

**Nursing
Times
Awards
2023
FINALIST**



NHS
Humber and
North Yorkshire
Integrated Care Board (ICB)



 Humber and North Yorkshire
Health and Care Partnership

North Yorkshire and York Care Provider Olympics

Launching A Physical and Wellbeing Care Intervention for Individuals in Residential Care Settings Across a Sub ICB Footprint

***Initial Learning from Implementation and
Evaluation of Reach and Impact***

Authors:

Sam Varo- Project Assistant for Quality Improvement, York Health and Care Partnership

Sarah Fiori- Head of Quality Improvement, York Health and Care Partnership and Principal Nurse for North Yorkshire Council

Introduction and Context- Physical Activity in Care Settings Post COVID-19 Pandemic

Access to regular physical activity for individuals living in care settings is clinically proven to be important in maximising physical and mental health and wellbeing, supporting independence and promoting dignity. It can help to ensure what can often be the final 1000 days of life (1) are optimised to experience the best quality of life and health possible.

In Spring 2020, care settings were mandated to close to visitors and minimise social contact to only essential interactions to prevent the spread of Covid-19. Restrictions to external visiting continued for 24 months. This had significant impact on the health and wellbeing of individuals who suffered from reduced social interactions with families and loved ones. Despite the tireless work of care teams and activities coordinators, there was a significantly increased risk of deconditioning for those in receipt of care. Care home residents across North Yorkshire and York were unable to leave their home resulting in reduced opportunity for physical activity outside of the care setting. External activities coordinators were often unable to visit to support activity within the home or in the grounds as per national guidance at the time.

Deconditioning is a significant and lasting decline in the physical function of the body including reduced muscle strength and mobility.

The consequences of deconditioning can be severe and can lead to (2):

- Falls
- Pressure Ulcers
- Constipation
- Swallowing Problems
- Incontinence
- Depression and deterioration in mental health
- Increased likelihood of hospital admission/conveyance (3)

Deconditioning was identified as a key area of focus for the North Yorkshire and York Place, Health & Care Partnership, Quality & Nursing Team as older adults and those with learning disabilities within the care sector are at heightened risk of prolonged bed rest, a sedentary lifestyle and deconditioning (4)

This paper describes the introduction of a targeted quality improvement intervention "North Yorkshire and York Care Provider Olympics", implemented to support residents and staff to get up and get moving. It aimed to highlight the importance of physical activity and develop a lasting and collaborative culture of movement across care settings.

This paper will share the methodology used to develop the intervention, an evaluation of the impact and reach to date alongside next steps to use the

programme as annual focus, promoting wellbeing and health creation for those in our care settings.



Break Down of Care Provision Across North Yorkshire and York Footprint Autumn 2022

Background- Integrated Support Across Our Social Care Sector

At the start of our intervention in 2022, Clinical Commissioning Group's (CCG's) were in the process of transferring responsibilities into Integrated Care Board's (ICB's) as part of the 2022 Health and Social Care Bill. This saw NHS Vale of York CCG and NHS North Yorkshire CCG along with 4 other local CCG's disestablished as statutory organisations and combine as the NHS Humber and North Yorkshire ICB in July 2022. Key national drivers behind these changes focussed on a place-based approach, encouraged joint working with partners across health, social care and the voluntary care and social enterprise sector (VCSE) to focus on key population health needs and reduce health inequalities.

The Quality and Nursing Team operate across the North Yorkshire and York "place" footprints within the ICB and have a remit to support the delivery of high-quality care in the adult social care sector.

In 2022 an innovative integrated model was launched with North Yorkshire Council, sharing an approach to work as a single quality team and providing joined up support for the adult social care sector, placing care teams and service users at its heart. The integrated structure enables the quality team to deliver a more supportive, effective and efficient quality assurance programme for all care settings. It aims to support the delivery of high-quality provision of care for all, support business continuity and development in the sector.

Through training and sharing of best practice the team aim to prevent avoidable harm and promote health and wellbeing, The collaborative approach encourages the commissioning of responsive and supportive services with system wide response. The team has a multi-faceted offer and is a single point of access to support across the NY & Y patch. There are currently over 400 individual care providers across a

wide range of service types including care homes, supported living, extra care and domiciliary services who work with the team.

