



**SUPPORTING PEOPLE WITH
EATING DISORDERS
ACROSS THE SOUTH & WEST**

Quiz Pack

Fundraise to support people affected by eating disorders in the South & West



Thank you so much for supporting SWEDA by hosting your own fundraising quiz.

Eating disorders are serious mental health conditions that affect people of all ages. Hosting a quiz not only brings in vital funds to the charity but also helps to raise awareness of our work and the services we provide.

SWEDA helps people affected by eating disorders across the South West, as well as their families and carers. We offer specialist counselling, information and guidance, recovery support, a twice-weekly helpline, nutritional sessions, support groups, a service for Children & Young People and training for health and education professionals.

In the past year, SWEDA provided one-to-one support to 1,200 children, young people and adults living with disordered eating or eating disorders.

Every penny raised will contribute to our many services and make a huge difference to people experiencing an illness.

Thank you for all your support.

Gavin Osborn

Fundraising Manager

gavinosborn@swedauk.org



Sophie's story

“Following decades of struggling with an eating disorder, I decided to reach out to SWEDA...

I realised I needed help to overcome my disordered eating as nothing I had tried previously had been successful and I had reached crisis point.

My SWEDA Counsellor has been amazing. There were times when I really struggled with my eating and my counsellor was always supportive and didn't dismiss my feelings. I learned that I do not have to just accept I have an issue with food and that recovery is possible.

“I can gladly say I am now in recovery from my eating disorder and I am looking forward to the future embracing a healthy relationship with food.”

- Sophie



The difference you can make

When you fundraise for us, you're helping us tackle a really important issue. Eating disorders are an extremely serious mental health concern and nobody should have to face one alone. By getting support to people early on, we can help them find a safe path to recovery.

Examples of how your donations help:

£20 can provide a support call for somebody on their recovery journey,

£50 helps us meet the cost of a 1-2-1 counselling session for somebody who needs expert support,

£100 enables us to run a support group session for 6 people, combatting isolation and reducing stigma about eating disorders.

“Recognising the importance of offering help and therapy in the early stages I really think stopped my daughter from developing a full blown eating disorder. I believe she had the potential to spiral deeper had it not been for SWEDA intervention. Being able to intervene in the early stages as SWEDA did for us will mean that someone who needs help will hopefully not reach crisis point.”

Parent of a SWEDA Client

Quiz questions

Round 1 - General Knowledge

- Q1. Where would you be if you were standing on the Spanish Steps?
- Q2. What colour appears in 77% of the world's flags?
- Q3. What word can be put in front of the following three words: winner, roll, basket
- Q4. In 1524, what was the last letter added to the English Alphabet?
- Q5. What is the most sold flavour of Walkers crisps?
- Q6. Which country has the longest coastline in the world?
- Q7. What colour is a giraffe's tongue?
- Q8. Viewed from space, which US city is the brightest on Earth?
- Q9. How many human players are there on each side in a polo match?
- Q10. The unicorn is the official national symbol of which country?



Round 2 - Music

- Q1. According to Strava in 2023, what was the most popular song on Spotify playlists for the London Marathon?
- Q2. Who affectionately calls her fans 'Little Monsters'?
- Q3. What Beatles single stayed longest in the charts, lasting 19 weeks?
- Q4. In the Taylor Swift song 'All Too Well', what item of clothing does Taylor say she left at her ex-boyfriend's sister's house?
- Q5. Both Motown and Techno music are said to have originated in which U.S. city?
- Q6. Which mathematical symbol was the title of Ed Sheeran's first album in 2011?
- Q7. Whitney Houston's version of 'I Will Always Love You' was recorded for which 1992 film?
- Q8. In 2020, who became the youngest ever artist to win four awards at the Grammys?
- Q9. Who famously rapped the line 'I got the rollie on my arm and I'm pouring Chandon'?
- Q10. What is Bob Dylan's real name?



Round 3 - Geography

- Q1. In which county are England's largest lake and highest mountain situated?
- Q2. Which is the only letter not to appear in the name of any American State?
- Q3. In terms of size, which is the smallest country in the world?
- Q4. The moon has a diameter of 3,400 kilometres, but which country is wider with a diameter of 4,000 kilometres?
- Q5. What is the capital of Peru?
- Q6. Which European capital city was built on 14 islands?
- Q7. Mount Vesuvius overlooks which present-day Italian city?
- Q8. A skyscraper is a building taller than 150 metres. But which city has more of them than any other in the world?
- Q9. Which English city has more miles of canals than Venice?
- Q10. Which is the world's largest island?



Quiz questions

Round 4 - Sport

- Q1. How many points is a slam dunk worth in basketball?
- Q2. What is the name for a 170 checkout in darts?
- Q3. Stale Fish, Butters, Melon and Crippler are legitimate moves in which Winter Olympics sport?
- Q4. What is the only football league club whose name is spelt entirely out of letters that cannot be coloured in?
- Q5. In 2022, former England rugby player Joe Marler set up an OnlyFans account, selling pictures of his what?
- Q6. In which sport would you perform the Fosbury Flop?
- Q7. How many balls are on a snooker table at the start of each frame?
- Q8. What is the first sport to have been played on the moon?
- Q9. How many grand slam titles has Serena Williams won in her career?
- Q10. Which boxer did Muhammad Ali fight in the 'rumble in the jungle'?



