



Partners in Care Olympic Update

Thursday 16 June 2022



Summer Olympic Update- Week 1

This week is the first of our six week Partners in Care Post COVID Inter Care Home and Supported Living Olympics. Good luck to all our team across the area who are working hard preparing their events. We have 18 providers so far signed up to take part, and this week have welcomed William Wilberforce Care Home, Riccall House, New Lodge, Botton Village and Ryedale MENCAP, United Response York Services, Carentan House, Cauwood Day Services and Sherbutt House to our entry list!

There's still plenty of time to add register your provider to support physical activity for those in your care this this summer, and compete with other services for the overall trophy. 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.



Our Competitors So Far

5 Whitby Road (Pickering)	Abbey Lea Athletes (Selby)
Botton Braves (Whitby)	Carentan Three Swans (Selby)
Carry on Cauwood (Malton)	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)
New Lodge (York)	Riccall House Care Home (Selby)
Sherbutt Dib Dabs (Pocklington)	Silver Birches Aiming for Gold! (Filey)
William Wilberforce Care Home (Pocklington)	United Response York Services (York)

Older Adults Care	Young Adults and Supported Living
-------------------	-----------------------------------

Tips and Ideas for Getting Active



Getting Active at Sherbutt House

Through the next 6 weeks we'll be celebrating some of the amazing work care teams in our area do to support those in their care in remaining active. Sherbutt House are a family run care home, domiciliary and assisted living service based in Pocklington who support adults with learning disabilities. In partnership with Pocklington Rugby in the Community, services users have been attending the local leisure centre weekly to take part in a wide range of fun activities including playing tennis, football, and basketball among others. These sessions are delivered by volunteers and aim to increase movement and activity among service users as well as their staff team, and are looked forward to and enjoyed by all. They complement other activities that service users have access to, including weekly swimming sessions and trips out into the local community.

Do you have some great examples of how your service are promoting activity for those in your care? We would love to feature you in a future bulletin if so- Please contact sam.varo@nhs.net for more information.

Article- 2021: The Year of Reconditioning

The Lancet published an [article](#) last year, which sets out the impact the pandemic has had on physical health through de-conditioning and explores some of the next steps needed to support physical activity. Deconditioning has been a consequence of lockdown even for people who never had COVID-19. The report highlights an Age UK study, which highlights that one of four older people are unable to walk as far as before the lockdown and one in five people feel less steady on their feet



Find a Community Activity Group in York

Live Well York have [comprehensive list of community activities and groups](#) through their online directory, many of which have opportunities available to both service users and staff to get active. Groups include football, tennis, Zumba, rugby, netball, boccia, swimming, hockey, climbing, bowling, dancing, volleyball

and pilates amongst many more! Opportunities can be searched for by postcode, activity and who they would be suitable for.



Age UK Physical Activity Videos

Through their "We Are Undefeatable" Campaign- Age UK have produced three [home exercise videos](#) designed for the elderly and focus on finding an activity that is right for you. The three videos cover dance, balance and strength.



Celebrating and Sharing- Sports in Social Care

As part of this year's 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. Please share any stories with sam.varo@nhs.net

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

