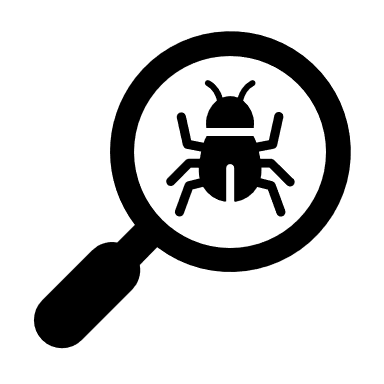
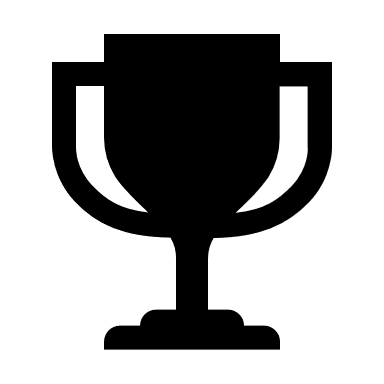
**General Knowledge Quiz *(With Safeguarding Adults questions)***

1. **Anna Sewell was born in Great Yarmouth. Which famous book did she write?**
2. **What is a Bishy Barnabee?**
3. **If a carer comes to help you get up in the morning, but you do not want to, can you say no?**
4. **Frederick Savage owned an Engineering Factory in Kings Lynn. What is he most famous for building?**
5. **What anniversary is celebrated on the 8th of May each year?**
6. **The plant with the Latin name “Hedera” is known more commonly as what?**
7. **The Queen had 7 cousins on her father’s side – can you name 2 of the 4 that are still alive?**
8. **If you were hit by another resident and you were upset or hurt, do you think that would be something that would be reported as “Safeguarding”?**
9. **Jack Howarth played what fictional character on British TV between 1960- 1984?**
10. ** What condiment was famously made in Norwich?**
11. **If you tell someone about something that has upset you, or someone who has hurt you, and don’t want them to tell anyone else, must they keep it a secret?**

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1. **How many cathedrals are there in Norfolk?**
2. **How old will Queen Elizabeth be on her birthday in 2021?**
3. **Who invented the jet engine?**
4. ** There are 10 categories or types of abuse set out in Safeguarding Adults law – how many can you think of?**
5. **What is the population of Norfolk? (approximately!)**
6. **Beacon Hill, near West Runton is the highest point in Norfolk. How many feet above sea level is it?**
7. **If you trust a family member or friend to look after your money or finances and they spend some of it on themselves without permission, is this a safeguarding issue?**

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1. **What year did the Titanic sink?**
2. **Name two types of seal often found in Norfolk**

**Answers**:

* 1. Black Beauty
  2. (the name for) A ladybird (in Norfolk)
  3. **SG Question** - Yes, you can, the care you are given should be at the times and in the way that you want it. However, the carer may ask you why, and there may be good reasons why you should get up then – to have medication, to make sure you don’t get pressure sores, to help you keep moving. You should be given choice, but also all the information you need to make that choice. You may also live with lots of other people who also need care and so sometimes choices will be more limited – but you should always be asked what you want to do with any care that you receive, and the carers should help you to understand what the consequences might be. If you have memory problems then carers may make decisions on your behalf, but these should still be explained to you.
  4. Fairground rides and all kinds of traction engines
  5. VE Day (Victory in Europe)
  6. Ivy
  7. Princess Alexandria of Kent (aka Lady Ogilvy), Duke of Kent, Prince Michael of Kent and Duke of Gloucester
  8. **SG Question** -Yes – the other person may not get in trouble, especially if they are not well and don’t really know what they are doing, but at the very least checks on how both of you are being supported by the care staff should happen, to make sure everyone living in the home, including the person who hurt you, is as safe as possible
  9. Albert Tatlock in “Coronation Street”
  10. Colman’s mustard
  11. **SG Question** - It depends! If a person has no problems with their memory or thinking and is able to explain why they feel that way, then their wishes should be accepted. However, if the abuse is life threatening or someone else might be hurt then the person you have told cannot keep it a secret. In some cases where people do have problems with their memory or thinking (especially if that means they can’t recognise when someone might hurt them) all concerns must be reported to Adult Safeguarding.
  12. 2 – both in Norwich
  13. 95 (Born 21/4/1926)
  14. Frank Whittle
  15. **SG Question** - Physical, Emotional or Psychological, Sexual, Financial, Neglect, Discrimination, Institutional abuse, Domestic abuse, Self-neglect and Modern Slavery (Group leader is encouraged to give examples if they can)
  16. 859400
  17. 338 feet
  18. **SG Question** - Yes – they have broken your trust and may mean you don’t have enough money for the things you need.
  19. 1912
  20. Grey seal and common seal

**How many did you score?!**

If the quiz leads to more **questions** about Safeguarding Adults from residents, their family or care staff, there is more information on the Norfolk Safeguarding Adults Board (NSAB) website [www.norfolksafeguardingadultsboard.info](http://www.norfolksafeguardingadultsboard.info), and you can email:

[Safeguardingfriends@norfolk.gov.uk](mailto:Safeguardingfriends@norfolk.gov.uk) Or [nsabchair@norfolk.gov.uk](mailto:nsabchair@norfolk.gov.uk)

For any **immediate concern**, or indication that harm or abuse is happening or has happened, contact Norfolk County Council, who lead on safeguarding concerns, on 0344 800 8020