



Norfolk Safeguarding Adults Board Manager's Blog

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What has Kevin Bacon got to do with safeguarding adult awareness week?

A fun game to play with film-loving friends is **Six Degrees of Kevin Bacon** – that is, to find the shortest path between any given actor and *Footloose* movie star Kevin Bacon. Here's an example, starting with George Clooney: Clooney was in *Ocean's Eleven* with Matt Damon, Matt Damon was in *The Departed* with Jack Nicholson, and Jack Nicholson was in *A Few Good Men* with Kevin Bacon.

The game is based on [Six degrees of separation](#), the theory that anyone in the world is only six or fewer 'friends of friends' away from anyone else in the world. It was originally described by a Hungarian author **Frigyes Karinthy**, in his 1929 short story *Chains*. Since then this idea has inspired a stage play, a film and a book – [Six Degrees of Kevin Bacon](#). In 2007, Bacon himself set up [SixDegrees.org](#), recognising the popularity of the 'small world' phenomenon and helping raise money for charity in the United States. Six degrees has also been linked with work of the **Stanley Milgram** the American social psychologist. See [It's a small world! \(stories from a connected world\)](#).

If we really have at the most only 6 steps between us all, let's use it to spread the word about Norfolk's [Safeguarding Adults Awareness week](#) (Monday 12th to Friday 16th September)!

With the advent of Facebook etc, according to [The Telegraph, 22 November 2011](#), we're now typically down to 4 degrees of separation, but in Norfolk, surely we're only 2 or 3 connections away from anyone else in the county?

So, let's try this: tell someone who you wouldn't normally talk to about Safeguarding Adults Awareness week in the course of your working day.

Say you mention it to your hairdresser. They tell their next client who works at Aviva. The person at Aviva plays in a darts team and that evening the team has an away match in south Norfolk. Here they tell a member of the opposition team, who also plays in the village football team. That weekend he tells the match referee about Safeguarding Adults Awareness week.

The referee is the postman who delivers your post and asks if you have heard about this 'awareness week for safeguarding adults'? Job done!

Together we can spread the word about Safeguarding Adults Awareness week in 6 degrees (or probably far fewer)!

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