Key to the offer is the facilitation of a series of multiple award recognised, quality improvement and training programmes, each closely linked to the prevention agenda.

- React to Falls Prevention
- Improving Hydration in Care Home Residents
- React to Red (Pressure Ulcer Prevention)
- Recognising and Responding to Deteriorating Residents

[Click here for further information on the work of the Quality and Nursing Team](#)

Olympic Intervention- Method and Approach

This programme was designed to use a powerful competitive element to inspire and give additional impetus for care providers to think about how they can engage all those in their care through activity by sharing best practice and ideas across the local area.

Best practice states that if managed correctly, the benefits of activity far outweigh any risks. Guidance recommends on how to approach activity for those with long term conditions by supporting informed conversations with health and care professionals where appropriate and consideration of individual abilities and concerns to use movement to increase confidence (5).

The team took inspiration from the Olympic ethos to bring together a community of physical activity across our care provider settings. By working together jointly as a health and social care system our aims were to:

- Empower providers with ideas, resources, and tools to support residents in regaining and maintaining movement.
- Share best practice and learning between providers.
- Support the confidence and skills of care teams working with residents to get active.
- Promoting the crucial role of activity in physical and mental wellbeing, linking into key local and national public health campaigns and messaging.
- Connecting providers with local opportunities to get active and moving
- Prevent deterioration and promote re-conditioning ahead of challenging winter period to reduce impact of health and care services.
- Celebrating excellence in activity across our sector and share individual stories of the meaning sport and activity of those in our care.

To run the initiative as a competition a mechanism to standardise and measure the achievements of each participating provider was required. This would enable a medal table to be produced which would help determine an overall champion.

To do this the team set out 8 "Medal activities" which providers were invited to participate in with a set measuring system to ensure fair comparison of scores. By compiling all the scores from providers, a ranking was produced for each event for which points would be awarded to the top 10 in each.

The provider with the highest points would be our Olympic champion.

Olympic Points System (Per Event)

Winners	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
25	20	15	12	10	8	6	4	2	1

Older Adults Category

Team	Most Steps by Resident	Balloon Volleyball	Paper Plate Discus	Hoopla /Quoits	Chair Basketball	Beanbag/Ball Catch	Straw Blow Challenge	Staff 100M Race	Total Points
1 st - Kirkwood Hall (Leyburn)	3rd	2nd	3rd	4th	1st	3rd	1st	4th	137
2 nd - Sycamore Hall (Bainbridge)	4th	1st	2nd	6th	2nd	5th	2nd	5 th =	119
3 rd - Westwood Care Home (Selby)	9th	3rd	1st	5th	5th	1st	6 th =	7th	101
4 th - Tudor House Nursing Home (Selby)	8th	5th	5th	10 th =	4th	2nd	3rd	1st	96
5 th - New Lodge (York)	6th	8th	4th	8 th =	8th		6th	2nd	58
6 th - Rambla Nursing Home (Scarborough)	11th	12 th =	7th	1 st	10th	13th	4 th =	3rd	57

The Olympic points system and example medal table from the 2023 competition

The 8 events were designed to cover a wide variety of activities supporting muscle strength and movement for the whole body. The activities were chosen specifically to be easy for activity teams to set up, using equipment they were likely to already have and to be inclusive of a wide range of different abilities. It included vigorous and less vigorous activities (most events could be adapted to be completed seated or standing).

Medal activities were shaped by feedback from providers who shared which events they would like to see and were best received by residents;

- Most steps by a resident (most steps in day walked measured with pedometer)
- Balloon volleyball (Longest number of passes between two residents)
- Paper plate discus (Longest distance thrown in metres)
- Hoopla/quoits (Most rings scored from 1M away in a minute)
- Chair basketball (Most goals scored in 2 minutes)
- Beanbag/ball catch (Highest number of catches by resident thrown from 1 M away in a minute)
- Straw blow challenge (Longest distance blow in a minute)
- Beanbag/ball toss on target (Most thrown on target from 1M away in a minute)
- Staff 100 M race (Fastest time in seconds) 2022
- Staff 100 M race (Fastest time in seconds) 2023

