



## Post Covid Inter-Care Home and Supported Living Summer Olympics 2022



**Monday 13 June- Friday 24 July**



**For further details and to register your  
provider in the event contact:**  
[sam.varo@nhs.net](mailto: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**

**The focus of the events are to help providers and those in their care fight de-conditioning, and promote re-conditioning. The message is simply...*"Get up, get dressed, keep moving - your muscles, your strengths, your abilities: Use them or lose them"***

Exercise is proven to be pivotal to health and wellbeing. Exercise or regular physical activity can reduce the risks of major illness, such as heart disease, stroke, diabetes, cancer, and lower the risk of early death by up to 30%.

It is an essential factor in weight management and shown to be beneficial in reducing pain, maintaining bone and muscle strength, and even improving skin health. In addition, it can improve self-esteem, mood, sleep quality and energy levels, as well as reducing the risks of stress, depression, and dementia... Ultimately resulting in an overall healthier and happy life

# Our Competitors So Far!

5 Whitby Road (Pickering)	Abbey Lea Athletes (Selby)
Camphill Village Trust (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)

## How to Enter

- Competition open to all Care Homes and Supported Living sites across North Yorkshire and York.
- Pick a date you would like to take part- You can take part on any day between **13 June** and **24 July**.
- You can fill the day with as many events/activities as you like (The more creative the better- Anything to get your service users up and moving).
- However there are a series of suggested "medal events" listed, to compete against other providers in for the overall trophy If you take part in these- you will just need to send us your scores after your event has finished
- After the deadline- We will share a final medal table and presents trophies the top 3 homes in the older adults and supported living classes.

To enter or for further information please contact: [sam.varo@nhs.net](mailto:sam.varo@nhs.net)