



Partners in Care Olympic Update Monday 27 June 2022



Summer Olympic Update- Week 2

We're now completed week two of our six week Partners in Care Post COVID Inter Care Home and Supported Living Olympics. Our teams are limbering up and preparing to host their events as Olympic fever spreads, and showing great creativity in how they have engaged their staff, service users and families in getting active. The first teams have now already begun to hold their events- There's more information on how Abbey Lea and Neville House have been fighting deconditioning below.

The Orchards in Northallerton, and Kirkwood Hall and Sycamore Hall in Leyburn have joined our entry this week which takes us to 21 providers signed up from across the area. 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

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| 5 Whitby Road (Pickering) | Abbey Lea Athletes (Selby) |
| Bolton 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) |
| Kirkwood Hall (Leyburn) | Omega Oak Barn (Kirkbymoorside) |
| Neville's Heroes (Skipton) | New Lodge (York) |
| The Riccall Warriors (Selby) | Sherbutt Dib Dabs (Pocklington) |
| Silver Birches Aiming for Gold! (Filey) | Sycamore Hall (Leyburn) |
| The Orchards Champions (Northallerton) | United Response York Services (York) |
| William Wilberforce Care Home (Pocklington) | |

Older Adults Care

Young Adults and Supported Living

Tips and Ideas for Getting Active



Abbey Lea Athletes in Action!

The team at Abbey Lea in Barlby came together to arrange their event last week, hosting a fantastic range of events to involve residents, staff and families. They took part in a variety of activities to support physical activity including wheelchair basketball, weighted hula hoops, number of steps walked by residents and number of passes with a volleyball. To make sure the event was inclusive of all, they also supported residents in bed to take part in the day with a series of bed based activities. Well done for all the team for their hard work in making the day happen.



Getting Active at Neville House

Well done to all the Neville's Heroes team from Gargrave, who supported those in their care to take part in activity and fight deconditioning over 4 days last week. Everybody thoroughly enjoyed all the events which included bowling, darts, shot putt, hoopla and bean bag toss. They also engaged their residents in conversation about the role sport has played in their lives, which include one resident talking about her time in the WAF when she was on their netball team.



What Are Our Other Teams Up To?

- United Response will be holding an exciting event bringing together all their York support living tenants.

- Omega Oak Barn have been busy decorating the home ready for their event, and will be taking part in many of the medal events, as well as a three-legged race for staff!
- The Riccall Warriors have begun their activities with a table tennis competition, ahead of their main event at the start of July.
- The Botton Community with Ryedale MENCAP will be holding their Olympic as part of their summer fete. Activities will include table tennis, chair basketball and boccia.



Active Ageing Projects and York St John University

This month's [Healthwatch York magazine](#) showcases just some of the projects being supported by YSJActive at York St John University, in offering a range of activities aimed at getting people of all ages and abilities engaged in fitness. They hope to help the wider community recover some of the health levels lost during Covid. These projects include

- Walking rugby sessions for older players and anyone who can't play the contact version of the sport.
- Growing active allotment group aimed at the over 50's
- Getting active gym sessions for the over 50's.
- Moving Minds – dance project for people affected by dementia.

More information and contact details for these groups can be found through the magazine.



Encouraging Physical Activity in People Learning Disabilities- Nursing Times

This [article](#) was shared in 2018 and discusses the barriers preventing people with learning disabilities from being more physically active, and how to encourage them to increase their level of activity (The article is from a nursing perspective but may be useful to providers also).

The article recommends:

- Promoting a sense of control
- Promoting positive attitudes
- Promoting an individual approach
- Promoting Manageability
- Promoting Safety

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