



Humber and North Yorkshire  
Health and Care Partnership



Humber and  
North Yorkshire  
Integrated Care Board (ICB)

# 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?



## Competitors Guide 2024

Sign Up Today by Contacting:  
[hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net)

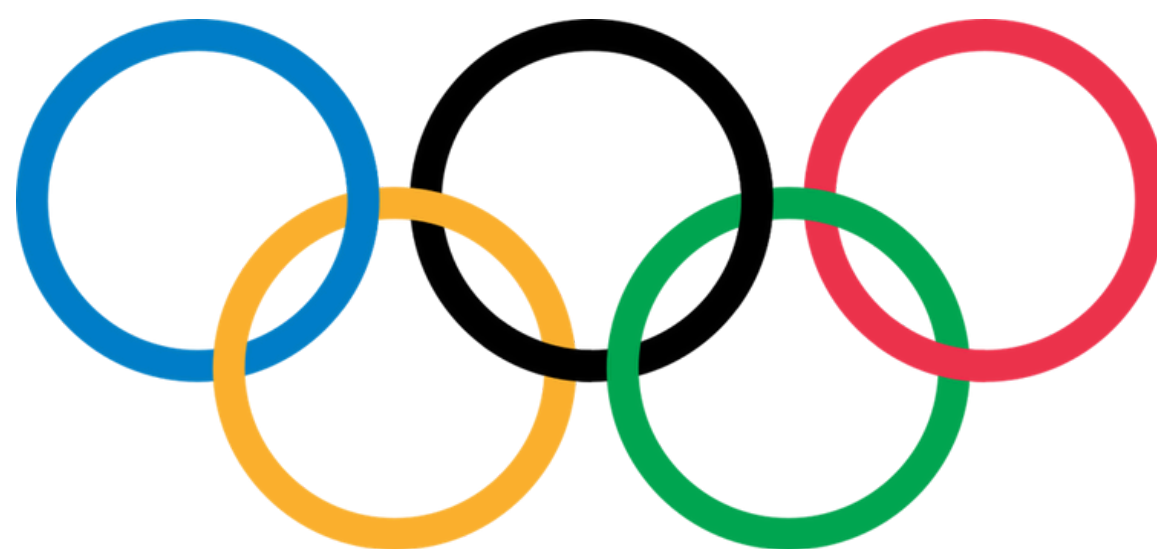


# Welcome to the 2024 North Yorkshire and York Care Provider Olympics

The North Yorkshire and York Care Provider Olympics is our platform for celebrating and promoting the importance of physical activity for those in together, with a fantastic 1,500 people getting up and moving as part of the initiative since 2022. We're delighted that the competition is back for 2024, and over 6 weeks between **15 July and 25 August** all care providers are invited to host their own Olympic events to get moving together and compete against fellow providers for our Olympic crown. The competition will take place alongside this year's Paris Olympics, and is our chance for our very own Olympians with our services to take part and achieve their own personal activity goals.

Whether you are a care home, supported living setting or extra care facility this is your chance to come together to come together, get active and share ideas on how we can keep those in your care active which is clinically proven to reduce the risk of major illness by 30%. Excitingly we will be also be opening the competition to domiciliary providers for this first time this year- read on for further information on how you can join the fun this summer!

This guide is designed to help you and your team plan how you will participate in this years competition, and personalise your activities to the needs of those in your care. Remember all movement big or small is beneficial, and helps fight deconditioning and promote health and wellbeing for our service users.



Our Olympic Bulletin will be shared weekly throughout the competition so you can keep up to date with how our competing providers are taking part, and to share resources, guidance and ideas on how you can promote physical activity in your service Our Olympic Closing Ceremony will take place in September where we will come together to celebrate everybody who took part, and announce our 2024 champions!

# How to Take Part- Care Homes, Supported Living and Extra Care



To enter your service into this years Olympics all you need to do is pick any day between **15 July and 25 August** and host your own Olympic style event!

You can fill your event full of as many different activities as you like, and consider how you can personalise these to the differing needs of those in your care so we can make sure they are inclusive of all. This is your chance to be as creative as possible, last year we saw everything from wheelchair races to weightlifting and from sack races, to activities for bed-based residents, cross generational events with local schools and much more!

However as in 2022 and 2023 we have nominated a series of “**Medal Events**”, which are your opportunity to record and submit scores which will determine this years Olympic Champions. You can take part in taking home this years trophy! The medal events and scoring sheet can be found further in your guide. As with previous competitions we will be splitting providers into Older Adults and Younger Adults and LD Categories.