As with other areas of the country, North Yorkshire and York has a rich variety of care provision therefore the resident mix in any one setting will be different to

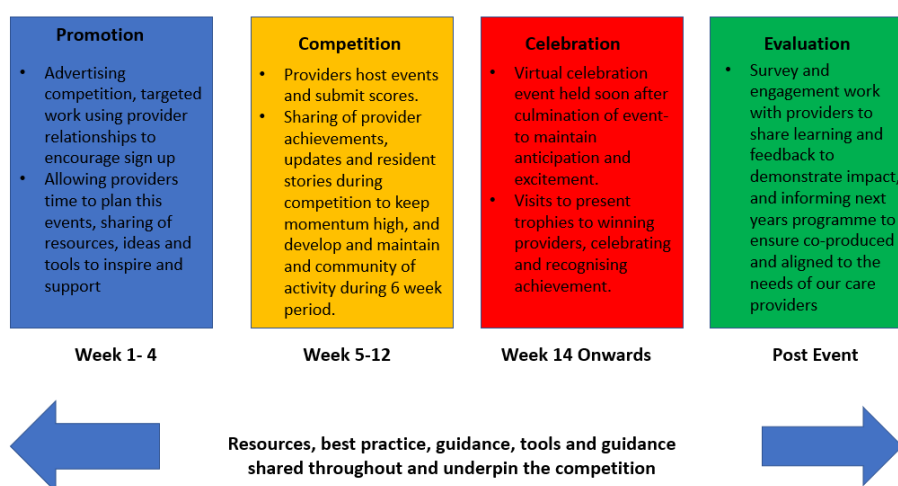
another. Aligning with population health agenda at the heart of the ICB model, the quality team work to provide support in a bespoke way, adapting to the individual needs of each provider.

Building on feedback from competitors, to allow providers to compete against comparable providers where possible, the initiative was split into two separate categories; 'Older Adults Settings' and 'Younger Adults and LD settings'. This really increased the level of competitiveness across providers in a positive good humoured way. It connected providers in a way they had not experienced before and they began to report seeing themselves as part of a wider community and not just as their own organisation. They felt part of something bigger.

The team were conscious the programme should be accessible to all. Learning disability and supported living settings make up over 1/3 of local care provision. The team were conscious nearly 60% of individuals with learning disabilities (6) participate in sport or strenuous physical activity less than once a month, despite being heightened risk of obesity and other co-morbidities.

From the offset it was made clear the ambition that the event would only have a suggested and not prescribed format. Movement of any kind is beneficial, therefore providers who wished to use the programme as an opportunity for promoting activity within their setting alone and not take part in the competition element or to host their own activities were equally encouraged. Supporting providers to put the resident voice at the heart of the events and use their input and preferences to coproduce their Olympic events was important. This led to activities aligned with the personalised care agenda.

Our Olympic Model



North Yorkshire and York Olympic Timeline

The Olympics were held over a 6 week competition period where providers were able to take part in activities on a day of their choosing within their own setting.

This period aimed to be long enough to be flexible to the activity schedules of providers, to generate momentum and allow extended focus on physical activity, yet short enough to be focused and maintain interest of providers.

As identified in the table above, the initial stage was spent engaging with partners and sharing information on the competition, including aims, how to sign up and information to plan their events and activities.

This was achieved through the existing strong relationships between our team and local providers. The competition aligned closely with other quality improvement strands of work the team deliver and therefore colleagues were able to incorporate the competition and compliment ongoing improvement work relating to falls prevention, pressure ulcer prevention, optimising hydration and early identification of deterioration.

Promotion was shared through our care provider forum and weekly "Partners in Care" Bulletin which has a recipient list of 900+ colleagues from all 400 care providers operating within our area. The programme was also shared through partner organisations including local authorities and wider health service teams, working across health and social care to promote the initiative as a local focus to build a legacy of physical activity across care settings.

A key piece of the engagement programme has been the production of a "Competitors Guide" which providers can share with activity coordinators and care teams. This describes the motivation for the competition, an overview of the format and suggested "medal events" to support planning of activities.

