



North Yorkshire Sport

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!

Our 2023 Olympic Challengers



Older Adults Category	
Abbey Lea Care Home (Selby)	Silver Birches Going for Gold (Filey)
Hambleton Heroes (Thirsk)	The Tudor Titans (Selby)
Riccall House Warriors (Selby)	5 Whitby Road (Pickering)
Carentan House (Selby)	New Lodge "Best Bar None" (York)
Osborne House (Selby)	Kirkwood Hall (Leyburn)
Sycamore Hall (Bainbridge)	Firth House (Selby)
Apple Tree Care Home "The Granny Smiths" (York)	Fulford Foxes (York)
Younger Adults and LD Category	
Sherbutt Dip Dabs (Pocklington)	The Botton Community (Whitby)
The Gravers "Amitola Warriors" (York)	United Response "Speedster Union" (York)
Cauwood Crusaders (Malton)	

Are You Ready to Take Our Olympic Challenge?

The competition is heating up as teams across the county are preparing to get moving ahead of this summer's North Yorkshire and York Care Provider Olympics. So far a fantastic 20 different providers are already have already

signed up, and will be hosting their own Olympic style events throughout the coming weeks to promote the vital health benefits of physical activity for all those in our care, and to compete against fellow providers our 2023 Olympic Champions! Do you want to add your service to our list and go for gold this summer? All you need to do is complete [registration form](#). Remember you have to be in it to win it.

The ethos of the event is to help share ideas, best practices and local opportunities to support teams across the area in getting those in their care active, and help personalise activities to the differing needs of all those in our settings. In this week's bulletin we're looking at some resources and opportunities specific to individuals with a learning disability. Did you know a study by [Activity Alliance](#) found that nearly two thirds (59%) of people with a learning disability do not participate in sport, even as little as once a month, despite the fact that two in three people with a learning disability would like to be more active? However we know that individuals with a learning disability are at a heightened risk of being overweight or suffering from multiple co-morbidities, activity can be especially important both for physical health and increasing social interactions and mental wellbeing.



SAVE THE DATE

We can confirm this years closing ceremony and awards ceremony will take place on **Thursday 27 July 3.00-4.00**, which will be an opportunity to come together and share our achievements together as well as to announce our 2023 champions. Please save the date and we will send joining details nearer the time.



Fitness Activity Pack- Helpful Information and Fun Activities for People with Learning Disabilities

The NHS in North Yorkshire has worked with North Yorkshire Learning Disability Partnership Board to make this easy read [activity pack](#). This covers the importance of regular activity to stay healthy and well and a variety of ideas to support individuals to think about how they may wish to approach activity in a way that works for them. There are a wide range of interactive resources in this guide which you could use in your setting to support those in your care, including a questionnaire to understand their thoughts on activity, a chance to learn more about your local leisure centre, a range of accessible activities you can do at home, some questions to test your knowledge of activity and a tool to design an exercise playlist.

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Want to Know More About Local Opportunities to Get Active in Your Area?

We're excited to be working with [North Yorkshire Sport](#) as part of this year's competition, who work across North Yorkshire and York to promote participation in Sport & Active Recreation for all those in our region. They have a wide range of information and resources available through their website on opportunities to get active near you. Would you like to learn more about what opportunities may be open to your providers, as well as further support and development opportunities around physical activity for your team to assist the support you are able to provide to those in your care? For further information please contact Simon Pierce by emailing: simon@northyorkshiresport.co.uk. He is happy to get involved at your event for those providers taking part in the competition.



Let's Get Active- A Guide to Physical Activity and Sport for People with a Learning Disability

MENCAP have created a fantastic easy read guide which is designed for not just those with a learning disability, but families and friends, and care staff and teams working to support them. The guide shares information on why exercise is important to both our physical and mental health, and provides support great information and ideas for individuals who may want to get active but are unsure how to get started. The key message from this resource is that Physical activity and sport is for everyone and anyone can take part. To access the guide please follow this [link](#).



Don't Forget Your Annual Health Check

If you are aged 14 or over and have a learning disability should be invited to access an annual health check through your GP practice. An annual health check helps you stay well by talking about your health and finding any problems early, so you get the right care. If you don't receive an invite it may be worth

contacting your practice to ensure you are on their learning disability register. The health check as well providing an opportunity to have a physical check-up, talk about any medications you may be taking and discuss how you are managing any long term conditions, is also an opportunity to discuss staying well (including physical activity) and signposting to support that may be available. Further information on Annual Health Checks can be found through this [link](#).



Register Your Place and Join the Fun

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. This can be found in our 2023 competitors guide below, which is crammed full of ideas on how to fill your event. Don't miss your chance to join the fun and get staff and residents moving! Further information including highlights from our 2022 competition can be found through [our website](#).