**To Enter Simply Email [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) with:  
Team Name (The more creative the better!)  
Competition Date  
Your Olympic Coordinator**

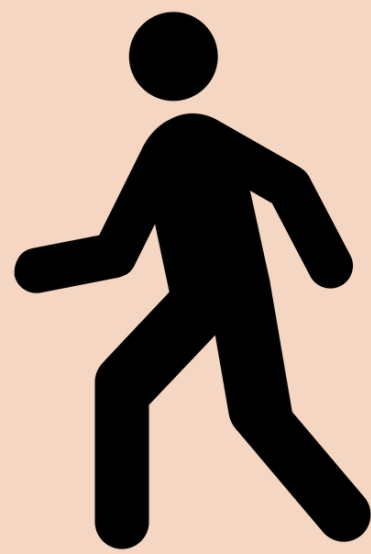
# How to Take Part- Domiciliary Care Providers



**Proposal “5 Minute Mini Olympic Activities”- Providing small activity kits for team members to take on visits. Same events as for care homes.**

# Our 2024 Medal Events

**Most Steps by a Resident/Client During a Day**



**Balloon Volleyball- Longest Rally Between Two Residents**



**Paper Plate Discus- Longest Distance Thrown (CM)**



**Hoopla/Quoits- Most Rings Scored From 1 Metre Away in a Minute**



**Chair Basketball or Football- Most Goals From 1 Metre Away in a Minute**



**Catch the Beanbag or Ball- Most Catches in a Minute**



**Bowls- Distance Bowled (CM)**



**Bed Based Activity- Number of High Fives in a Minute**



# Don't Forget to Submit Your Scores!

## You Have to Be In It To Win It

<b>Date of Event</b>	
<b>Number of Residents/Clients Who Took Part</b>	
<b>Number of Staff and Other Individuals Who Took Part</b>	
<b>What Was the Best Score by a Resident/Client in the Below Medal Events (Put N/A for any you didn't take part in)</b>	
<b>Most Steps by a Day</b>	
<b>Balloon Volleyball- Longest Volley Between Two Residents (Number of Passes)</b>	
<b>Paper Plate Discus- Greatest Distance Thrown (CM)</b>	
<b>Hoopla/Quoits. Most Rings Scored from 1M Away During a Minute</b>	
<b>Chair Basketball or Football- Most Goals from 1M Away During a Minute</b>	
<b>Catch the Beanbag or Ball- Most Catches in a Minute</b>	
<b>Bowls- Distance Bowled in CM</b>	
<b>Number of High Fives in a Minute</b>	



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



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

**Please Complete and Return to  
hnyicb-voy.yorkplacequalitynursingteam@nhs.net  
Don't Forget to Send Us Your Pictures From the Day!**

# Time to Start Getting in Shape

- Start Training: Limber up and Get in Shape! We will be sharing resources both ahead of and throughout the competition with ideas on how you can support physical activity in your service
- Plan your day- Spark the excitement, get busy making decorations such as banners/flags/bunting. Consider a team mascot, an Olympic torch, a podium?
- Is there anyone that you can involve such as a local school or a sports personality?
- Do you have any sports men/women in your organisation, celebrate and tell their stories?
- Plan your games or races – Get creative with wacky wheelchair races, zimmer frame races, egg and spoon, dressing up, obstacle races, carpet bowls... Anything goes! Consider how you can personalise these to the needs of those in your care.
- Consider a creative way of ensuring all participants maintain hydrated throughout. Visit our Improving Hydration in Care Settings Project Webpage for some great ideas.



**North  
Yorkshire  
Sport.**

## Introducing North Yorkshire Sport

All providers across North Yorkshire and York are able to access a wealth of ideas, resources and community links to support activity in your service. They are also happy to work with individual providers around their activity strategies.

**For more information please visit  
[www.northyorkshiresport.co.uk](http://www.northyorkshiresport.co.uk)**

# Good Luck and Remember- Lets Make Every Move Count Towards Health and Wellbeing for Those in Our Care

## Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

- Reduces your chance of
- Type II Diabetes -40%
  - Cardiovascular disease -35%
  - Falls, depression etc. -30%
  - Joint and back pain -25%
  - Cancers (colon and breast) -20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

### Be active

at least **150** minutes moderate intensity per week  
increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week  
breathing fast difficulty talking

or a combination of both

**Build strength**  
to keep muscles, bones and joints strong

on at least **2** days a week

Swim, Brisk walk, Cycle, Gym, Carry heavy bags, Run, Stairs, Sport, Yoga, Bowls, Tai Chi

**Minimise sedentary time**  
Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls  
**Improve balance**  
2 days a week