The initial promotion period spanned approximately 4 weeks. To reflect the diverse ways in which providers best receive information a communication strategy included several different formats. This included verbal, through individual conversations and at Care Connected (our integrated provider forum), digitally and hard copy information for reference.

Throughout this period, a regular "Olympic Bulletin" was produced to provide updates regarding the competition including which providers have signed up, encouraging neighbouring services to register and building anticipation and momentum ahead of the competition starting.

A key role of the bulletin was also to share local and national resources, guidance, ideas, best practice and opportunities around physical activity. These were designed to support and inspire providers in planning their events, and support delivery of evidence based and accessible activity. Resources were provided by local partner organisations including local authority, North Yorkshire Sport as well as examples from our providers of how they support those in their care to remain active. The sharing of learning underpins the bulletin, which is circulated throughout the competition, and is sent not just to participating providers but all providers across the patch, allowing the benefits and learning from the competition to be shared by all.



Example Olympic Bulletins from 2023 Competition

Throughout the competition the bulletin shared updates from competing providers to inspire others, to build momentum and to support providers in feeling part of a community of care sector colleagues working together to provide physical activity throughout our settings.

Post event the team coordinated virtual awards and celebration events. These brought together participating providers, care teams, residents and those working with providers in a professional capacity, allowing both those who participated and those who supported the event to recognise achievement together.

A vital part of this initiative and an underpinning value of the quality team is to share excellence, celebrate care sector colleagues and empower staff to further embed and share good practice from the competition.

The virtual ceremony was designed to highlight the achievements of all who took part through sharing of photos, videos, and resident stories, and announcing the winners of the overall competition.

The Data

The team used quantitative and qualitative data to evaluate the programme and looked at existing sources of baseline data which might be useful to demonstrate any significant impact. Given the benefits of movement and physical activity are applicable to all within our care, the team worked proactively using sophisticated communication messaging and existing relationship to support and encourage all providers within our area to take part. Sources used to support rationale for the programme and identify potential outcome measurement included;

- Falls conveyance data from local ambulance Trust
- Reasons for clinical call data from a commissioned Telemedicine service in place across 120 of our care homes.
- Quantitative and qualitative data from local authority partners
- CQC Inspection reports
- Feedback and intelligence from visiting health and social care professionals working with care settings



Our 2022 Medal Winning Providers from Older Adults and Younger Adults and LD Categories

Participation: 2022 North Yorkshire and York Care Provider Olympics

Appetite for the competition was immediately much stronger than the team anticipated with 32 care providers engaging across a wide variety of service types and reflecting the full North Yorkshire and York footprint (despite joint working model and transition from CCG to ICB being at a very early stage and relationships not as developed with providers from outside the "Vale of York" geography).

Engagement had a strong correlation to providers who the team had well developed and positive relationships with through the delivery other quality improvement programmes. Those providers recognised how these programmes aligned to the Olympics, recognising potential benefits for those in their care and workforce by participating. The team observed where providers participated this incentivised provider within the same operating company or local area to register, with a strong element of inter organisational competition between both staff and residents.

As communication and engagement work continued to increase awareness, registrations continued even once the competition was underway. Such was the enthusiasm a couple of providers only registered in the final fortnight, managing to organise their Olympic events in a very tight timescale.

The team acknowledged the significant national and local challenges faced by the social care workforce and the need to prioritise essential resident care and respond to staffing shortages would be paramount. Therefore, although providers were asked to inform the team of their planned event date, it was accepted some providers would need to change dates at short notice or adapt in response to external factors such as poor weather.

In the first competition the country experienced a prolonged heatwave which the team responded to alongside partners. This involved welfare visits and sharing national heatwave guidance and resources (including the internal Improving Hydration QI Programme) with an expectation providers would postpone their events but extended the competition by a fortnight to reflect this.

This pragmatism was well received by providers and we had a low dropout rate, with only 2 registered providers being unable to participate across the 8 week period. Over 600 residents, staff, family members and wider health colleagues took part and showcased the imagination of care providers, who adapted events to personalise them to the needs of their settings and residents.

There was roughly a 50/50 split between providers opting to take part in the competition and record scores, and those who wished to host their own events or not record scores.

