

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	Westwood Care Home
Berwick Grange	Leeming Bar Grange
Carentan House	Anchor's The Manor House Knaresborough
Filey Fields Court	George Edward Smart Home - Combe Hay
Greyfriars	Hilltop Manor Care Home
Hambleton Grange	Pinfold Lodge Nursing Home
Kirkwood Hall	Crown Care - Osborne House
Milewood Healthercare	Gladstone House
Rambla Nursing Home	Mosssdale Residence
Riccall House Care Home	The Hall Care Home
Silver Birches	Nightingale Hall - Wellburn
St Bernadettes	RMBI Connaught Court
Sycamore Hall	Ashfield Malton
Treetops nursing home	New Lodge
Tudor House	Silver Birches
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 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 **38** 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.



Balloon volleyball

Staff 100m race

Chair basketball

Most steps by resident

Paper plate discus



Straw blow challenge

Bean bag/ball catch

Hoopla/quoits



Fitness Activity Pack- Helpful Information and Fun Activities for People with Learning Disabilities

The NHS in North Yorkshire has worked with North Yorkshire Learning Disability Partnership Board to make this easy read [activity pack](#). This covers the importance or regular activity to stay healthy and well and a variety of ideas to support individual to think about how they may which to approach activity in a way that works for them. There are a wide range of interactive resources in this guide which you could use in using setting to support those in your care, including a questionnaire to understand their thoughts on activity, a chance to learn more about your local leisure centre, a range accessible activities you can do at home, some questions to test your knowledge of activity and a tool to design an exercise playlist.



Let's Get Active- A Guide to Physical Activity and Sport for People with a Learning Disability

MENCAP have created a fantastic easy read guide which is designed for not just those with a learning disability, but families and friends, and care staff and teams working to support them. The guide shares information on why exercise is important to both our physical and mental health and provides support great information and ideas for individuals who may way which to get active but are unsure how to get started. The key message from this resource is that Physical activity and sport is for everyone, and anyone can take part. To access the guide please follow this [link](#).



Being active as you get older

We're always told being active is the secret ingredient to health and happiness, and it can help us reduce the risk of everything from cancer to heart disease. But for some of us, just walking up the stairs is hard.

However, you're feeling right now, and whatever you're dealing with, we can help you get moving more so you'll feel better for longer.

Life with a health condition can make getting active challenging, and some days it's not as easy to get up and go. But when you find something that works for you, a little bit goes a long way.

Age UK is proud to be part of the We Are Undefeatable campaign, helping to show that when you're living with a long-term health condition, every step forward is a step in the right direction.

Whether you're living with a health condition or supporting someone who does, finding little ways to move more throughout the day can make all the difference. Taking a few more steps on your walk or stretching during the ad breaks all adds up.

Check out Age UK's [website](#) for more information and helpful tips to get active.

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 provides taking part in the competition.



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](#)