

# North Yorkshire and York Care Provider Olympics 2025

14<sup>th</sup> July – 24<sup>th</sup> August

Welcome to the fourth North Yorkshire and York Care  
Provider Olympics.

This year we have introduced more medal events for you to compete against fellow providers for the Winners trophy. New for this year are three weekly events during the six weeks for you to do something creative and fun with your residents, family and friends.

To be in with a chance to get on to our leader board and one step closer to the trophy, you will need to compete in at least one of the medal events.

Don't forget to read the competitors guide for more information about the competition. Once you have completed your event, submit your scores using the scoresheet template to The Adult Social Care Nursing Team via email - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net) by 29<sup>th</sup> August.

You can find the competitors guide, scoring spreadsheet, bulletins and updates during the competition on our [website](#).

The Adult Social Care Nursing Team, North Yorkshire Sport and York City FC will be in contact with providers to arrange visits during the competition. *\*Visits are subject to availability and provider's location.*

Bulletins will be sent out during the competition with updates on events, NYS and YCFC, along with . If you would like to share photos, stories, or news please email the Nursing Team.

The closing ceremony will be held week commencing 22<sup>nd</sup> September. More information to follow.

**Wishing you all the very best of luck!!!**

# Our 2025 Competitors

We are pleased to welcome colleagues, residents and friends from our N. Lincolnshire providers who have entered the competition this year.

We look forward to working with you all.

## Older Adults Category

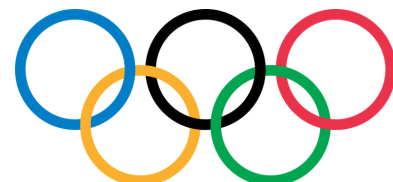
- 5 Whitby Road
- Abbey Lea Care Home
- Abbeyfield Society
- Anchor's The Manor House (Knaresborough)
- Avalon Group
- Benkhill Lodge
- Berwick Grange
- Briardene
- Carentan House
- Combe Hay
- Complete Care Homes - Rambla
- Complete Care Homes - St Bernadette's
- Eagle View Care Home
- Ellie Sunrise Healthcare
- Emmaus House
- Greyfriars Lodge
- Hambleton Grange
- Heath Lodge
- Hilltop Manor
- New Lodge
- Kirkwood Hall
- Knights Care Randolph House Care Home
- Mossdale Residence
- Nightingale Hall Care Home
- Rawcliffe Manor
- Rivendale
- Rivermead Care Home
- Silver Birches
- Sowerby House
- St Cecilia's Care Home (Scarborough)
- St Cecilia's Care Home - Alba Rose
- Station View
- Sycamore Hall
- The Dexter's Amitola Communities
- The Oaks
- Westwood Care Home

## Younger Adults & LD Category

- Alne Hall
- Amitola Communities - Recovery Services
- Avalon Group
- Camphill Village - Botton
- Cauwood Day Service
- Harrogate Home Support
- Harrogate Skills 4 Living
- Kingfisher Place Day Service
- Lincolnshire House Association
- Marina Lodge
- Sherbutt House
- Tawny Lodge
- The Gravers Care Home
- The Lodge
- Westbridge House

Please contact the team if you think you may be in the wrong category, you have registered but are not on the list or have any other queries.

Email - [hnyicb-voy.yorkplacequalitynursingteam@nhs.net](mailto:hnyicb-voy.yorkplacequalitynursingteam@nhs.net)



# Our 2025 Medal Events

## Most steps in one day

Record steps walked in one day using a smart watch, phone or pedometer

## Balloon volleyball

Pass the balloon between two people for 1 minute. One pass is one count

## Paper plate discus

Throw the discus and measure the distance using CMs

## Chair football or basketball

Most goals scored in 1 minute

## Ring toss or hoopla

Each participant to throw as many rings as possible in 1 minute

## Beanbag or ball catch

Throw a beanbag or ball to each other for 1 minute. Each throw is one count

## Ping pong ball blow challenge

Blow a ball with a straw. Measure the longest distance in CMs

## High fives

Count the number of high fives in 1 minute

## Egg and spoon race

Race 15 meters, carrying an egg on a spoon. Record in seconds

## Bowls

Furthest ball bowled, measured in CMs

## Soft tip or ball darts

Highest score using 9 soft tip darts or balls.

## Staff 100m race

Quickest, recorded in seconds

# Our 2025 Weekly Events



## Arts and Crafts week

21st July - 27th July

GET CREATIVE!



Design trophies, medals, posters, anything Olympics or sports related showcasing your creative talent. Using anything to create your work of art. Items found around the home or in the garden too.



## Hydration and Nutrition week

4th August - 10th August

ITS HAPPY HOUR!



Whether you're making mocktails, smoothies, milkshakes or enjoying an afternoon tea, what nutritious ingredients are you using? We want to know, share your recipes in our bulletin.



## Great Yorkshire Bake Off week

18th August - 24th August

READY, STEADY, BAKE!



Biscuits, cakes or bread, sweet or savoury, whatever takes your fancy now is the time to get baking and showcase your masterpiece.