



## Partners in Care Olympic Update

Tuesday 19 July 2022



### Summer Olympic Update Week 6- Sun Stops Play!

Congratulations to all those from our 29 fantastic teams who have already taken part in our Olympic challenge, and supported those in their care to get active and compete for our younger adults and older adults overall trophies!

Given the unprecedented weather we have experienced this week, several providers who had their Olympic events planned have understandably chosen to postpone to keep those in their care out of the heat. Some providers have also been affected by outbreaks in their setting. Therefore we will extend the Olympic competition to allow those affected to hold their events as planned. **We would be grateful if these teams would be able to please let us know what their revised plans are**, and we will then be able to confirm a final timescale for the competition and for when we can confirm our final standings and award trophies!

## 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)
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



### Sherbutt Dib Dabs in Action!

Our team from Sherbutt House in Pocklington took part in our Olympic challenge last Friday. The service supports residents with learning disabilities, and organised a fantastic day full of a wide range of activities to support their residents in going for gold! These included some very creative paper plate discus's that the residents designed for the event, alongside our distance race, wheelchair basketball and many other events. Most importantly everybody gave it their all, and thoroughly enjoyed the day.



## **Big Achievements at Fulford Nursing Home**

The team from Fulford Nursing Home in York have one of the highest levels of dependency among residents in our competition, so had a unique challenge in engaging those in their care to take part in this years Olympics. All the team rose to challenge with events designed to make sure all could take part, including a tin can alley, golf based Putting with Pride challenge, and shark javelin throw alongside some of the medal events. They also supported their bed based residents Olympic senses challenge, where they were asked to correctly guess a number of scents. The achievements of all those who took part can't be underestimated given their levels of mobility, so a massive congratulations to all our Fulford Olympic contenders for taking part this year.

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## Ready, Steady, Go for Team William Wilberforce

The scores are in from William Wilberforce Care Home in Pocklington, who had fantastic Olympic day of fun last Thursday. They took part in a number of our medal events including chair basketball, paper plate throw and the distance race. Staff were particularly impressed by resident Mavis who has a visual impairment, but was still the highest scoring resident in the beanbag toss challenge! They also held a wheelchair race where staff assisted the competing residents. All residents had a lot of fun and were very competitive, they were asking the staff to go faster so they could win! Well done to all the team for arranging such a creative and enjoyable day, and we'll look forward to seeing where you come in our medal table.



## Congratulations Sycamore Hall

Not to miss out, our team from Sycamore Hall Extra Care in Bainbridge have also been getting active this week to compete for our Olympic title!



## Get Yourself Active: New Practical Resource for Social Care Staff

Disability Rights UK in partnership with social care and physical activity experts have developed an online resource to support people take up physical activity.

Residents were supported to take part in challenges ranging from bean bag toss and basketball to croquet and a water pistol based event. Well done to all the residents and staff for organising and enjoying such an action packed day.

This covers practical solutions on getting more active, tackles barriers head-on and provides social workers, care staff/family members with the knowledge and tools to support people to realise their physical activity aspirations. There's a section about communicating with people with complex disabilities to find out someone's interests and goals and what may work best for the individual when it comes to getting physically active. Follow this [link](#) to access the Get Yourself Active Social Care Activity Pack.

**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](mailto:sam.varo@nhs.net)