



Partners in Care Olympic Update

Wednesday 10 August 2022



Summer Olympic Update- Who Will Top Our Olympic Podium for 2022?

The results are in for all 28 teams from 31 different services who competed in this year's Olympic Challenge, keep your eyes peeled for **tomorrow** when we will be revealing our overall winners via email and at the Partners in Care Forum! We have plenty of great stories to share first though from our final week of competition. Well done to everybody who has joined us this summer for a competition that's demonstrated that huge amount of creativity in our care sector to interpret the brief in countless different ways, and host events however big or small to promote physical activity for those in your care.



Osborne House in Action

Everybody at Osborne House got fully into the Olympic spirit last week- hosting a fun packed afternoon last Thursday. The residents were involved in shaping what they wanted the event to look like, and their answer for to invite their families to join in with the activities. The afternoon included everything from egg and spoon race, to hook a duck and a parachute based challenge to get everybody active. They also produced a fantastic looking Olympic display and torch. Well done to all the staff and residents for competing, and all their hard work to organise the day.



Omega Oak Barn Olympians

There was a packed afternoon full of activity at Omega Oak Barn near Kirkbymoorside as staff and residents enjoyed competing in a range of exciting events. This included valiant attempts at hoopla, most catches of a ball, and the beanbag toss. They also took part in bowling and the egg and spoon race- where particular congratulations go to Liz who was the only resident not to drop the egg! As the bit of fun the staff also competed by counting the most steps walked in an hour, with the winner being Gemma with 4000 steps.

Team News, Tips and Ideas for Getting Active



Getting Active with Carentan House

Carentan House in Selby have held their very first summer Olympics along with sister services Kingfisher House and Tawny Lodge as part of our competition. All the residents and staff had a lovely day starting with an opening ceremony complete with nation flags and of course the national anthems, although the Welsh one was a bit difficult to sing along too! They ended the day with a medal ceremony and picnic. Everyone took part in the day (with one or two getting a bit competitive). They also had their own hydration station, along with five activities to compete in.



Hilltop Hurricanes

Hilltop Manor Care Home's Olympic day was enjoyed by all their residents. The events started in the morning with a short exercise class to limber up. Then the fun began, with an Olympic team event of the relay race, passing the baton around the care home. They then did our three events (bean bag toss, quoits and ping pot)

After lunch they reminisced about some sports that their residents did when they were younger- discovering they had a few footballers, golfers, one resident who was in a Ping Pong Team another lady who swam for the County. They were all very proud of their achievements. The afternoon was completed by a medal and certificate presentation ceremony with refreshments. Congratulations to all the team for arranging such a fantastic day.



Gravers Going for Gold

The photos from our team at The Gravers just missed the cut for last week's update- but here's a picture of their residents challenging for gold in the ping pong blow activity. All the team put together a brilliant Olympic day that was enjoyed by all- and we'll soon discover where they finish in our LD category.



Abbey Lea Back for More

As one of the first teams to host their Olympic event, Abbey Lea from Barlby were feeling a little activity rusty and wanted to compete again! Residents took part in several challenges including

number of feet raised by a resident in 30 seconds. One of their respite residents decided to do an Olympic knit, producing some amazing looking gifts to sell as their upcoming summer fayre. Also getting in on the action were manager Natalie and staff member Zoe with a weightlifting challenge- both lifting 5kg weights an impressive 50 times in a minute!



A Blooming Good Olympics with Ashfield!

Ashfield Manor in Malton filled their Olympic event full of summer colour, with a sunflower growing competition for their residents accompanying some more energetic events including balloon volleyball, skittles and beanbag darts. Well done to all the team for competing and promoting physical activity this summer.

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

