

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?

NHS Humber and North Yorkshire ICB in collaboration with partners hosted the second running of the North Yorkshire and York Care Provider Olympics in the summer of 2023- which saw a fantastic **800** individuals from **32** care providers across participate across 6 weeks. Our [highlights video](#) from this year's competition shows the inspiring work undertaken by providers to support access to activity for all in 2023.

This is your chance to get residents and staff up and moving and hold your own Olympic style event to promote the health benefits of physical activity to those in your care. We know that by staying active together we can fight deconditioning syndrome- which can result in reduced mobility and muscle strength, confusion, poor mental health, and increased risk of falls. By coming together across the region to celebrate and share ideas on how we can keep residents active which is clinically proven to reduce the risk of major illness by 30%.



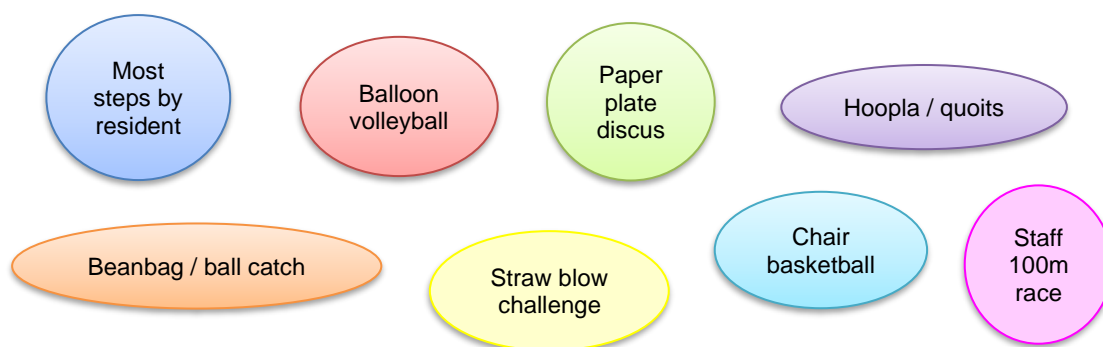
How to Take Part and Get Active This Summer

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 our 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 activities for bed-based residents, staff versus resident rounders and much more.

However as last year we have selected a range of "Medal Events" which providers can take part in, which will count towards our Olympic Medal Table are your chance to compete against fellow providers for our overall Olympic Champions Trophy! All care settings across the county can take part and challenge against our reigning champions Kirkwood Hall in the Older Adults Category, and Sherbutt Residential Care in the Younger Adults and LD Category.

We will be sharing a weekly Olympic Bulletin throughout the competition so you can keep up to date with how our competitors are taking part, and to share resources, guidance, and ideas on how you can promote physical activity in your setting.



Our 2024 Olympic Challengers

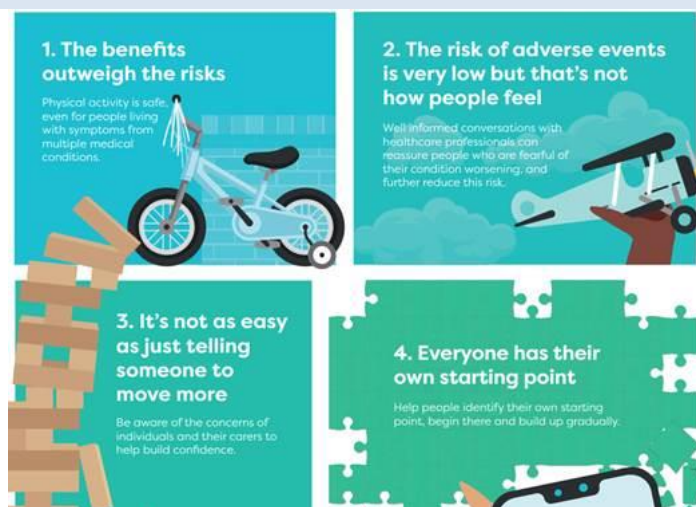
<u>Older Adults</u>	
Abbey Lea Care Home	Rambla Nursing Home
Berwick Grange	Riccall House Care Home
Filey Fields Court	Silver Birches
Greyfriars	St Bernadettes
Hambleton Grange	Sycamore Hall
Harrogate Home Support & Harrogate Day Services	Treetops nursing home
Kirkwood Hall	Tudor House
Milewood Healthcare	Westwood Care Home
<u>Younger Adults and LD</u>	
The Lodge	
Sherbutt House	
Caedmon House	
Hudson House	

Will You Join Our Contenders for the 2023 Olympic Crown?

The North Yorkshire and York Care Provider Olympics is back this summer, and is your chance to get those in your up and moving to promote the health benefits of physical activity while competing against fellow providers to be our 2024 Olympic Champions!

Will you be joining them this summer? All you need to do is complete and return our [registration form](#) to hnyicb-voy.yorkplacequalitynursingteam@nhs.net

The challenge is simple. Host your Olympic style event on a day of your choosing between **15 July** and **25 August** fill the day with as many different activities as you like, personalised to the needs of those in your care- make them as creative as possible! But like last year we have suggested a series of "Medal Events" that you can compete and submit your scores to compete against fellow providers on our medal table. By coming together through this event, we can help those in our care stay active and fight deconditioning, and to celebrate and share ideas between settings to create a lasting legacy of physical activity.



Remember- It's Safer for People with Long-Term Conditions to be Physically Active

Do you worry that encouraging those in your settings to be active can cause a risk of harm? If managed correctly, the benefits of activity far outweigh any risks. This [resource](#) from Moving Medicines provides usual guidance on how to approach activity for those with long term conditions by supporting informed conversations with health and care professionals where appropriate, and taking into account of individual abilities and concerns to use movement to increase confidence. By tailoring to functional and cognitive ability activity for example we can reduce the risk of falls and build strength. Symptoms such as musculoskeletal pain, fatigue and breathlessness are normal after activity but the resources guide you on when this might be a concern, and medical review may be needed.



Register Your Place and Join the Fun

To register to take part in the fun all you need to do is complete our [registration form](#) and return to hnyicb-voy.yorkplacequalitynursingteam@nhs.net

This can be found in our 2024 competitors guide below, which is crammed full of ideas on how to fill your event. Don't miss your chance to join the fun and get staff and residents moving! Further information including highlights from our 2022 and 2023 competition can be found through [our website](#).

[Competitors guide](#)
[2024 poster](#)