



2024 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS

15 July- 25 August 2024

The challenge:

Host your own Olympics style event to get those in your care active and moving. Compete against fellow providers to be our 2024 Olympics champions!

Our 2024 Olympic Challengers

OLDER ADULTS	
Abbey Lea Care Home	Rambla Nursing Home
Berwick Grange	Riccall House Care Home
Carentan House	Silver Birches
Filey Fields Court	St Bernadettes
Greyfriars	Sycamore Hall
Hambleton Grange	Treetops nursing home
Kirkwood Hall	Tudor House
Milewood Healthercare	Westwood Care Home
George Edward Smart Home - Combe Hay	Leeming Bar Grange
Hilltop Manor Care Home	Anchor's The Manor House Knaresborough
YOUNGER ADULTS AND LD	
Hudson House	The Lodge
Harrogate Home Support & Harrogate Day Services	Sherbutt House
Kingfisher Place Day Service	Caedmon House
Marina Lodge	

The competition is heating up as teams across the county are preparing to get moving ahead of this summer's North Yorkshire and York Care Provider Olympics. So far, a fantastic 27 different providers have already signed up, and will be hosting their own Olympic style events throughout the coming weeks to promote the vital health benefits of physical activity for all those in our care, and to compete against fellow providers our 2024 Olympic Champions! Do you want to add your service to our list and go for gold 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 legacy of physical activity.



How to Take Part and Get Active This Summer

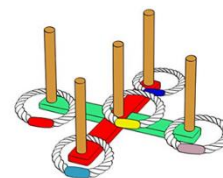
You can fill your event full of as many different activities as you like and consider how you can personalise these to the differing needs of those in our care so we can make sure they are inclusive of all. This is your chance to be as creative as possible, last year we saw everything from wheelchair 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!

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.

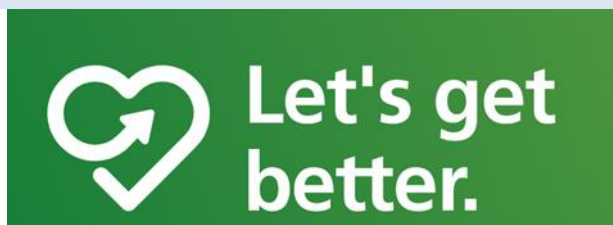


Most steps by resident
Paper plate discus
Hoopla/quoits
Bean bag/ball catch
Straw blow challenge
Chair basketball
Staff 100m race
Balloon volleyball



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.



Let's Make a Start: Tips to Improve Your Activity Levels

Humber and North Yorkshire Health and Care Partnership have launched the "Let's Get Better" Website where you can find all the information you need to help live a more healthy and active life whilst learning about the health services in your area.

[Living well - Let's Get Better \(letsgetbetter.co.uk\)](http://letsgetbetter.co.uk)



Next Time: Physical Activity in Learning Disability Settings

Data currently shows that individuals with a learning disability are less likely to be physical active than other population groups. However, for those with LD, taking part in activity has been shown to have several benefits for both their physical health and psychological wellbeing. We have some fantastic teams and activities coordinators

working across this sector. How are you supporting those in your care get moving? Let's share ideas and celebrate the work to support access physical activity for all.



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](#)