



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

15th July – 25th August

Week 2 of the 2024 Care Provider Olympics

The Care Provider Olympics is well underway into week two.

More residents and staff have been taking part in physical activity this week, battling it out for the Olympic trophy! *Who will win this year?*



PARIS 2024



The Paris Olympic Games starts today.

For more information or the schedule of the Paris Olympics [click here](#)

Competing for the Olympics trophy next week



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

You can find more information about the Olympics, competitors guide and recent bulletins on our [website](#)

2024 Olympics Events

Most steps by resident

Balloon volleyball

Paper plate discus

Hoopla/quoits

Chair basketball

Beanbag/ball catch

Straw blow challenge

Staff 100m race



Think Drink- Remember to keep hydrated this Summer

Remembering to keep hydrated is especially important for those taking part in physical activity and during the present warm weather. Did you know it's recommended that adults drink at least 1500ml of fluid every day which is equivalent to 6-8 glasses? All fluids except alcohol count, this could be water, tea, milk, juice,

even high liquids foods like ice lollies...every little helps towards optimal hydration for those in our care.

Remember to follow heatwave guidance around hydration, avoiding extreme exertion and staying out of the sun at the warmest times.

For those taking part in the competition this is a great opportunity to think about how you give your Olympic athletes plenty of opportunity to keep hydrated and access drinks of their preference.

There are some fantastic drink and food facts sheets on Age UK's [website](#).

The Nutrition and Hydration Week [website](#) has a wide range of guidance, stories, events and more. Please take a look and be inspired.

Do you need support around hydration in your setting? Our Improving Hydration Quality Improvement Programme remains available. For further information please follow this [link](#).

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