

**READY TO QUIZ  
FOR DIABETES UK?**

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# YOUR QUIZ HELPS FIGHT DIABETES

Every penny your quiz raises will help us end the harm caused by diabetes. Our care and support services, advice and guidance, and research funding are all helping change the world for people with diabetes. And we can't do it without you. Thank you.

## Question 1

**How do you show off your brains and change the world for people living with diabetes?**

Host a virtual quiz and raise money for Diabetes UK.

## Question 2

**Why host a quiz for Diabetes UK?**

Because millions of people living with diabetes need our support. Your fantastic fundraising is helping us deliver lifesaving care and support to even more people.

## Question 3

**How do I quiz for Diabetes UK?**

Easy! Read our guide to setting up your [Diabetes UK Virtual Quiz](#)



# HOW YOUR MONEY HELPS

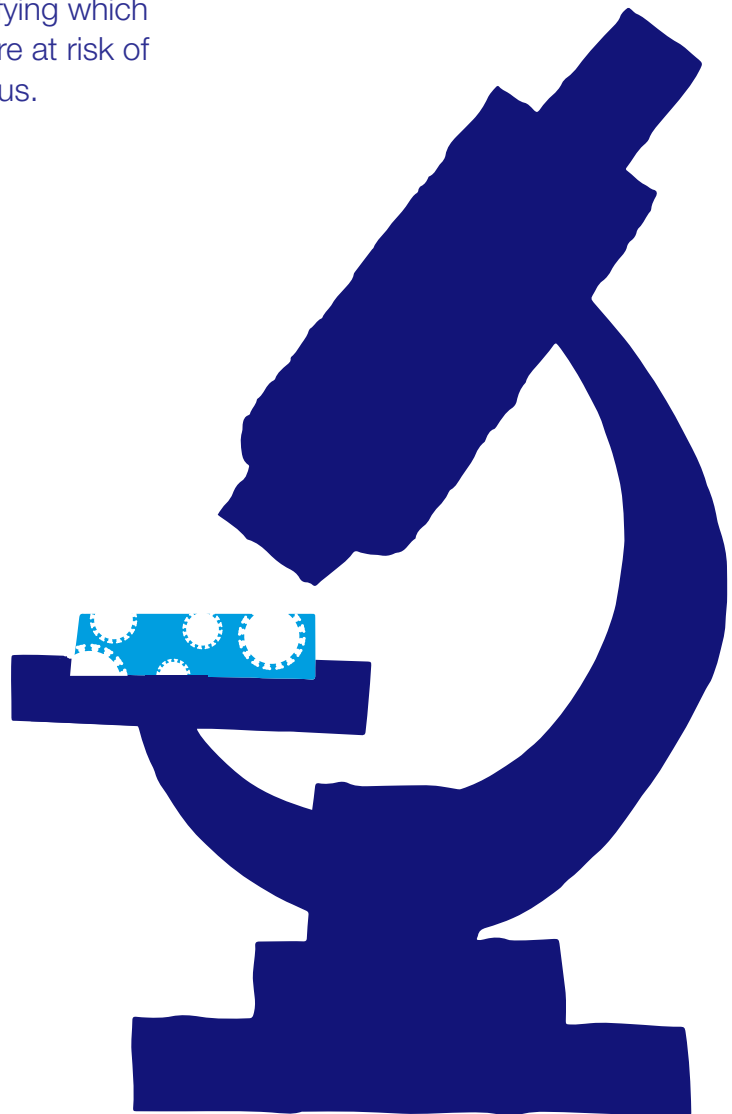
Any fundraising you can do will help fund research that brings life-changing advances a step closer.

**£25** could help us understand the impact that coronavirus has had on people with diabetes and how it's affected the way they manage their condition

**£50** could help us fight for better diabetes care and reduce the impact of the pandemic on peoples health and wellbeing

**£100** could help us save lives by identifying which groups of people with diabetes are at risk of serious outcomes from coronavirus.

**Thank you. We can't do it without you!**



# HOW TO QUIZ LIKE A PRO FOR DIABETES UK

**Move over Paxman, with a bit of imagination and organisation, you can become a virtual quizzing legend.**

## Preparation

**Set up a JustGiving page** for people to donate to. Personalise the page, adding all the important details, the story behind the quiz idea, images and the all important fundraising target.

