

2024 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS 15 July- 25 August 2024

Don't Miss Your Chance to Get Active in Our Summer of Sport. The Mission: Host Your Own Olympic Event, Get Moving Together and Share Learning and Ideas Across Our Sector. Who Will Top Our Medal Table to Be Crowned Our 2024 Olympic Champions?



Our Chance to Promote and Celebrate the Importance of Physical Activity for Those in Our Care:

Fight Deconditioning
Reduce Risk of Major Illness
Improve Self-Esteem and Mental Health
Reduce Risk of Dementia
Improve Mobility and Reduce Risk of Falls

Sign Up Today by Contacting:
hnyicb-voy.yorkplacequalitynursingteam@nhs.net

Now in it's third running, the North Yorkshire and York Care Provider Olympics has so far seen 1400 individuals and 44 care providers from across the area participate. Whether you're a care home, supported living, extra care or domiciliary service it's time to add your name to our 2024 entry list.

We're encouraging providers to fill their day with as many different and activities as possible personalised to the needs of those in your care. For those wishing to challenge for our 2024 Olympic Title- we're inviting providers to compete and send us their score for the below "Medal Events" designed to get different parts of the body moving.

Remember- However You Take Part, All Movement Plays A Crucial Role in Supporting Those in Our Care to Live Well for Longer

2023 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS WINNERS



**2023 Older Adults Champions
Kirkwood Hall- Leyburn**



**2023 Younger Adult and LD Champions
Sherbutt House- Pocklington**

2024 Olympics Events

Most steps by resident
Balloon volleyball
Paper plate discus
Hoopla/quoits
Chair basketball
Beanbag/ball catch
Straw blow challenge
Staff 100m race

**Nursing
Times
Awards
2023
FINALIST**

