



North Yorkshire and York Care Provider Olympics 2025 Bulletin

1ST AUGUST 2025

Next week is the **Hydration and Nutrition** weekly event.

What mocktails, smoothies, milkshakes are you going to concoct and enjoy with your residents? Use a range of nutritious ingredients to make delicious drinks to enjoy in the sunshine. What about an afternoon tea or create a colourful fruit salad using the colours of the Olympics ring.

I've shared some recipes for delicious mocktails on page 2.

Don't forget to submit your scores by 29th August to be in with a chance to win this year's competition.

Share photos from your event or stories to include in the bulletin.

Email: hnyicb-voy.yorkplacequalitynursingteam@nhs.net

Our website will be updated throughout the competition with bulletins, photos, information about the events and much more. [Click here to visit our website.](#)

The closing ceremony will be held on Friday 26th September via MS Teams. **SAVE THE DATE!!**

The teams competing next week are -

The Manor House

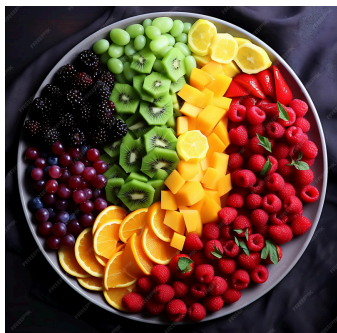
Kirkwood Hall

Rivendale Extra Care

Hilltop Manor

Avalon Group - Golden Days

Harrogate Home Support



Hydration and Nutrition week



Mint lemonade

Ingredients

- 3 lemons, juice only
- 1 lime, juice only
- 5-6 tbsp caster sugar, to taste
- 4 fresh mint sprigs (optional)
- tap water or sparkling water, to top up

Method

1. Add the lemon juice to a pitcher with the lime juice and zest and sugar. Stir well until the sugar is dissolved.
2. Top up with plenty of ice and about a litre of tap water or sparkling water. Mix well and add more sugar, to taste.
3. Add the mint sprigs, if using, to the pitcher and stir well.

Apple elderflower cooler

Ingredients

- $\frac{1}{2}$ lemon, juice only
- 1 tbsp elderflower cordial
- 125ml/4fl oz apple juice
- sparkling water, to taste (optional)
- mint sprig, to garnish

Method

1. Pour the lemon juice, elderflower cordial and apple juice into a cocktail shaker full of ice. Shake for 10 seconds, then pour everything (including the ice) into a half-pint glass or tumbler. (Alternatively, you can stir it all together in a large glass.)
2. Top up the drink, to taste, with sparkling water, if using. Add a sprig of mint to garnish.

Shirley Temple

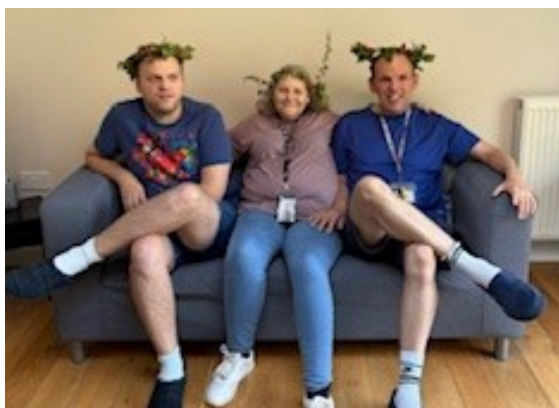
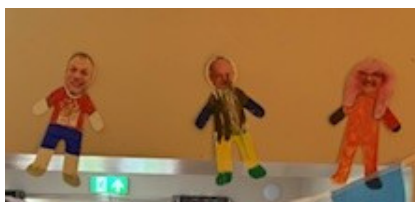
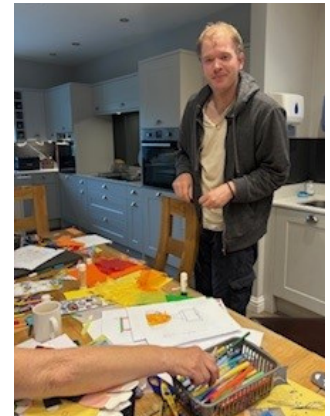
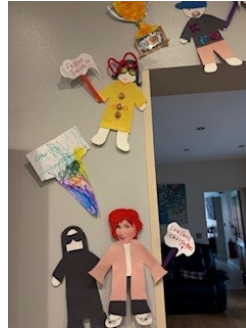
Ingredients

- 200ml/7fl oz ginger ale (or 100ml/3 $\frac{1}{2}$ fl oz ginger ale and 100ml/3 $\frac{1}{2}$ fl oz lemon and lime drink)
- splash grenadine
- 1 maraschino cherry
- wedge of lime, to garnish (optional)

Method

1. Pour the ginger ale into a highball glass and pour in the grenadine.
2. Add a maraschino cherry and lime wedge. Serve.

The Lodge enjoyed the arts and crafts week last week, making flags, sports people using their own faces and crowns using ivy from their gardens. What a great way to get creative. Well done The Lodge, some fantastic photos too.



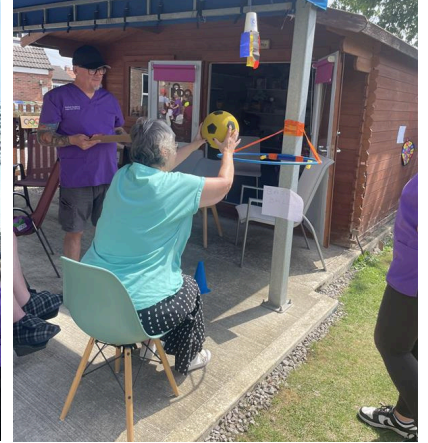


Knights Care Randolph House Care Home also took part in the arts and crafts week.

Residents made some lovely cards for their final Olympics day.



Sherbutt House held their event on Friday, arranging 7 of the medal events for everyone to take part and enjoy the activities together. They showcased their decorations they made during the arts and crafts week. Sarah and Kelly from The Nursing Team visited during their sports day and joined in with the residents. Well done to everyone who took part, it was a great day.



Sycamore Hall residents and staff have thoroughly enjoyed their Olympics this year, taking part in all the medal events fighting for their place on the leader board. Fantastic effort by everyone, it looks like you all had a fun filled day.



Berwick Grange have enjoyed their Olympics event this week and were joined by Charlotte from The Nursing Team.

Charlotte said a wonderful amount of effort was put in by the staff and residents and it was a really enjoyable day for everyone.



Our 2025 Competitors

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
- 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
- Carentan House, Kingfisher Place and Tawny Lodge
- Cauwood Day Service
- Harrogate Home Support
- Harrogate Skills 4 Living
- Lincolnshire House Association
- Marina Lodge
- Sherbutt House
- The Gravers Care Home
- The Lodge
- Westbridge House

