

Southampton Football Club – Tackling Men’s Health

Tackling Men’s Health

Southampton Football Club was founded in 1885 as the Saint Mary’s Church of England’s Young Men’s Association and has always played football in red and white. Since the club was founded, it has played an active role in the community and is still looking out for the interests of young men and women in and around Southampton.



Southampton Celebrates
Action Images: Andrew Couldridge Livepic

Read this article and complete the exercises and you will:

- Read about Southampton Football Club
- Practise reading
- Review multi-part verbs

Before you read

Match the words from the box with the descriptions below.

1. tackle	2. concerned	3. negative attitudes
4. crowned	5. lifestyle	6. stigma
7. founded	8. at risk	9. seek

- In danger
- The way you live
- To deal with a problem
- To try to find something or try to do something
- When people don't like something or think it is bad - especially when these feelings are unfair
- To be the most successful
- Started an organisation
- Thinking badly about something
- Worried

Southampton Football Club – Tackling Men’s Health

Tackling Men’s Health

Southampton Football Club’s nickname is ‘the Saints’ because it was founded in 1885 as the Saint Mary’s Church of England’s Young Men’s Association. Since the club was founded, it has played an active role in the community and is still looking out for the interests of young men and women in and around Southampton.

What is the Saints Foundation?

The Saints Foundation is the name of Southampton FC’s organisation that works within the community to take advantage of the power of football to work with and reach people who need help.

Every year, over 25,000 young people take part in activities and events organised by the Saints Foundation.

What sort of events does the Saints Foundation organize?

One of the projects run by the Saints Foundation is called Health Kicks. This programme was set up because doctors and other health professionals are worried about the lifestyles of adult men aged between 18-35.

Every year, the Foundation organises a Health Kicks football tournament. Last year, over 280 men took part in the event, hoping that they would win the trophy and be crowned Health Kicks Champions.

Why focus on men’s health?

Doctors are concerned that men don’t think about their health enough. They are afraid that the way that young men live might cause problems for them later in life.

Lots of men don’t like talking about health and healthy living and this means that they are more at risk.

How does the Saints Foundation change attitudes?



Southampton Celebrates
Action Images: Andrew Couldridge Livepic

The Saints Foundation aims to use football as a way to connect with young men. By using ideas that will appeal to men, they hope to tackle some of the negative attitudes towards seeing a doctor.

Last year, the Saints Foundations project linked up with the national Time to Change project, which hopes to change attitudes towards mental health problems. The stigma that surrounds mental health makes it even more difficult to persuade young men to seek help.

What activities took place at the Health Kicks football tournament?

People at the tournament took part in a mental health quiz and spoke to advisors from different organisations that work with people who suffer from these problems.

There was also a special MOT health test. In England, an MOT is a regular test for cars to make sure they are safe to drive on public roads. The organisers wanted to make men think about their bodies in the same way so that they would visit their doctors regularly for a check up.

What will the Saints Foundation do next?

Now that Southampton FC are back in the Premier League, the Saints Foundation hopes to reach even more of the people in need in and around Southampton.

Southampton Football Club – Tackling Men’s Health

True or false

Read the statements about the article and decide if they are true or false.

1. Southampton FC plays in a blue and white kit.
2. The Saints Foundation is Southampton FC’s organisation to help people in the local community.
3. Every year, around 2,500 people take part in activities organised by the Saints Foundation.
4. Last year, over 280 men took part in the Health Kicks football tournament.
5. Health Kicks tries to persuade young women to think about healthy living.
6. The Saints Foundation tries to use ideas that men are interested in to change attitudes towards healthy living.

Language focus: Verbs

Some verbs in English have more than one part. These verbs are sometimes called phrasal verbs or multi-part verbs. Look at the descriptions below and then try to find the multi-part verbs in the article.

1. Find a three-part verb in paragraph 1 that means: to try to see something.
2. Find a two-part verb in paragraph 2 that means: to benefit from an opportunity.
3. Find a two-part verb in paragraph 3 that means: to participate in an event.
4. Find a two-part verb in paragraph 4 that means: to arrange or start an activity or event.
5. Find a two-part verb in paragraph 9 that means: to join or work with.

Find out more

Use the internet to find out more about the Saints Foundation.

Search terms (search in English)

Saints Foundation

Health Kicks

Discuss

Are people in your country uncomfortable talking about their health?

What would you do to make people think about healthy living?

Answers

Before you read: 1 – c, 2 – i, 3 – h, 4 – f, 5 – b, 6 – e, 7 – g, 8 – a, 9 – d

True or false: 1 – false, 2 – true, 3 – false, 4 – true, 5 – false, 6 – true

Language activity: 1 – look out for, 2 – take advantage, 3 – take part, 4 – set up, 5 – link up