



Humber and North Yorkshire
Health and Care Partnership



NORTH
YORKSHIRE
COUNCIL



CITY OF
YORK
COUNCIL



Humber and
North Yorkshire
Integrated Care Board (ICB)

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!

ON YOU MARKS, GET SET, GO!

Good luck to everyone taking part in this year's competition. Our team will be visiting providers to take photos and join in the fun!



We are very excited to launch our 2024 Olympics which starts today and is running until 25th August.

Providers will be hosting their own Olympic style events to get their residents and staff moving and to raise awareness of the importance of physical activity. Who will be our 2024 winners?

We are working with North Yorkshire Sport and York City Football club who are looking forward to visiting some providers during the olympics to offer advice, support and share their experiences with you.

If you haven't already signed up and would like to, please complete a [registration form](#) and send it to hnyicb-voy.yorkplacequalitynursingteam@nhs.net

Our 2024 Olympic Challengers Are

OLDER ADULTS	
Abbey Lea Care Home	Leeming Bar Grange
Berwick Grange	Anchor's The Manor House Knaresborough
Carentan House	George Edward Smart Home - Combe Hay
Filey Fields Court	Hilltop Manor Care Home
Greyfriars	Pinfold Lodge Nursing Home
Hambleton Grange	Crown Care - Osborne House
Kirkwood Hall	Gladstone House
Milewood Healthercare	Mosssdale Residence
Rambla Nursing Home	The Hall Care Home
Riccall House Care Home	Nightingale Hall - Wellburn
Silver Birches	RMBl Connaught Court
St Bernadettes	Ashfield Malton
Sycamore Hall	New Lodge
Treetops nursing home	Silver Birches
Tudor House	Benkhill Lodge EPH
Westwood Care Home	Sowerby House
Younger Adults and LD	
The Lodge	Harrogate Home Support & Harrogate Day Services
Sherbutt House	Kingfisher Place Day Service
Caedmon House	Marina Lodge
Hudson House	Cauwood Day Service

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.



Physical Activity and Falls Prevention

Preventing falls for individuals in our care by keeping active and building confidence in movement.

Did you know that 30% of people aged over 65, and half of those over 80 are at risk of falling at least once a year? As well as injuries, people who fall can suffer a loss of confidence and fear of falling again, loss of mobility, an increase in dependency, pressure-related injuries, and infection.

Exercise and activity come in many forms, but most importantly, **some activity is better than none!** Whether 'targets' are met or not, reducing sedentary behaviour and moving more has positive health benefits. The benefits of activity always outweigh the risks. All those in our care have their own starting points, and having

those person-centred conversations are essential to tailoring activity to different abilities and preferences.

North Yorkshire Sport.

Want to Know More About Local Opportunities to Get Active in Your Area?

We're excited to be working with North Yorkshire Sport as part of this year's competition, who work across North Yorkshire and York to promote participation in Sport & Active Recreation for all those in our region. They have a wide range of information and resources available through their website on opportunities to get active near you. Would you like to learn more about what opportunities may be open to your providers, as well as further support and development opportunities around physical activity for your team to assist the support you are able to provide to those in your care? For further information please contact Simon Pierce by emailing: simon@northyorkshiresport.co.uk. He is happy to get involved at your event for those providers taking part in the competition.



We would love to hear what you are doing in your setting, big or small to keep those in your care active and moving. What do you find works for you and would you like to share with fellow providers in our area.

We know Physical activity is just one element of preventing falls in settings, and understanding physical health, environment and equipment, and communication and understanding are all vital. Remember the React to Falls Prevention package is available to support you in preventing falls, please see our [website](#) for more information.



Closing ceremony

The closing ceremony will be held week commencing 16th September – more information to follow.

Please submit all your events and scores by 31st August to hnyicb-voy.yorkplacequalitynursingteam@nhs.net