

# 2023 NORTH YORKSHIRE AND YORK CARE PROVIDER OLYMPICS

01 June- 14 July 2023



**The Challenge- Host Your Own Olympic Style Event, and Get Those in Your Care Active and Moving. Compete Against Fellow Providers to Be Our 2023 Olympic Champions!**



**North Yorkshire Sport.**

NHS Humber and North Yorkshire ICB in collaboration with partners from across the area are delighted to announce that after over 600 individuals from across the care sector participated and rose to the challenge in 2022, The North Yorkshire and York Care Provider Olympics is back for 2023. You are now able register your provider to take part ahead of this year's running, which take place between **01 June and 14 July 2023.**

This is your chance to get residents and staff up and moving, and hold your own Olympic style event to promote the health benefits of physical activity to those in your care. We know that by staying active together we can fight deconditioning syndrome- which can result in reduced mobility and muscle strength, confusion, poor mental health and increased risk of falls. By coming together across the region to celebrate and share ideas on how we can keep residents active which is clinically proven to reduce the risk of major illness by 30%.



## **How to Take Part and Get Active This Summer**

You can fill your event full of as many different activities as you like, and consider how you can personalise these to the differing needs of those in our care so we can make sure they are inclusive of all. This is your chance to be as creative as possible, last year we saw everything from wheelchair races to weightlifting and from activities for bed based residents, staff versus resident rounders and much more.

However as last year we have selected a range of "Medal Events" which providers can take part in, which will count towards our Olympic Medal Table are your chance to compete against fellow providers for our overall Olympic Champions Trophy! All care settings across the county are able to take part and challenge against our reigning champions The Orchards Extra Care in the Older Adults Category, and Sherbutt Residential Care in the Younger Adults and LD Category.

We will be sharing a weekly Olympic Bulletin throughout the competition so you can keep up to date with how our competitors are taking part, and to share resources, guidance and ideas on how you can promote physical activity in your setting. Our Olympic Closing Ceremony will take place in July where we will come together to celebrate everybody who took part, and announce our 2023 champions.



## Register Your Place

To register to take part in the fun all you need to do is complete our registration form and return to [sam.varo@nhs.net](mailto:sam.varo@nhs.net). This can be found in our 2023 competitors guide below, which is crammed full of ideas on how to fill you event. Don't miss your chance to join the fun and get staff and residents moving!

[Competitors Guide](#)  
[2023 Event Poster](#)

Further information including highlights from our 2022 competition can be found through our [website](#).