



Partners in Care Olympic Update

Wednesday 08 June 2022



Monday 13 June- Friday 24 July



For further details and to register your provider in the event contact:
sam.varo@nhs.net

- Your chance to get those in your care moving for health and wellbeing.
- Host your own event and compete against other providers for the coveted overall trophy!
- Limber up, get in shape and fight deconditioning
- Medals and prizes for winners

Get in Shape and Moving to Fight Deconditioning this Summer

This year we are inviting providers to take part in the inaugural Partners in Care Inter Care Home and Supported Living Summer Olympics, on any day of your choice between **13 June** and **24 July**. The aim of the event is to be a fun way to support residents in getting active and moving to fight deconditioning, promote health and wellbeing and a chance to compete against fellow providers for the overall Olympic trophy!

We will be sharing this update weekly during the next 10 weeks to share how those in care homes and supported living are getting moving this summer, updates from providers competing in the Olympics, tips, resources and ideas you can use in your setting and reminders about the health benefits of exercise. For more information about the campaign please follow this [link](#).

If you have anything you would like to share in this update please contact sam.varo@nhs.net- We would especially love to see and hear how those in care are getting active. For those taking part in the event don't forget to send photos of the day!



Our Competitors So Far

5 Whitby Road (Pickering)	Abbey Lea Athletes (Selby)
Castle House Day Centre and Supported Living (Scarborough)	Fulford Nursing Home (York)
Harlington House (York)	Harrogate Home Support (Harrogate)
Holgate House (York)	Omega Oak Barn (Kirkbymoorside)
Neville House (Skipton)	Silver Birches Aiming for Gold! (Filey)

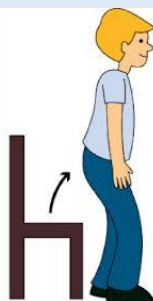
Older Adults Care	Young Adults and Supported Living
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Tips and Ideas for Getting Active



Add your Name to the Entry List- How to Take Part

We already have a number of providers from across North Yorkshire and York signed up, to register your service for the Olympics all you need to do is contact sam.varo@nhs.net with a date you would like to take part. You can fill your day with events of your choosing (the more creative the better), as well as chance to compete in a set of medal events against other local providers and challenge for the overall trophy! For information please follow this [link](#) which includes our competitor guide.



Sit Less, Move More

A useful video can be found through this [link](#), explaining some of the science and negative health factors associated with remaining sedentary for too long. People who do not get enough opportunity to mobilise and be active are at increased risk of reduced bone mass, muscle strength, reduced mobility, increased dependence, confusion, and de-motivation. This is known as 'Deconditioning Syndrome' and often has a detrimental impact on a person's wellbeing as well as physical function and can result in frequent falls, constipation, incontinence, depression, swallowing difficulties, pneumonia, all of which can lead to de-motivation and general decline in health. The video explains how even brief periods of activity can have positive effects on a residents health.



Celebrating and Sharing- Sports in Social Care

As part of this years event, we are also looking to celebrate and share the stories of any sportsmen or sportswomen in your service. This could be either residents or staff, and those who still take part in their chosen sport or who did so when they were younger. If you have anybody you can think of from your service we would love to hear from you.

It's All Fun And Games At Care Home Sports Day Event

Still thinking of ideas for your event? This [article](#) from The Carer Magazine from 2019 shows how 4 care homes from the Stocks Hall Nursing and Care Group North West came together to host their own sports day. Each home brought two games for all to participate and the mix of physical activities ensured that nobody was left out – even the youngest of family members came to support their loved ones.

Frailty and Deconditioning Resources from NHS Lincolnshire

NHS Lincolnshire have a wide range of resources through their [Frailty Hub website](#), both explaining the impact of deconditioning, and resources to help promote physical activity in your setting. This includes information around strength and balanced exercises, which help reduce the risk of falls.

This bulletin is produced by NHS Vale of York Clinical Commissioning Group.

Do you have.....

- **Updates or photos from how your service is taking part in the event?**
- **Activities that you use to support your residents in getting activities (or useful resources) that you would like to share with others**
- **Any sports men or women in your service that you would like to celebrate, whether they be residents or staff**

If so please contact sam.varo@nhs.net