Achievements were shared and celebrated equally to emphasise no one size fits all approach to activity. Care teams worked in partnership with residents to support them in getting moving and supporting them to participate in activities that met their wishes, interests and abilities. Providers demonstrated the unparalleled creativity in their sector, creating 32 highly original events, that captured the spirit of competition to motivate and work together, promoting activity for all.

A [highlights video](#) was produced from the competition which was shared at the virtual awards and celebration event hosted in September to announce the 2022 champions. In addition, many providers held their own internal medal tables, scoreboards and prize giving ceremonies.

The team supported providers to design activities for individuals of all abilities, which include number of changes in facial expression, scent guessing challenges and number of hand squeezes with Fulford Nursing Home and Abbey Lea Residential Home among those to implement bed-based activities.

Providers showcased the wide variety of activities that can be undertaken within our care sector, with providers taking part in weightlifting, boccia, weighted hoola hoop exercises, shot putt, darts, table tennis, croquet, bowls, limbo, javelin, skittles, gardening, golf putting, tin can alley, wheelchair races, staff versus residents' rounders, table football, paper plane competitions, air hockey among others during the competition. Providers worked to coproduce their events alongside residents, with homes such as Holgate House in York hosting a resident meeting to plan their day.

All staff were empowered to get involved. The competition was designed to be inclusive and utilise all the talent in the sector across management, nursing, care staff, activity coordination and non-clinical roles to contribute to designing Olympic events bespoke to the needs of their setting.

The initial event focused on creating an Olympic legacy and supporting providers to learn and develop their activity strategies and capacity within the home. This

included Silver Birches in Filey hosting their own follow up Olympic event the following month, a provider working with partners North Yorkshire Sport to trial and subsequently invest in equipment following the competition.



Our 2023 Medal Winning Providers from Older Adult and Younger Adult and LD Categories

Participation: 2023 North Yorkshire and York Care Provider Olympics

For the second running of the competition, the team followed the same methodology as the first year and again had 32 providers take part but with a significant 25% increased reach as over 800 individuals from within those settings engaged and got moving and active together throughout the campaign.

A significant number of providers returned with 17 competing in both competitions 2022/ 2023, showing how at year 2 the initiative had already embedded itself as an annual focal point for providers to renew and refresh their approach to physical activity within their setting. Across North Yorkshire and York, residents and staff were extremely motivated to better their achievements from 2022 and move up medal table.

Equally there were a significant number of new providers, showing growth in reach of the initiative spreading through word of mouth and transition of care staff between care settings.

Highlights of the competition included Osborne House in Selby using cross generational links with Staynor Hall Primary Academy to host their Olympic competition jointly between residents and pupils, highlighting benefits of activity across all ages and the reach of the competition into the community. From the same locality, Abbey Lea Residential Home involved their maintenance team in a staff versus contractors race, highlighting the importance of movement for those working our sector.

The activity team at Mossdale Residence in York created their own "Olympic Village" as venue for a full week of focused activity and movement.

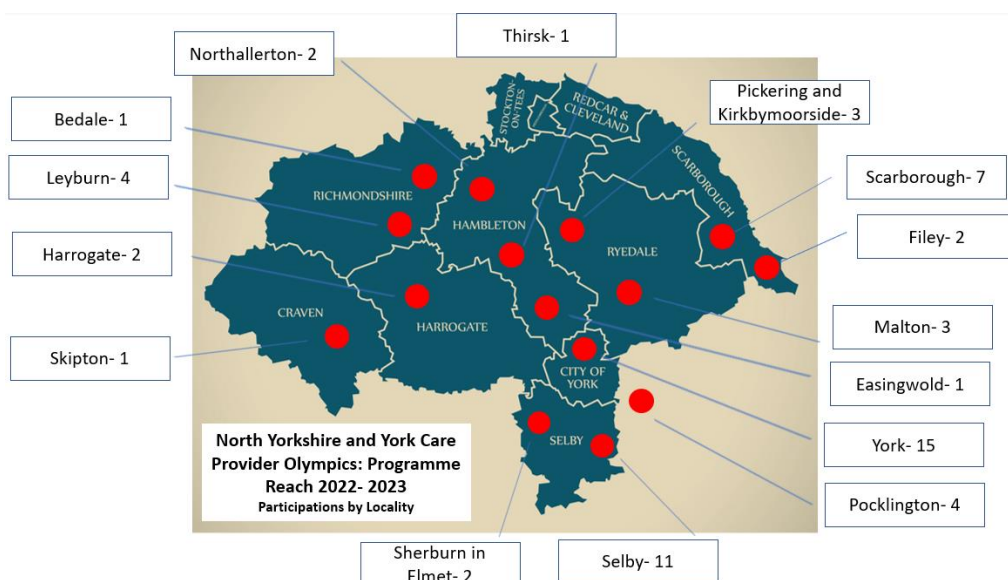
Meanwhile, Sycamore Hall in Bainbridge invited a local Physiotherapist who gave a presentation about why physical activity is important, the benefits and what everyone can do which was well received by all.

