

26th February 2023

A local football **scheme** in the UK that helps men with their mental health has proven thoroughly successful. Communities in Kent can join football and therapy sessions, thanks to Head In The Game. The initiative aims fundamentally to help men who struggle with problems like depression and anxiety in their everyday life. The company was established in 2021 directly as a response to the Covid pandemic and its **impact** on mental health. The founder of the company Mark Pinkney said half the battle is won, "if we are upfront and honest about these types of subjects". The company's mission is to implement free weekly football sessions for men aged 18-55 to gather and share feelings, "it's all about talking, it's the talking that really saves people's lives", he said. Before and after the football game, participants openly share their **concerns** with a number on a scale of zero to ten. The focus is on promoting wellbeing both physically and mentally, such as tackling substance abuse. Pinkney spoke of the friendships securely formed in football teams, "what we try and do is harness that trust with our sessions". Head In The Game were previously finalists in the BBC's Make A Difference Award in 2022 and receive **funding** and partnership from various foundations. In 2023 they plan to **launch** the programme for a different sport, progress to women's football, and eventually roll out to other towns.

Q1. _____

What sports idioms, phrases, or slogans, such as Nike's "Just Do It", do you know?

Write an acrostic poem for the word *community*.

Q2. _____

Which bolded words in the text mean: *a plan - worries - money - effect - start*

Q3. _____

"a number *on a scale of zero to ten*"

What does the italicised word above mean: *size - weighing - between?*

Q4. _____

Reading comprehension true or false:

1. The aim of the scheme is to help fathers save money.
2. A pandemic inspired the founder to start the company.
3. In the sessions depression, anxiety, and drugs are discussed.
4. The company won a BBC competition.
5. The scheme plans on expanding around the UK.

Q5. _____

Link the five synonym pairs:

- | | |
|---------------|--------------|
| 1. depression | A. start |
| 2. establish | B. sadness |
| 3. fund | C. support |
| 4. implement | D. deal with |
| 5. tackle | E. apply |

Q6. _____

Spell the words correctly:

1. h e t y a p r t...
2. d t s e a h l s e b i e...
3. s i s o n i m m...
4. n f a s l i t i s f...
5. l v e y e n u a l t e...

Q7. _____

Discussion / Writing questions:

Is it possible to rate happiness on a scale?

Why are sports effective at improving our mental wellbeing?

Which sports personality do you get inspiration from?

Q8. _____

10 B2 revision keywords: underlined in text.