



# North Yorkshire and York Care Provider Olympics 2025

**Do you want to get active this summer?  
Do you want to host your own sporting event and enjoy  
activities with your residents, friends and family?  
If YES, then the Olympics is for YOU!**



# Competitors Guide 2025

If you would like to sign up to this year's competition, please complete a registration form and email it to the Nursing Team - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) by **4th July**.



# Welcome to the 2025 North Yorkshire and York Care Provider Olympics



The North Yorkshire and York Care Provider Olympics is our platform for celebrating and promoting the importance of physical activity. An amazing 1,900 people have taken part of the initiative since 2022.

We're delighted that the competition is back for 2025, and over 6 weeks between **14th July - 24th August** all Care Providers are invited to host their own Olympic event to get moving together and compete against fellow providers for our Olympic trophy.

Whether you are a care home, supported living, extra care facility or domiciliary service, this is your chance to come together, get active and share ideas on how we can keep those in our care active.

This guide is designed to help you and your team plan how you will participate in this years competition, and personalise your activities to the needs of those in your care. Remember all movement big or small is beneficial, and helps fight deconditioning and promote health and wellbeing for our service users.

**To enter this years competition, simply complete a registration form and email it to the Nursing Team - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net)**

**All registration forms need to be submitted  
by 4th July.**

Please share your photos, resources, guidance and ideas on how you are promoting physical activity in your service and what you are doing for your Olympics event.

Our Olympic bulletin will be shared throughout the competition so you can keep up to date with the competition.



# How to Take Part

To enter your service into this years Olympics all you need to do is pick any day/s between **14th July - 24th August** and host your own Olympic style event.

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 your care so we can make sure they are inclusive for everyone.

There are a number of "**Medal Events**", which can earn your team points on our leader board. You can choose a selection of the Medal Events or all of them to compete against fellow providers for the winners trophy.

Or you can choose to do other activities with your residents and design your own Olympics event. You will be recognised for all your efforts with one of our fantastic 2025 Olympics certificates!

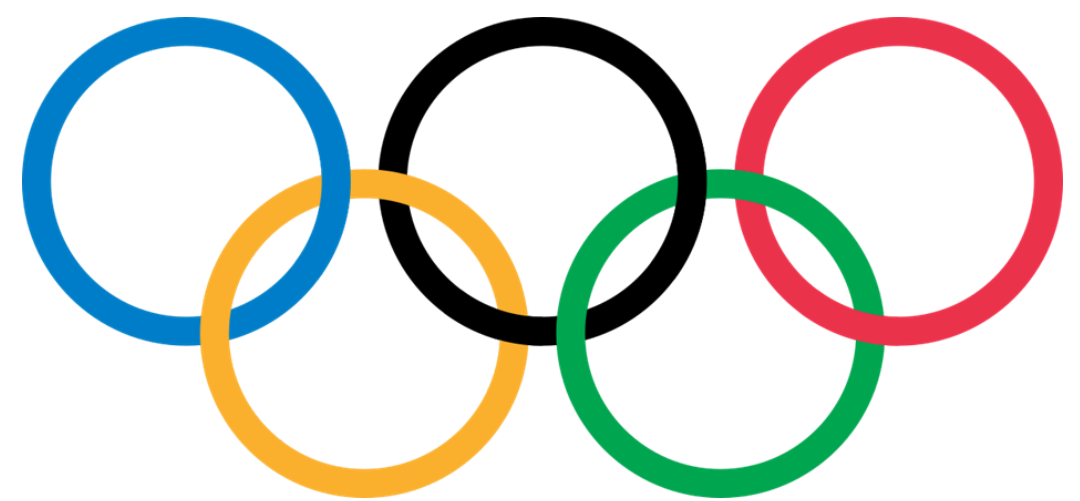
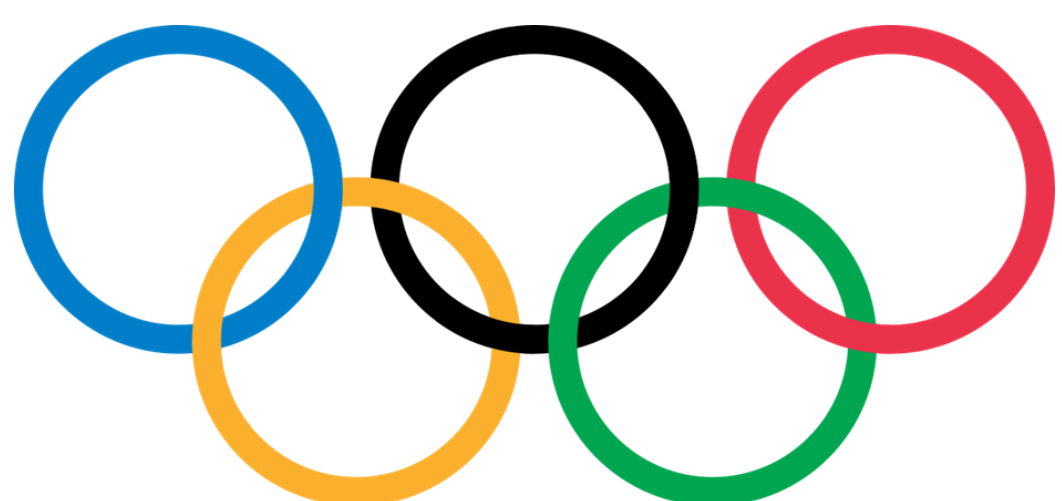
If you choose to incorporate the Medal Events into your event please follow the guidance on the 'Scores table' to ensure results are submitted correctly for our leader board.