The events didn't just take place in the care settings, Riccall House Care Home used a visit to the Yorkshire Wildlife Park to host their most steps walked event, showing how informal activity through excursions and trips can also be a key contributor to movement.

St Bernadettes Nursing Home in Scarborough hosted over 20 activities including everything from sack races to pétanque and smaller activities such as darts to test dexterity, again showcasing the incredible variety of activities taking place across the care sector.

The 2023 competition was an opportunity to share and promote local developed resources. These included activity packs developed by the North Yorkshire Learning Disability Partnership Board, falls prevention activity guidance, seated activity ideas and local opportunities to get active via North Yorkshire Sport. These were just some of the resources highlighted in the Olympic Bulletin.

Learning from the first year was to host our Olympic Celebration and Awards Ceremony earlier than in 2022. This event took place two weeks after the conclusion of the competition which allowed momentum to be maintained with achievement and learning from the events still fresh in the memory of staff and residents. The team quickly arranged dates to present trophies to our champions and celebrate.



Distribution of Participation Across First Two Years of Programme

Evaluation- Feedback and Impact

To date 1400 Individuals from 44 different care providers have engaged in the initiative through its first two years. Each year the team have developed an increasing community of activity across our sector. As shown in the above diagram. The team has reached all areas of the North Yorkshire and York patch, engaging the full spectrum of residential care provision across our footprint involving nursing, residential, supported living and extra care to access activity for a wide range of abilities, health and care needs.

The response to the initiative has been very positive, as demonstrated by the return rate of providers from year 1 into year 2 showing the appetite for the intervention and value that providers feel it brings to their teams and residents. There was an ask of a winters Olympics from some!

A formal feedback study was undertaken following the 2023 competition to better understand providers experience of taking part, areas that could improve participants experience and ultimately benefit those in receipt of care.

The most frequent words used by providers to describe the competition were Inclusive, Fun, Person Centered and Inspiring. The below quotes give more detailed feedback and illustrate how combining a competitive element with a focus on individual activity has been warmly received by our sector.

- *"We are so lucky to be a part of what very much feels like a supportive and collaborative partnership within our district. Often "Working together" and "joined up working" is considered key in achieving the best outcomes for people Well this is certainly one of the best examples of success!"- Osborne House, Selby*
- "All the staff thought it was a good team building exercise and the residents joined in more as they were enjoying seeing the staff all taking part. A couple of our lady residents are still wearing their medals and refuse to take them off, one lady even went to her hospital appointment with them on, telling them all about the day"- Treetops Nursing Home, Scarborough
- "Relatives of residents and staff thoroughly enjoyed the inclusivity and creative thinking of how to engage residents who are not able to mobilise/get out of bed" Westwood Care Home, Selby

Due to the multifaceted nature of factors that contribute to the health and wellbeing of a resident, it will always be complex to establish a link between individual resident outcomes and participation in the initiative. Any long term health benefits will only be felt through a longer term legacy of physical activity. Through feedback the team can demonstrate how some providers have used the initiative as a prompt to review their activity provision and provide further access to person centered and high quality

movement for all. The impact from the initiative will be most felt from the learning and outcomes taken from it and the below feedback shows how those changes are already being implemented and benefit being felt.

