

# 2024 North Yorkshire and York Care Provider Olympics

15<sup>th</sup> July – 25<sup>th</sup> August

## Week 1 of the 2024 Care Provider Olympics

We have received some lovely photos from providers this week who have held their Olympic events, embraced the sunshine and enjoyed activities with their residents.

**Gladstone House** residents chose what activities they wanted to do. They played basketball, had an egg and spoon race, and played catch with water balloons, seeing how long they could go without breaking them. Afterwards they threw the water balloons down the hill to see who could through the furthest!

A lovely gentleman said that between 1912-1948 there was a poem Olympics, and he has written a poem, which he has shared with us.

It reads *"I know a rock between two streams, each with a bridge so two paths meet all in a golden grove"*.



I know a rock between  
two streams  
Each with a bridge  
So two paths meet  
All in a golden grove  
By Peter A. Coffin

**Marina Lodge** have also held their Olympics sports day this week.

To celebrate England playing in the Euros, they held a gardening event. Spending time outdoors together, enjoying the warm weather and planting beautiful flowers in their garden. They also went on a 2 mile walk and played a spot of golf.



**Well done to everyone at Gladstone House and Marina Lodge!**

**The Hall Residential Home** has sent in a copy of their Olympics event poster which they are holding over several dates, including an opening and closing ceremony, making it extra special for their residents.

This is a fantastic way to incorporate all 8 medal table events, earn your team points and to compete against your fellow providers to the trophy!

**You've got to be in it to win it!**



## Competing for the Olympics trophy next week

**Anchor's The Manor House Knaresborough  
Leeming Bar Grange  
George Edward Smart Home - Combe Hay  
Osborne House**

Wishing everyone the best of luck in their upcoming events.

Don't forget to send your photos, anything you'd like to share and your scores to add to the leaderboard.



If you have not registered for this year's Olympics and would like to, please complete a [registration form](#) and send it to [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) You can find more information about the Olympics, competitors guide and recent bulletins on our [website](#)



## 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](mailto: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 16<sup>th</sup> September – more information to follow.

Please submit all your events and scores by 31<sup>st</sup> August to [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net)