



Partners in Care Olympic Update

Thursday 7 July 2022



Summer Olympic Update- Week 4

We're approaching the mid-way point of our Partners in Care Post COVID Inter Care Home and Supported Living Olympics, as we near the end of week 4. Our 27 providers are all working hard to plan their events and support their service users in getting active. This week we welcome the Tawny Owls from Selby, Hilltop Manor from Sherburn in Elmet, Ashfield Athletics in Malton and Rawcliffe Manor from York who have joined our entry list.

There's still plenty of time to add register your provider to support physical activity for those in your care 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.

Meet our Teams

Our Competitors So Far

5 Whitby Road (Pickering)	Abbey Lea Athletes (Selby)
Alne Hall (Easingwold)	Ashfield Athletics (Malton)
Benkhill Lodge (Bedale)	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)
Hilltop Manor (Sherburn in Elmet)	Holgate House (York)
Kirkwood Hall (Leyburn)	Omega Oak Barn (Kirkbymoorside)
Neville's Heroes (Skipton)	New Lodge (York)
Rawcliffe Manor (York)	The Riccall Warriors (Selby)
Sherbutt Dib Dabs (Pocklington)	Silver Birches Aiming for Gold! (Filey)
Sycamore Hall (Bainbridge)	Tawny Owls (Selby)
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



Who Will Claim Our Olympic Trophies?

We've received our Olympic trophies and medals that will be awarded to our winning teams in both the Younger Adults and Older Adults categories. At the end of the competition, we will reveal which providers have topped our medal table, and will be crowned overall champions for supporting their service users in getting active this summer!



Aiming for Gold at Silver Birches!

Rain definitely didn't stop play for the residents at Silver Birches in Filey, who held an indoor summer Olympic this week. Everybody at the home has been striving for gold and took a wide range of activities to get active

and moving. The residents all enjoyed their day, it provided an opportunity to bring everyone together regardless of their abilities and after all the difficult last two years.



Botton Braves in Action

The Botton Community with Ryedale MENCAP held their Olympic competition over the weekend as part of their summer fayre. Everybody had a great day taking part in a number of events including boccia, table football, bean bag toss, most steps walked among others. Well done to all the team for supporting those in their care to get active, and good luck in the competition to be crowned Olympic champions!



Physical Activity and Dementia

This [article](#) from Alzheimer's Society, discusses how several studies have shown that aerobic exercise (exercise that increases your heart rate) in middle-aged or older adults have resulted in improvements in thinking and memory, and reduced rates of dementia.



Access Sports in North Yorkshire

[North Yorkshire Sport](#) have a comprehensive guide to opportunities to take part in sports across the county, which include those accessible to staff as well as to service users. This guide includes everything from walking football to chair based exercise, to swimming, wheelchair basketball and dancing.

However, physical exercise does not just mean playing a sport or running. It can also mean a daily activity such as brisk walking, cleaning or gardening

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