



North Yorkshire and York Care Provider Olympics 2025 Bulletin

15TH AUGUST 2025

Week five is coming to a close and the finish line is in sight. What a competition this year has been so far!

Next week is the sixth and final week of the 2025 Olympics and it is also the last weekly event - **Great Yorkshire Bake Off week**. Who will be donning their chef's apron and baking some delicious cakes and sweet treats next week? What about including fruit or vegetables into your bakes to incorporate more fluid rich foods such as, carrots, courgettes, beetroot or simply decorate your cakes with colourful fruits. Maybe you crave a classic Victoria sponge or coffee cake. Whatever you do, share your photos with us. Check out the following pages for some simple cake recipes, I've shared with you to give you some inspiration.

Don't forget to submit your scores by 29th August to be in with a chance to win this year's competition. Please use the scoring spreadsheet to submit all of your scores. This can be found on our [website](#).

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

Email: hnyicb-voy.yorkplacequalitynursingteam@nhs.net

If you would like to nominate a resident or member of staff for a special certificate during the competition, please send information to the Nursing Team.

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!!**



Great Yorkshire Bake Off Week

Easy courgette cake

Prepare - less than 30 mins

Cook - 30 mins to 1 hour

Serves 10

Dietary - Dairy-free, Nut-free, Pregnancy-friendly, Vegetarian



Each serving provides 209 kcal, 4g protein, 32g carbohydrate (of which 18g sugars), 7g fat (of which 1g saturates), 1g fibre and 0.5g salt.

Ingredients

- 80ml/2 $\frac{3}{4}$ fl oz vegetable oil, plus extra for greasing
- 150g/5 $\frac{1}{2}$ oz light brown sugar
- 2 free-range eggs
- 160g/5 $\frac{2}{3}$ oz courgette, coarsely grated
- 180g/6 $\frac{1}{3}$ oz plain flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- $\frac{1}{4}$ tsp fine salt
- 2 tbs demerara sugar, for sprinkling

Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Grease a 900g/2lb loaf tin and line with a long strip of baking paper.
2. In a bowl, mix together the oil, light brown sugar and eggs until smooth. Stir in the grated courgette.
3. In a separate bowl, mix together the flour, baking powder, cinnamon and salt. Tip the dry ingredients into the courgette mixture and stir until just combined.
4. Transfer the batter to the prepared loaf tin and sprinkle the top with demerara sugar.
5. Bake for 45-55 minutes, or until a skewer inserted into the centre of the loaf comes out clean. Leave to cool in the tin for 20 minutes, then turn out onto a wire rack and leave to cool completely before slicing.

BBC Good Food

Easy courgette cake recipe - BBC Food

Easy carrot cake

Prepare - less than 30 mins

Cook - 1 to 2 hours

Serves 8-10

Dietary - Pregnancy-friendly, Vegetarian



Ingredients

For the carrot cake

- 4 free-range eggs, at room temperature
- 200ml/7fl oz vegetable or sunflower oil, plus a little extra for the tin
- 250g/9oz carrots, coarsely grated
- 100g/3½oz raisins or sultanas (optional)
- 100g/3½oz walnut pieces, plus a few extra for decoration
- 1 orange, zest only
- 200g/7oz self-raising flour
- 2 tsp mixed spice
- 1 tsp bicarbonate of soda
- ¼ tsp fine salt
- 200g/7oz light brown sugar

For the cream cheese frosting

- 150g/5½oz unsalted butter, softened
- 3 tbsp caster sugar
- 250g-300g/9-10½oz full-fat cream cheese, at room temperature

Method

1. For the carrot cake, preheat the oven to 180C/170C Fan/Gas 4. Grease and line a deep, 20cm/8in round cake tin with baking paper.
2. Break the eggs into a large bowl, and lightly whisk using a fork. Add the vegetable oil and whisk again. Stir in the grated carrots, raisins, walnut pieces and orange zest.
3. In a separate large bowl, sift together the flour, mixed spice, bicarbonate of soda and salt. Stir in the sugar.
4. Add the wet carrot mixture to the dry ingredients and mix well to combine, making sure there are no pockets of flour.
5. Spoon the cake batter into the lined tin and bake on the middle shelf for 1-1½ hours, until the cake has risen and is golden-brown all over. Remove the cake from the oven and set aside in the tin to cool for 10-15 minutes, then turn the cake out and leave to cool completely on a wire rack.
6. While the carrot cake cools, make the frosting. Place the softened butter in a large bowl with the caster sugar, beat it for 2-3 minutes until light and creamy, then stir in the cream cheese until smooth.
7. Place the cake on a serving plate or cake stand. Use a palette knife, or flat-bladed knife, to spread the frosting over the top and sides of the cake. Scatter more walnuts on the top and serve.