**Please submit your scores by 29th August.**

You can find a copy of the registration form, scores table and this guide on our website. Bulletins and updates will also be uploaded on the website.

We are also excited to introduce our '**Weekly Events**' this year, more information on page 6.

**Who will be our 2025 champion?  
Will it be YOU?**



If you would like to sign up to this year's competition, please complete a registration form and email it to the Nursing Team -

**hnyicb-voy.yorkplacequalitynursingteam@nhs.net** by **4th July**

# Planning your event

## Training

Warm up, get moving and enjoy yourselves. Incorporate the Olympics medal events into your group activities leading up to your event to prepare and practice for the big day.

## Planning your event

Make some decorations for your event, banners, posters, bunting or flags to celebrate the Olympics. Do you have a team mascot to support you during your event? What about an Olympics torch or podium for your winners.

Choose which medal events you want to include in your event, or which other activities your residents would like to do. Remember you don't have to compete in the medal events to enter the Olympics and enjoy a day of sport.

Are you interested in joining in the weekly events this year? Get creative with your ideas and ask your residents what they want to do.

Do you have any sports men or women in your organisation? What stories can your residents share with others? Whether it's professional football, swimming athlete or a keen golfer, we'd like to hear their stories and share with other providers in our bulletin.

Reach out to the local nursery or schools in the area and ask them to join in your event. Remember relatives and friends can also join in the competition too. The more the merrier!

What about fancy dress? Are your staff daring enough to compete dressed up?

## Sharing with others

Whatever you do, however you do it, we want you to share your photos, stories, ideas, recipes and news with others. If you would like to share please email [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) and we will make sure it is shared in our Olympics bulletins.



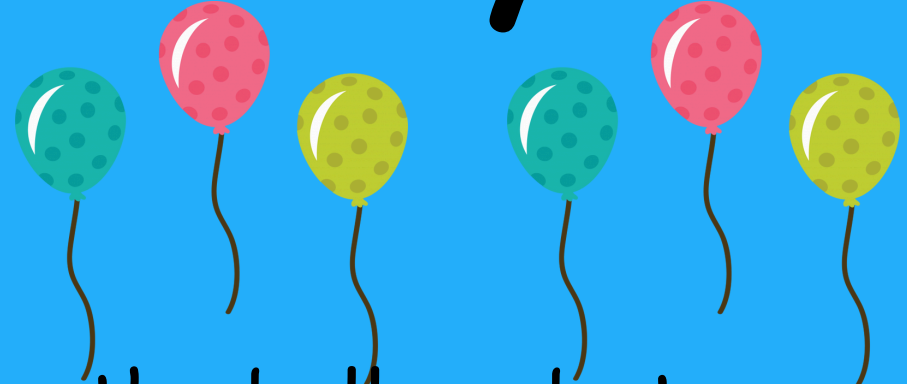
# Our 2025 Medal Events

## Most steps in one day



Record steps walked in one day using a smart watch, phone or pedometer

## Balloon volleyball



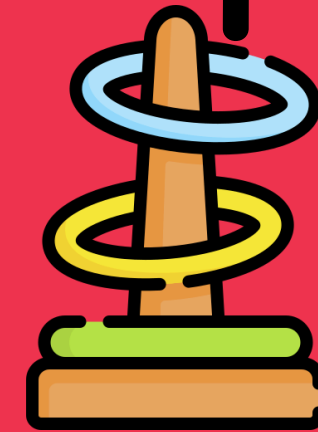
Pass the balloon between two people for 1 minute. One pass is one count

## Paper plate discus



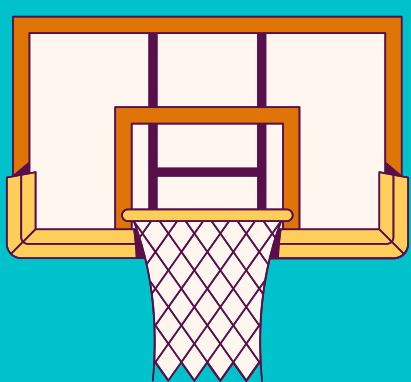
Throw the discus and measure the distance using CMs

