

Post Covid Inter Care Home and Supported Living Summer Olympics

Update

Partners in Care- 14 July 2022

Olympic Aim

“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”

Our Competitors

5 Whitby Road (Pickering)	Abbey Lea Athletics (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)
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)	

How Our Providers Have Been Supporting Physical Activity This Summer (Selected Highlights)

- Abbey Lea Care Home made sure their events were inclusive of all residents, by including a bed based Olympics. Events included number of facial expression changes and amount of hand squeezing.
- United Response York are bringing together all their service users from their LD supported living sites, at an event in Rowntree Park later this month with families invited to join for events including chair basketball among others.
- Silver Birches from Filey included a Rounders challenge in their event, where the staff did the running and residents did the catching. 104 Year old resident Winnie thoroughly enjoyed the day and took part in all the events! The residents committee decided that they enjoyed the day so much they will host another in August.
- Neville House engaged their residents in a conversation about what sport meant to them- Which included one resident talking about her time in the WAF when she was on their netball team.
- Cauwood Day Services in Malton will be hosting a 2 week long event to make sure they include as many of their service users as possible.

Teams in Action!



Silver Birches
Aiming for Gold!
(Filey)



Botton Community and
Ryedale MENCAP
(Whitby)



Abbey Lea Athletes
(Barlby nr Selby)



Kirkwood Hall Extra Care
(Leyburn)



Riccall Warriors (Riccall nr Selby)



Neville's Heroes (Skipton)

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