Round 5 - Back to school

- Q1. A waltz is typically written in which time signature?
- Q2. What do you call an organism that can spread a disease?
- Q3. What is the subordinate clause in this sentence: 'We can all go for ice cream if I can find my wallet'?
- Q4. Which store of energy increases when a moving object accelerates?
- Q5. What is an obtuse angle?
- Q6. Which US president received the greatest number of electoral votes of any president in history?
- Q7. Which poet wrote the famous line "look on my works, ye mighty, and despair"?
- Q8. What technique does a writer use to describe the weather to create atmosphere?
- Q9. Translate this sentence: "Je vais au magasin"
- Q10. Who says the line "How goes the night, boy?" on the battlements in Macbeth?



Round 6 - Who said that? Name the actor and the film

- Q1. It's the story of my life. I always get the fuzzy end of the lollipop
- Q2. Just when I thought I was out, they pull me back in
- Q3. You're a fake and phony and I wish I never laid eyes on you
- Q4. And when Alexander saw the breadth of his domain, he wept, for there were no more worlds to conquer
- Q5. Aren't you a little short for a stormtrooper?
- Q6. When you realise you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible
- Q7. Alright alright alright
- Q8. You have to never get old, never be rude, never show off, never be selfish, never fall down, never fail, never show fear, never get out of line.
- Q9. I'm not afraid. It's the wizard who should be afraid of me
- Q10. I am serious. And don't call me Shirley.



Answers



Round 1 - General knowledge

- | | |
|---------------------|--------------|
| 1. Rome | 2. Red |
| 3. Bread | 4. J |
| 5. Cheese and onion | 6. Canada |
| 7. Purple | 8. Las Vegas |
| 9. 4 | 10. Scotland |

Round 2 - Music

- | | |
|---------------------|-----------------------|
| 1. Eye of the Tiger | 2. Lady Gaga |
| 3. Hey Jude | 4. Scarf |
| 5. Detroit | 6. Plus |
| 7. The Bodyguard | 8. Billie Eilish |
| 9. Snoop Dogg | 10. Robbert Zimmerman |



Round 3 - Geography

- | | |
|-----------------|---------------|
| 1. Cumbria | 2. Q |
| 3. Vatican City | 4. Australia |
| 5. Lima | 6. Stockholm |
| 7. Naples | 8. Hong Kong |
| 9. Birmingham | 10. Greenland |

Answers



Round 4 - Sport

1. Two
2. Big Fish
3. Snowboarding
4. Hull City
5. Feet
6. High Jump
7. 22
8. Golf
9. 23
10. George Foreman

Round 5 - Back to School

1. 3 / 4
2. Vector
3. If I can find my wallet
4. Kinetic energy
5. An angle bigger than 90 degrees
6. Abraham Lincoln
7. Percy Bysshe Shelley
8. Pathetic Fallacy
9. I'm going to the shops
10. Banquo



Round 6 - Who Said That?

1. Marilyn Monroe, Some Like It Hot
2. Al Pacino, The God Father
3. Olivia Newton John, Grease
4. Alan Rickman, Die Hard
5. Carrie Fisher, Star Wars: A New Hope
6. Billy Crystal, When Harry Met Sally
7. Matthew McConaughey, Dazed and Confused
8. America Ferrera, Barbie
9. Cynthia Erivo, Wicked
10. Leslie Nielsen, Airplane



Answer sheet 1/2



Team name: _____

Round 1 - General knowledge

Round 2 - Music

Round 3 - Geography

Answer sheet 2/2



Team name: _____

Round 4 - Sport

Round 5 - Back to School

Round 6 - Who Said That?



Top tips to get you started



Create and personalise your quiz fundraising page

Create your page using this link - www.justgiving.com/charity/sweda - and join Team SWEDA. Add a photo and your personal story, so people can see why you're getting involved to support us.



Set yourself a fundraising goal

Your friends, family and local community groups and contacts are much more likely to donate if they know they are helping you reach a target.



Encourage others to get involved

Putting an event on with friends can be so much more fun than going solo. Invite friends and family to join the quiz and see if they might help you set it up or create their own quiz rounds.



Share away!

Use your social media channels to spread the word and shout about your event. Don't forget to tag us in your posts - Instagram: @sweda_uk_org Facebook: @SWEDA



The important stuff

Be sure to check the [Fundraising page on our website](#) to find out all the important regulations you'll need to be aware of when fundraising for us.



SWEDA

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How to pay in your fundraising



Use your online fundraising page

Use your JustGiving page to collect donations and to pay in any cash donations you receive. As long as your JustGiving page is connected to SWEDA your page using this link - www.justgiving.com/charity/sweda - then all donations made to your fundraising page come straight to us, making it nice and easy for you!



Donate online

Deposit the funds into your bank account and pay with your credit or debit card on the SWEDA website. You can make a secure transfer via this form <https://sweda.beaconforms.com/form/a9b249df>



BACS / Bank Transfer

Please contact our team at gavinosborn@swedauk.org if you would like to donate via BACS or Bank Transfer and we will provide bank details needed to make the transfer.



By post

Cheques can be made payable to SWEDA and sent to the address below. Please include a note with your cheque, letting us know your details and how your funds were raised. Please do not send cash by post.

SWEDA
The Coach House
Harvest Court
Park Road
Shepton Mallet
BA4 5BS

However you choose to donate, we'd love to hear from you and find out more about how and why you chose to support SWEDA. Thank you and good luck with your quiz!

Let's stay in touch:



@sweda_uk_org



@SWEDAUK



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Contact us:



www.swedauk.org



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