## Ring toss or hoopla



Each participant to throw as many rings as possible in 1 minute

## Chair football or basketball



Most goals scored in 1 minute

## Beanbag or ball catch

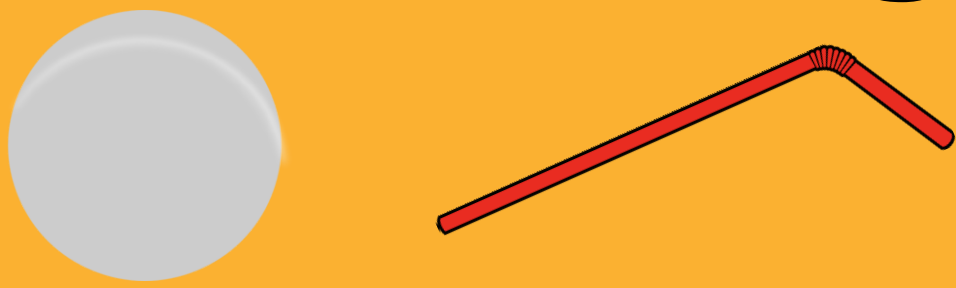


Throw a beanbag or ball to each other for 1 minute. Each throw is one count



# Our 2025 Medal Events

## Ping pong ball blow challenge



Blow a ball with a straw. Measure the longest distance in *CMs*

## High fives



Count the number of high fives in 1 minute

## Bowls



Furthest ball bowled, measured in *CMs*

## Egg and spoon race



Race 15 meters, carrying an egg on a spoon. Record in seconds

## Soft tip or ball darts



Highest score using 9 soft tip darts or balls.

## Staff 100m race



Quickest, recorded in seconds



# Our 2025 Weekly Events

This year we are introducing 'Weekly Events'. In addition to the Olympics sporting events we thought it would be fun to include themed weekly events for everyone to join in, get creative and share photos.



## Arts and Crafts week

21st July - 27th July

**GET CREATIVE!**



Design trophies, medals, posters, anything Olympics or sports related showcasing your creative talent. Using anything to create your work of art. Items found around the home or in the garden too.

## Hydration and Nutrition week

4th August - 10th August

**ITS HAPPY HOUR!**

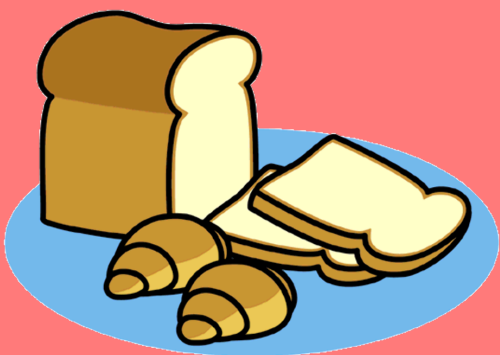


Whether you're making mocktails, smoothies, milkshakes or enjoying an afternoon tea, what nutritious ingredients are you using? We want to know, share your recipes in our bulletin.

## Great Yorkshire Bake Off week

18th August - 24th August

**READY, STEADY, BAKE!**



Biscuits, cakes or bread, sweet or savoury, whatever takes your fancy now is the time to get baking and showcase your masterpiece.

If you would like to sign up to this year's competition, please complete a registration form and email it to the Nursing Team - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) by **4th July**.



