



## Partners in Care Olympic Update

Thursday 04 August 2022



### Summer Olympic Update Week 8- Final Week!

We've entered the final week of what has been a fantastic Olympic competition- With some inspiring stories from across our area and all different service types of how they have engaged their staff and those in their care to get active this summer. There have been so many incredibly creative ideas from a Hawaiian theme to a get together of multiple services in a local park, and from heroic efforts in our distance walk challenge to bed based events to make sure everybody in our care is included.

The competition will close at midnight on **Sunday 07 August**, so the next few days are your final chance to add your service to our overall medal table and compete for the overall trophy. A brilliant 24 services have so far competed, and we've been amazed by the enthusiasm with which this year's contest has been met.

Look out for next weeks bulletin, and we'll also be confirming our final medal table!



## **New Lodge- Staying Cool and Getting Active**

Well done to our contenders from New Lodge in York, who managed to complete all their Olympic events (as well as add in some of their own). They also produced some delicious looking summer mocktails for staff and residents to help everybody stay cool and hydrated. Residents completed loved completing in all the Olympic events, as well as a giant dice rolling game a few rounds darts to add to the fun. Congratulations to everyone from the home for taking part- and we'll look forward to seeing how you do in our final medal table.

## **Team News, Tips and Ideas for Getting Active**



## **Reaching for the Skies with Larpool Lane**

Larpool Lane Residential Home in Whitby are a surprise late entrant into our Olympic competition, having held their event earlier in July. Almost all their residents took part in an exciting full day of activities, some doing so from their bedrooms and communal areas before the sun came out and

everybody was able to enjoy some outdoor activities too. All that took part thoroughly enjoyed the day, which included everything from table air hockey, Velcro ball catch, bean bag toss, hoopla, noughts and crosses and even a paper aeroplane competition. Everybody was kept hydrated with a series of summery treats- including strawberries and cream, orange slices and ice lollies.



### **Rawcliffe Manor On a Roll**

Residents from Rawcliffe Manor in York demonstrated impressive lung capacity as they took part in our ping pong blow challenge, as part of a series of events on their Olympic afternoon. They also started the day with a set of delicious and hydrating summer fruit rings. Well done to all the team for taking part in this years competition.



### **Thumbs up from Team Harlington House**

Thank you to Harlington House in York for sharing this photo of staff and residents all enjoying their summer Olympic event. Everybody had an amazing day taking place in all the activities and thoroughly enjoyed themselves. Their day also included a special raffle draw.



## **The Gravers Warriors in Action**

Congratulations to our team from The Gravers in York, who are competing in our LD and younger adult category. The events went ahead despite the weather (and a last minute change of venue!), with residents giving their all to compete for the overall trophy including valiant efforts in balloon volleyball, chair basketball and the longest paper plate throw among many others.

## **On the Move With 5 Whitby Road**

Also challenging in our older adults category are our team from 5 Whitby Road in Pickering, who ticked off lots of different events with their residents last week at their Olympic event. This included the ping pong ball blow, paper discuss, balloon volleyball and chair basketball. All the residents enjoyed their chance to get active and had their own medal ceremony. Congratulations to all who took part and made the day possible.

## **Brilliant Benkhill**

Staff and residents from Benkhill Lodge from Bedale have taken their turn to get moving and active this summer. The day was enjoyed by all who participated, with the team opting not to record scores so all their residents were winners and received a certificate for participating.

**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)