

ORGANISE A VIRTUAL QUIZ FOR COELIAC UK

Looking for a new way to bring friends and family together during isolation, whilst raising vital funds for Coeliac UK? Follow our easy step by step guide on how to set up your own virtual charity quiz.

1. Set it up

Choose a device to host your quiz from (this could be a laptop, tablet or any mobile device with a camera), then sign up to a hosting platform. This is the online location of your quiz, where participants will go to join the video chat.

We recommend using either [Zoom](#) or [Facebook Live](#). Sign up and practice using these before you start the quiz.

2. Decide how to fundraise

There are lots of ways to fundraise online. We recommend setting up a fundraising page on [JustGiving](#), or asking participants to donate to www.coeliac.org.uk/donate before they join the quiz. You could advise on a set amount or ask people to donate what they can.

3. Invite family and friends

Invite people by sharing the link to your Zoom meeting (this link will appear on Zoom after you've scheduled a meeting), or by inviting them to your Facebook event. Remind them to donate before they join the quiz!

4. Get ready to play

You're ready to go! Scroll down for our top tips on how to prepare for your quiz.



How to use:

Zoom

- Sign up for a free Zoom account [here](#)
- Schedule your meeting
- Share the meeting link with your friends and family (see step 4)

The free version of Zoom only allows 40 minute meetings, so be ready to disconnect after 40 minutes. You can set up a new meeting straight after.

Facebook Live

- Login to [Facebook](#)
- Create a Facebook event and invite your friends and family to attend
- When it's time to start the quiz, go to the event page and select live video, then follow the instructions. Your guests will be able to see you and interact with you via comments.

Creating your quiz

You can structure your quiz in any way shape or form, but we recommend having four to five rounds, with five to ten questions each.

Choose a different category for each round – this could be music, film, history, or something more specific to your group's interests.

Consider your audience when setting the questions – don't make it too difficult or they might get bored! Vary the difficulty throughout each round to keep them on their toes.

If you're stuck for inspiration, you can find ready made quizzes on www.quiz-zone.co.uk, www.paulsquiz.com/free-quiz-questions/complete-pub-quizzes, and www.readymadepubquiz.com/pub-quizzes-main-menu.

You don't have to stick to simply reading out questions - use pictures, music, video clips and more to make it interesting!

Hosting your quiz

Go live ten minutes before the start time so that you can fix any tech issues and answer any questions your participants may have.

Make sure everyone can hear and see you, and remind everyone to donate if they haven't done so already.

If you're using Zoom, make sure to select 'gallery view' in the top right corner. This will enable you to see everyone at once.

Set the rules for your quiz to stop any cheaters in their tracks!

Take a ten minute break halfway through the quiz to let people refresh.

Read out the answers at the end of the quiz. Ask people to count their scores and announce a winner.

Alternatively, get teams to take a photo of their answer sheets and swap via message, so that teams can score each other.

Why not add some questions about Coeliac UK?

Questions:

1. Who wrote *Hassle Free Gluten Free*? (They're also a Coeliac UK ambassador)
2. What year was Coeliac UK founded?
3. What is the treatment for coeliac disease?
4. What's the name of the symbol you can find on gluten free foods? It's also the name of Coeliac UK's quarterly newsletter.
5. People with coeliac disease cannot eat what?
6. True or false? Mouth ulcers can be a symptom of coeliac disease.
7. Coeliac disease affects how many people? 1 in 10, 1 in 100, or 1 in 1000?
8. Coeliac disease is often misdiagnosed as?
9. Coeliac UK won an award for Best Use of a in 2019? App, website or Helpline?
10. Which country in the UK gained their first GF accredited hospital this year?

Answers:

1. Jane Devonshire
2. 1968 - answers within 5 years get one point
3. A gluten free diet for life
4. Crossed Grain
5. Gluten
6. True
7. 1 in 100
8. Irritable Bowel Syndrome
9. App
10. Scotland