# Our Olympics champions



2022 Older Adults Champions  
The Orchards



2022 Younger Adult and LD Champions  
Sherbutt House



2023 Older Adults Champions  
Kirkwood Hall



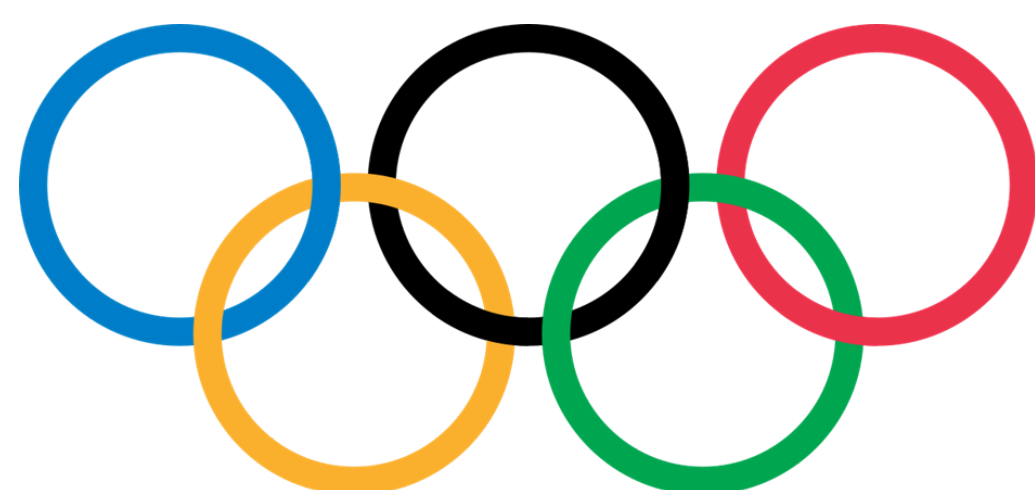
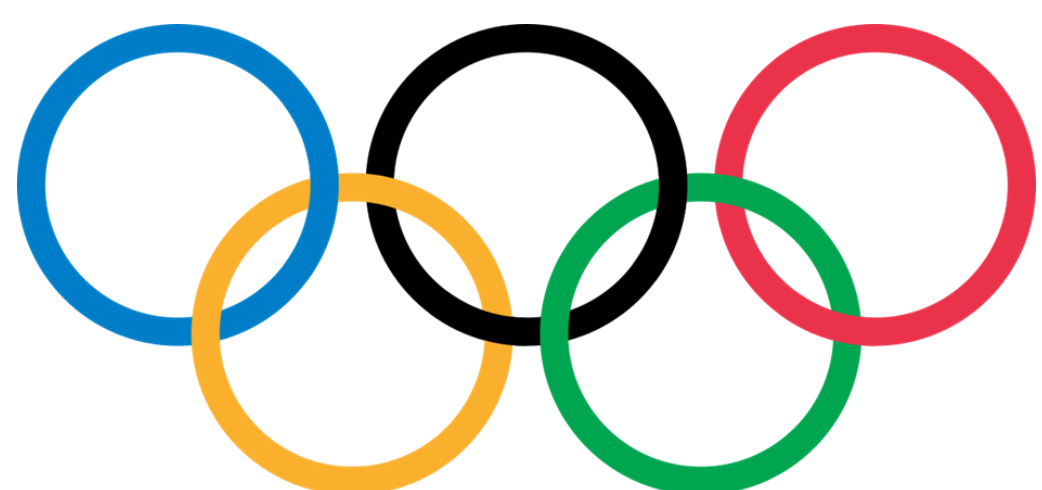
2023 Younger Adult and LD Champions  
Sherbutt House



2024 Older Adults Champions  
Kirkwood Hall



2024 Younger Adult and LD Champions  
Sherbutt House



If you would like to sign up to this year's competition, please complete a registration form and email it to the Nursing Team - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) by **4th July**.



# North Yorkshire Sport.

North Yorkshire Sport is the charity for movement, activity and sport and the Active Partnership for York and North Yorkshire.

North Yorkshire Sport work with partners across the county to help create happy and thriving communities that mean people are living more healthily for longer.

All providers across North Yorkshire and York are able to access a wealth of ideas, resources and community links to support activity in your service. They are also happy to work with individual providers around their activity strategies.

We are working with North Yorkshire Sport again this year and they would like to work with providers to share resources and offer any help or support needed with activities in your setting. NYS would also like to visit providers during their event to join in the fun of the Olympics.

If you would like to be contacted by NYS please state this on your registration form. Please note, visits are subject to their availability and provider's location.

For more information visit [www.northyorkshiresport.co.uk](http://www.northyorkshiresport.co.uk)







We are excited to be working with York City FC again this year. Last year Billy Chadwick and Rory Watson joined residents at Mossdale Residence for an afternoon of dancing and presented medals to the winners of their Olympics events.

A message from York City FC -

**“Established in 1922, York City Football Club is a passionate, proud club with football and community spirit at the heart of everything it does. We aspire to welcome, support and represent our entire community.”**

**We're delighted to be taking part in the North Yorkshire and York Care Provider Olympics 2025 as it's a brilliant opportunity for the club's players and staff to immerse themselves in the community.”**

If you would like to be contacted by YCFC please state this on your registration form. Please note, visits are subject to their availability and provider's location.

For more information visit <https://yorkcityfootballclub.co.uk/>





## Summary

Date - 14th July - 24th August

Register by 4th July - complete the registration form and submit to the Nursing Team

Scores must be submitted by 29th August to be entered on to the leader board - using the scores table spreadsheet provided

Closing ceremony will be W/C 22nd September TBC - more information to follow

The Nursing Team will be in contact with providers to arrange visits during the Olympics to take part and join in the fun with residents.

If you have any questions or would like more information about the competition please contact the Nursing Team [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net)

**Wishing you all the  
very best of luck!!!**