volleyball challenge!

A big thank you to all at the home who took part and celebrated movement this summer, and we will look forward to seeing where you come in the final scores.



## St Bernadettes Olympians in Action!

It was an action-packed day at St Bernadettes Nursing Home in Scarborough, who surely must win our award for squeezing the most different activities into their Olympic event! The team combined some of our activities with lots of their own, and really showcased the incredible range of different ways we can promote physical activity for those in our care. This included a staff sack race challenge, an obstacle race, petanque and some smaller games to test dexterity such as darts, dominos and skittles highlighting that all movement big or small has big mental and physical health benefits. The residents all enjoyed working together to taste success in all their challenges. Congratulations to all the team for rising to the challenge and hosting such a fantastic and varied day full of fun.



## Westwood Winners

Staff and residents at Westwood in Selby have proved to be a very competitive bunch this year, and were joined by families in a fantastic day full of activity where everybody involved showed a real winning mentality! The team have recorded some fantastic scores particularly in the balloon volleyball and ball/beanbag catch- and are hoping to challenge for the title this year from some very tough local

competition! It's great to see all at the home smiling and getting moving together, and a big congratulations to all who took part.



## Getting Sporty with Sherbutt

Having taken our Younger Adult and LD Trophy last year, Sherbutt Dib Dabs from Pocklington are back to defend their title for 2023 and hosted a fantastic day full of fun and physical activity. The team showcased the importance of movement for all and recorded some brilliant scores in all the activities, including resident Jan who triumphed in the walking challenge assisted by his 1:1 support worker Terrie. Well done to all the team for organising and taking part in such a fantastic day.



## Tudor Titans on The Move

There was plenty of fun had by all at Tudor House in Selby, who have shared with us some of the highlights from their action-packed day promoting physical activity for all within their setting. The team put together a fantastic set of events to challenge for this years Olympic trophy.



## Will Treetops Top our Medal Table?

Plenty of fun was had at Treetops in Scarborough- where residents and staff thoroughly enjoyed taking part in all our Olympic activities. In fact residents enjoyed taking part so much that they didn't want to take off the medals that were given out! The event went so well that they're planning to host a physical activity fun day once a month going forward as a result. Well done for all the team for organising a fantastic day and keeping their athletes fuelled with a running buffet, and we'll look forward to seeing how you get on in our final scores.



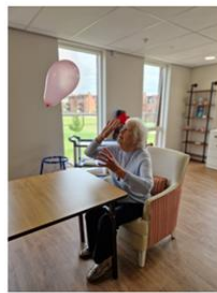
## Kirkwood in Action

Our 2022 runners up Kirkwood Hall in Leyburn came together for another fantastic event filled full of physical activity earlier this month. It was fantastic to see all the tenants of varying abilities taking part to get moving, have fun and support each other. Even those who don't normally join social activities tried their hand to try and get Kirkwood up our medal table- and to see if they could hit registered manager Julia with a ball or two! Well done to all those who took part and showed fantastic determination and stamina. Fresh fruit was available throughout the day and cool juices to keep everyone hydrated and giving them energy to keep going.



## Sycamore on the Move

Monday 3rd July saw high Olympic spirit at Sycamore Hall- where all who took part gave it their all to better the teams 4<sup>th</sup> place achievement from 2022. The day was opened by a visit from an ACP Physiotherapist who have a presentation about why physical activity is important, the benefits, and what can we all do to help ourselves which was well received by all. The rest of the day was filled with fun and laughter between tenants and staff. The staff also enjoyed competing in the events with tenants to see if they could beat some of the tenants scores which everyone found very amusing. The team really excelled in our ping pong blow challenge- where tenants joked about not having 'enough puff' to do this event but when completing this activity they surprised themselves with what they could achieve! All tenants that join in for the event, gave each event a go regardless of their abilities. They also had access to a fantastic hydration station where chilled water and fruit juices were available with an assortment of fresh fruit to keep everyone's energy and enthusiasm going throughout the event.



## New Lodge Getting Moving Together

Also taking part again for 2023 have been the fab team from New Lodge in York, who flew the flag for physical activity with a fantastic day full of fun with the team setting some very competitive scores in events including balloon volleyball, the staff 100M race and paper plate discus to get those in their care moving this summer.



## **Walk on the Wild Side with Riccall House**

The scores are in from Riccall House who had a fantastic idea of taking our most steps by a resident challenge to Doncaster Wildlife Park, showing a great example of how we can combine social visits and activities with physical activity! The team also rose to the challenge and competed in several of our other events. Well done to all the team for getting moving this summer and celebrating movement and activity.



## **Raring to Go with Rambla!**

Also joining in the fun were the team from Rambla in Scarborough who competed in our all activities and will be strong contenders for our 2023 title. The team shared the lovely photo above which really highlights the amazing bonds between residents and staff across our sector, and how staff working closely with those in their care to support movement and activity for all.



## **Fun in the Sun With Harrogate Home Support**

Harrogate Home Support hosted their Olympic event in style last week- with a tropical style fiesta if fun celebrating physical activity. Well done to all the team for rising to the challenge again this year and getting moving together.



## **Getting Physical with Pinfold**

Pinfold Lodge in Scarborough shared this fantastic photo of them taking part in Olympic challenge and getting moving. The team took part just for fun and didn't record scores- but instead took part in some fantastically creative ideas to get residents active, which included a staff sack race, resident volleyball and even a limbo challenge!