BBC Good Food

Easy carrot cake recipe - BBC Food

Mary Berry's easy Victoria sponge



Prepare - less than 30 mins

Cook - 10 to 30 mins

Serves 12

Dietary - Nut-free, Pregnancy-friendly, Vegetarian

Each serving provides 501 kcal, 5g protein, 50g carbohydrates (of which 36g sugars), 31g fat (of which 19g saturates), 0.8g fibre and 0.8g salt (serving with 300g of jam and 300ml cream).

Ingredients

- 4 free-range eggs
- 225g/8oz caster sugar, plus a little extra for dusting the finished cake
- 225g/8oz self-raising flour
- 1 tsp baking powder
- 225g/8oz baking spread at room temperature, plus a little extra to grease the tins

To serve

- good-quality strawberry or raspberry jam
- whipped double cream (optional)

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins.
2. Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter.
3. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon), but be careful not to over mix. Put a damp cloth under your bowl when you're mixing to stop it moving around. The finished mixture should fall off a spoon easily.
4. Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
5. Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check - they should be springy to the touch.
6. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
7. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too.
8. Top with the second cake, top-side up. Sprinkle over the caster sugar.

BBC Good Food

Mary Berry's Victoria sponge cake recipe - BBC Food

The Nursing Team held their own sports day this week, enjoying some quality time together in the sunshine. It was a great team building day, taking part in a selection of the medal events and enjoying some fresh fruit and delicious cakes.

Sal showed her competitive side. Charlotte gave Mo Farah a run for his money. Sarah showed off her skills by running 100m in sandals. Tracey was bowled over in the bowls event. Rosie snapped away on her camera, getting the best action shots. Kelly the organiser, referee, scorer and stopwatch master kept everyone on track.

We all had so much fun, laughed a lot and enjoyed taking part in the Olympics.

We wish all of our providers the very best of luck in the competition.

Our winners

Volleyball

Charlotte and Sal - 56

Hoopla

Sal - 25

Discus

Charlotte - 1457cms

Bowls

Sarah - 2574cms

Egg and spoon

Sal - 4.8secs

Darts

Kelly - 750

100m race

Charlotte - 21secs

Most steps

Charlotte - 10586



The Adult Social Care Nursing Team



The Lodge enjoyed the Hydration event and were very busy making drinks with fresh fruit, herbs and smoothies.

Deborah said "They didn't just keep the drinks for inside the home, they also took them off site on their activities to enjoy outdoors in the fresh air.

Information cards showing what is in the drinks and how it helps the body have been shared to support everyone in understanding the importance of hydration.