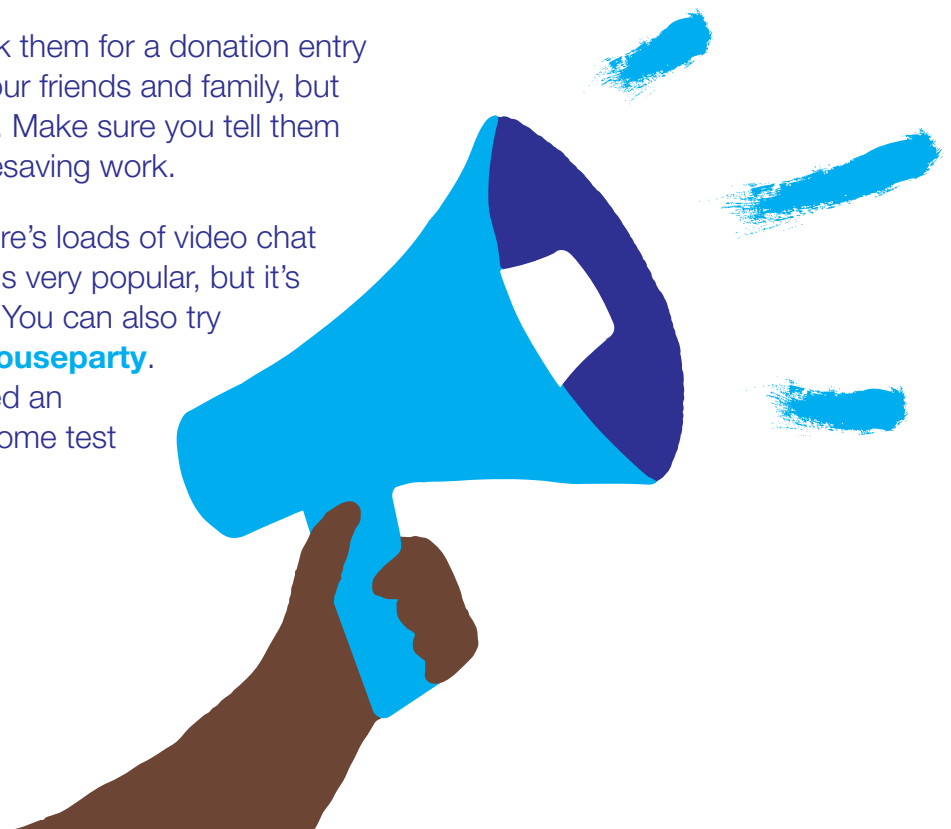
**Think about who you're going to invite.** You want to raise as much money as possible, but you need to manage the quiz as well. Make sure each team has a nominated captain who gives the final answers.

If you want to open your quiz up to more people, promote it on your social channels, and think about some local PR as well. You could contact local news, media channels and influencers to see if they'll share your life-changing story.

**Choose a time and date** with enough notice so most people won't already be booked up.

**Invite your participants,** and ask them for a donation entry fee. You'll know what works for your friends and family, but we'd suggest £5 to 10 per person. Make sure you tell them it's a donation that will help our lifesaving work.

**Choose your virtual venue.** There's loads of video chat platforms to choose from. **Zoom** is very popular, but it's only free for 40 minutes at a time. You can also try sites like **Google Hangouts** or **Houseparty**. Someone from each team will need an account, and make sure you do some test runs before the big event.



**Build your quiz.** It's time for the all-important questions. You can choose whatever rounds you want, but don't make them too hard and give everyone a chance at flexing their intellect.

#### **How about:**

- Sport.
- History.
- General knowledge.
- Music.
- Culture.
- Current affairs.
- Music round.
- Diabetes and Diabetes UK - a great way of reminding people what they're here for, and you can find loads of stats and facts on our website.

#### **Lucky Dip**

These are random questions just for fun. You can also set challenges at the start. Try a picture round, or a craftivism round, like creating a paper rose, pipe cleaner doll or doodling a self portrait. Award points at the end to keep the tension high.

Prepare a tie-breaker question or challenge in case some teams finish neck and neck.

**Set your timings.** You don't want your quiz to go on too late. Two hours is a good amount of time for a quiz, so think about how many categories you want to cover, and how much time you'll give at the beginning and end. Remember you'll need time for tallying up scores and for comfort breaks.



## AT THE EVENT

**Get help.** There's a lot to do, so ask someone in your household to help you keep score, resolve disputes, post social updates or take over the MCing if you need a break.

**Introduce the quiz and the cause.** Let people know about our work and why you're fundraising for us.

Make sure the teams have **team names** - the sillier the better!

**Keeping score.** There's a lot of trust in virtual quizzing, so why not create a big scoreboard you can keep tally on, and make sure everyone can see it.

**Be firm.** Make it clear this might be a bit of fun, but if anyone cheats, they're out. And remember; the Quiz Master is always right.

**Share the fun.** Just because it's virtual, doesn't mean it can't be social. Take screengrabs, ask teams to take photos and post lots of updates, tagged @DiabetesUK

**Raise even more money.** The entry fee is just the beginning. Why not try a raffle, a sweepstake, or even a quick auction.

After the quiz, make sure you **thank everyone** for being part of a fantastic event. Tell them how they're helping end the harm diabetes does and **how their money helps.**

# AFTER THE EVENT

**Let everyone know what a fantastic success your event was, how much fun was had and how much you raised for Diabetes UK. Post updates on your social channels, and ask participants to do the same.**

Now you're a quizzing pro, it's time to get the next one booked in!

Need help? Email Matt at [fundraising@diabetes.org.uk](mailto:fundraising@diabetes.org.uk) for inspiration and advice on hosting a life-changing quiz for Diabetes UK



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