- *“We have learnt our clients have the capabilities to do more than just chair based activities”- Sherbutt Residential Services, Pocklington*
- *“We already completed a physical activity and exercise class once a week however since the enjoyment of practicing and completing this event, we now include this as an activity more frequently”- Tudor House, Selby*
- *“We are going to have a physical activities fun day once a month as everybody enjoyed the day residents were happy and it was a morale boost for the team”- Treetops Nursing Home, Scarborough*
- *“We are going to do more physical activities on a weekly basis”- The Gravers, York*

Falls alone cost the NHS £2.3 Million (7) each year, through continued access to activity and combating de-conditioning the risk of falling is significantly reduced. The success of the Olympics initiative in promoting the value of exercise through our community showcases how activity can be targeted both to individual care settings or scaled up to a wider footprint such as North Yorkshire and York. This is a valuable intervention in encouraging a positive culture change and positive attitude towards combatting wellbeing and de-conditioning within the care sector. The team worked in partnership to use the initiative to support providers where greatest benefit can be felt. The Olympics is a cost-efficient initiative with the main resource consisting of administration such as producing communication materials/recording scores. The team enthusiasm was bountiful and at no cost. This initiative if a social value tool had been used could have undoubtedly calculated significant return. This will be used in future programmes of work by the team. There is very likely to have been cost savings achieved by the system through reduction in prevention of avoidable harm such as falls and pressure ulcers and improved wellbeing for those in receipt of care. The impact of improved outcomes on an individual basis and supporting greater physical and mental wellbeing was seen and the impact of this on families cannot be underestimated. At one particular medal presenting ceremony, the resident living with dementia had her family present with great grandchildren in attendance. This is a memory the family enjoyed with cake, tea, a few bubbles and lots of photographs.

Demonstrating quantitative impact has been difficult due to the complexity of data collection across the number of settings. When regarded as part of a menu of interventions employed by the nursing team working with individual settings specifically focussing on falls prevention these providers have demonstrated a reduction in incidence but this has not been possible to attribute solely to this

programme. Research would concur this type of activity has a positive impact. No unintended consequences or rise in falls/ harm were recorded and attributed to this work.

The four case studies below show how the initiative is driven by those in our care, and how our providers have used it as a focus for physical activity in their settings.

Case Studies- Olympics in Practice



Trevor's Story- The Orchards Extra Care

Throughout competition we've seen plenty of examples of the meaning and importance that sports and physical activity can have for people, as well some of the personal stories behind this for those receiving care as well as staff across our region. The Orchard's in Northallerton have put this at the centre of their event, by creating a brilliant display based around the achievements of their tenant Trevor.

In his youth Trevor was a speedway racer and did a lot of fundraising for both the Bedale swimming pool and The Dales Centre. In 1968 Trevor joined Northallerton Motor club and began competing at local events. In his first year he received the most improved rider of the year award for grass track and was quite rightly over the moon with this. Later in February 1976, Trevor received his contract to ride speedway for Halifax which was a great achievement. On 13th June 1976, Trevor went to Pickering grass track to race, Trevor was in the lead and unfortunately came off his bike, this resulted in a nasty collision.

Following Trevor's accident, he spent 6 weeks in intensive care unconscious and a lot of further time in hospital, finally getting discharged in September 1976. Trevor then went to Catterick Military for physiotherapy where he learnt to walk again. Trevor's accident ended his racing career just as he was getting established, but Trevor still enjoys watching the racing on the television.



Bryan's Story- Osborne House

Resident Bryan at Osborne House in Selby recently suffered a severe fall and fractured his collar bone. The Care Provider Olympics inspired the care team to think creatively and set him personal activity goals. Working jointly with local physiotherapy colleagues, supporting Brian to regain confidence and support him back onto his feet and walk using his wheeled walker. The care team set him a personal challenge to walk the corridor to the dining room. Placing a ribbon across the finish line, he was cheered on by fellow staff and residents.

The Olympics is our opportunity to celebrate personal centered achievement by our residents and care teams. We aim to inspire providers to consider how they can use physical activity to help those in their care achieve goals to drive forward resident safety, health and wellbeing.