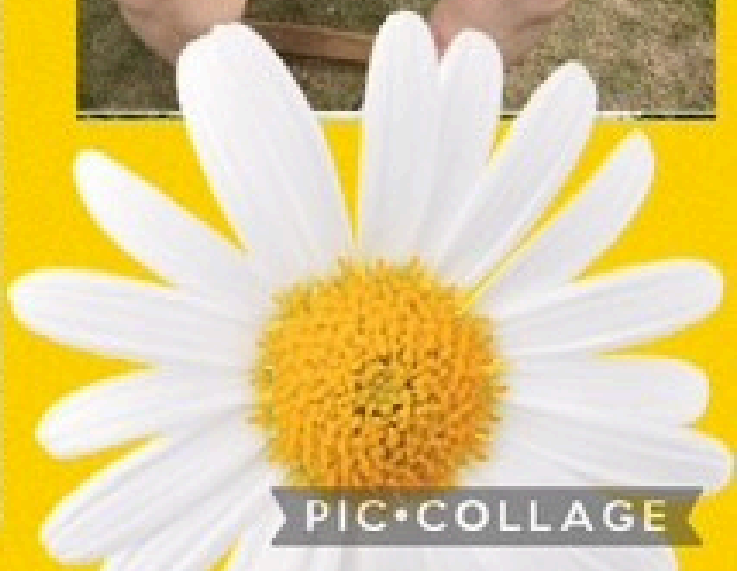
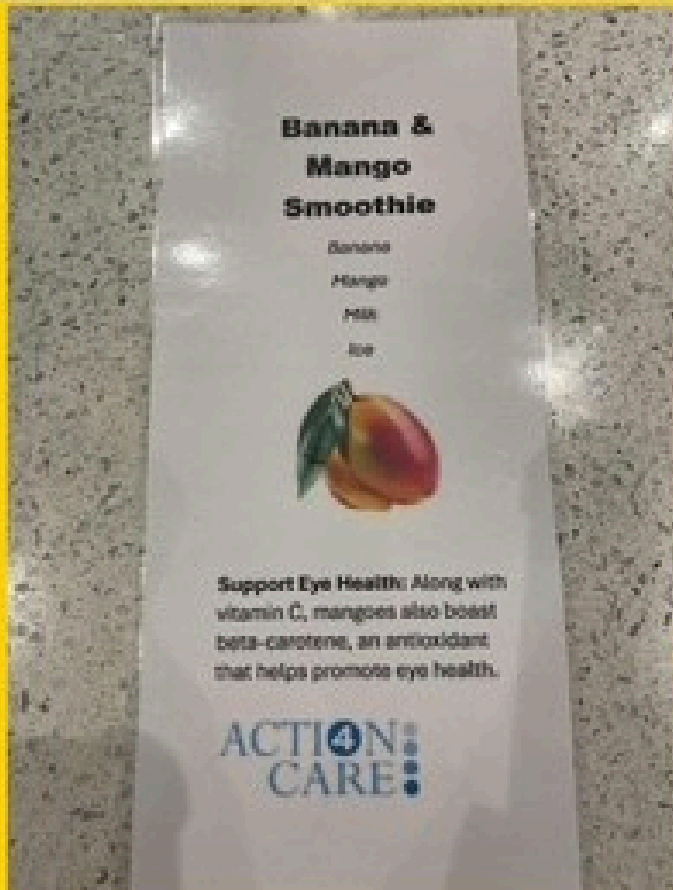
This is now a lifestyle change for us and we intend to do it weekly!"

The drinks look delicious, fantastic work everyone and lovely photos shared too.





The Lodge



Nightingale Hall held their event this week and were joined by Charlotte from The Nursing Team.

Charlotte said "It was a privilege to attend one of Nightingale Hall's Care Provider Olympic Events this week. I arrived in glorious sunshine to a beautiful garden that is tended to by the residents which many of them enjoy doing. I'd like to commend all those who maintain the gardens for what a brilliant job you're all doing, bringing joy not only to themselves but to those who visit the service or even just walk by.

The event for the afternoon was the bean bag toss and it was amazing to see so many residents joining in. It was inspiring to hear their stories and to see the tenacity to overcome mobility challenges and setting themselves personal goals. My throwing and catching skills were certainly given a run for their money and everyone at Nightingale Hall did amazing. Liz has a fantastic rapport with the residents and has ensured everyone has had the opportunity to take part and above all else have fun while doing so! Well done Team Nightingale and good luck in the points table. Thank you for inviting me to attend and I hope to see you all in the future."



Abbey Lea held their Olympics day this week, enjoying the range of activities and also created their own event - potato picking. Well done to you all.



Briardene have been very busy with their Olympics event. Leanne has shared some photographs of their lovely residents enjoying making healthy knickerbocker glories using fat free Greek yogurt, fruit and honey instead of ice cream for the Hydration and Nutrition week. They also had fun making edible medals for the Great British Bake Off week and have decorated paper plates to use as personalised discs.

Leanne said "Everyone at Briardene is very excited to be taking part in lots of different ways. Residents and staff have got together to devise some games of our own too- the water challenge, nerf gun tin can alley, bean bag aim game, and the great Malteser blowing contest!"



Briardene's Arts and Crafts and Hydration and Nutrition weekly events photos.



Emmaus House held their Olympics day this week. They had a wonderful time engaging with the wide variety of activities with 58% of their residents taking part.

They were joined by North Yorkshire Sport who ran sessions with residents using 'New Age Curling' and 'Boccia'.

They held their own medal ceremony for their winners.

Well done to Ann who won gold, Christina who won silver and Joan who won bronze.



Harrogate Home Support held their Olympics day at the weekend, enjoying the weather doing their activities outdoors. Everyone had a great day and lots of fun.



Complete Care Homes - Rambla finished their Olympics event this week. Everyone had a wonderful day and enjoyed the event.



Benkhill Lodge held their Olympics event over several days during the competition. They have enjoyed a mocktail party and games during the Hydration and Nutrition week and finished their sports day with an Olympic tea party.

Everyone had lots of fun taking part.



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

