



Partners in Care Olympic Update

Wednesday 13 July 2022



Summer Olympic Update- Week 5

We're now at Week 5 of our Summer Olympic Challenge for Care Homes and Supported Living Providers! Good luck to all our providers who are working hard to plan their events over the remaining 2 weeks of the competition. We're have a brilliant 29 competitive care providers vying for our overall trophies- With The Gravers Care Home from York this week joining us in the Younger Adult Category.

However there's still time to add your provider and join the competition 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 Athletics (Selby)
Aine Hall (Easingwold)	Ashfield Athletics (Malton)
Benhill 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)
Osborne House Nursing Home (Selby)	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 Gravers (York)
The Orchards Champions (Northallerton)	United Response York Services (York)
William Wilberforce Care Home (Pocklington)	

Older Adults Care

Young Adults and Supported Living

Team News, Tips and Ideas for Getting Active



Go Team Kirkwood!

Kirkwood Hall Extra Care from Leyburn hosted their event last Thursday with an action packed day that included balloon volleyball,

basketball, curling, beanbag toss and hoopla among other challenges! Well done to all the team for taking part- And we'll look forward to seeing where you come in the final medal table.



Riccall Warriors On the Move!

The scores are in from Riccall House Care Home, where the residents and staff stayed cool in the sun to take part in a range of challenges including hoopla, toss the bean bag and balloon volleyball! There was plenty of competitive spirit demonstrated by all who took part, and everybody thoroughly enjoyed the day which was the culmination of a series of events which included a visit from a mobile farm.



Silver Birches in Action

We featured the team Silver Birches Care Home from Filey in last week's bulletin, however they packed their event so full of activities to include in one update! All their staff (including care staff, domestic team and kitchen staff) fully embraced the Olympic spirit and joined in with the activities, which started with a resident versus staff game of hoopla.

They then split into two different teams which were each a mixture of staff and residents (The Silver Riders and Birches Babes) for a game of rounders, with the staff doing the running and the residents seated using a shuttlecock rather than a ball. They finished the day with a competition to throw a paper plate discus the furthest, and then a competition for residents of steps walked in 10 minutes.

The team did a brilliant job to include all their residents regardless of abilities (including Winnie, who joined in all the events at the age of 104!). All the participants were winners, and it was a day filled with fun and laughter. In fact, feedback at the residents meeting was so positive that they're already planning another event for August!

Well done to all the team at Silver Birches for all their hard work planning the event, and such creative ways to support their residents in getting moving and active.



Physical Activity and Mental Wellbeing

Did you know the being physically active is one of the [NHS's 5 key steps to mental wellbeing?](#)

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem



Introducing- NHS How Fit Today

[NHS How Fit Today](#) is a free physical wellbeing resource that tailors to all ages and abilities. The exercise routines are divided into four main areas including tailoring to people with low mobility. There are also three different levels of exercises, so you can choose a level that suits your own level of fitness best. The exercise routines focus on:

- Mobility

- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

- Stability, Balance and Coordination
- Strength
- Cardiovascular Health

This bulletin is produced by NHS Humber and North Yorkshire Integrated Care Board.

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