United Response York

Building on innovative work to support those in their settings, United Response York Services rose to our Olympic challenge and have used it to establish an annual sports day bringing together over 100 people to date from across the area to get moving together in events personalised to the needs and wishes of those in their care. The legacy they have created through the competition showcases the benefits

of activity to both physical and mental health and reach of the initiative across both older adults and younger adults settings.



Winnie's Story- Silver Birches

One of our oldest competitors has been Winifred Sutton from Silver Birches in Filey, who competed in both the 2022 and 2023 events at the age of 105. Despite her age, Winnie champions the Olympic legacy within the home and her enthusiasm and determination led to the Resident Achievement Award in 2022. Winnie's story is a great example with how with assistance and person centered support from the care team, Winnie was able to take part in all the activities. This also gave a morale boost to residents, family and care staff who celebrated her success together.

Our 2023-2023 Olympic Competitors	
5 Whitby Road	Mossdale Residence
Abbey Lea Care Home	Neville House
Alne Hall Nursing Home with Physical Disabilities	New Lodge
Ashfield Care Home	Omega Oak Barn
Benkhill Lodge	Osborne House
Botton Village and Ryedale MENCAP	Pinfold Lodge
Carentan House	Rambla Nursing Home
Castle House Day Service	Rawcliffe Manor
Cauwood Day Centre	Riccall House
Fulford Nursing Home	Sherbutt House Residential Home
Gladstone House	Silver Birches
Grimston Court	St Bernadettes Nursing Home
Hambleton Grange	Sycamore Hall Extra Care
Harlington House	Tawny Lodge
Harrogate Home Support	The Gravers
Hilltop Manor Care Home	The Orchards Extra Care
Holgate House	Treetops
Kirkwood Hall Extra Care	Tudor House
Larpool Lane Care Home	United Response York Service
Marina Lodge	Westwood
MENCAP 2 Arbor Close	William Wilberforce Care Home

NYY Olympic Participants 2022-202

Next Steps and Expanding Our Olympic Legacy

In October 2023, The North Yorkshire and York Care Provider Olympics was a finalist in the 2023 Nursing Times Awards in the 'Nursing in Social Care' Category. This recognised the competition and demonstrating innovation, excellence and work to drive forward patient and safety.

Against a strong field of the most innovative nurse led schemes across the UK the team were proud to have been recognised as finalists and had chance to celebrate the inspiring work undertaken by North Yorkshire and York care providers supporting person centred and inclusive activity.

The success of the initiative is driven by the hard work and creativity of our providers who have risen to the challenge in planning and holding your events over the last two summers. The legacy and learning that has come out of these events continue to shape how activity fights de-conditioning and champions health creation.

Heading into 2024 and Paris Olympics year, the initiative will continue to play an important focus in activity across North Yorkshire and York. Our ambitions to further increase participation and impact of the programme include:

- Increased working jointly with local health services and communities to target the initiative to support population health needs and prevention and patient safety agendas
- Analysis of data and intelligence to target homes where support with physical activity would have greatest impact and linking to resident outcomes
- Building on existing relationships with providers to enforce the initiative as an annual event to promote physical activity for all.
- Learning and model of the initiative already being used as an exemplar to inspire other areas
- Inclusion of domiciliary care agencies and the VCSE to host events
- Linking with colleagues in Scotland to explore a national event
- Link with colleagues in France to explore opportunities to celebrate the Paris Olympics by 'twinning'

We would like to thank all those partner organisations and care providers who have participated in and supported the initiative to date, supporting physical and movement for all within our care sector.

For further information please contact
hnyicbvoy.yorkplacequalitynursingteam@nhs.net

1. [Life expectancy in care homes, England and Wales - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk)
2. [Wider impacts of COVID-19 on physical activity, deconditioning and falls in older adults \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)
3. [Usual physical activity and subsequent hospital usage over 20 years in a general population: the EPIC-Norfolk cohort \(cam.ac.uk\)](https://www.cam.ac.uk)
4. [Time to move again: from deconditioning to reconditioning | Age and Ageing | Oxford Academic \(oup.com\)](https://www.oup.com)
5. [Risks from physical activity - Moving Medicine](#)
6. [People with learning disabilities 'living a nightmare' - BBC News](#)
7. [NHS England » Development of the 'Avoiding Falls Level of Observation Assessment Tool'](#)