

### Newsletter

# International Literacy Day 2025

Monday 8 September was International Literacy Day.



To mark this day and to launch the 2025 Adult Literacy for Life Campaign, Mayo, Sligo and Leitrim ETB hosted a new podcast called **Get Lit**. Minister Marian Harkin and Adult Literacy for Life Director Yvonne Mckenna were the first guests on the new podcast.

The podcast was recorded in MSLETB's XRHub in Strandhill, Co. Sligo.

Stay tuned for future episodes of **Get Lit**. The podcast aims to

- raise awareness of literacy
- make supports easier to find, and
- connect people to adult literacy services.

Scan the QR code to follow the podcast on Spotify





#### Let's talk about media literacy

To mark International Literacy Day, Adult Literacy for Life launched its national campaign. This year's campaign focusses on media literacy and why it matters.

Having good **media literacy** means we can ask the right questions to be able to better understand media. This makes it easier to safely use media for the things that matter.



#### More info

#### Top tips for being media smart:

- **Stop** pause when you see something online before you comment or share.
- Think ask yourself where a post or video came from, and why.
- Check check a trusted source to see if a piece of information is true or not.

# What's on I have are lets of even

There are lots of events for you to get involved. All events are free and open to the public.

#### **Quiz time!**

Take our Media Literacy quiz on WhatsApp



#### **National Ploughing Championships**

Adult Literacy for Life were happy to attend the **2025 National Ploughing Championships** in Screggan, Tullmore.
We were joined at our stand by the National Adult Literacy Agency (NALA).

We had a great three days of raising awareness of unmet literacy needs in Ireland. We chatted with attendees about how they, or someone they know, can access supports for **improving their reading**, writing, maths or digital skills.



We were delighted to have **An Taoiseach Micheál Martin** drop into our information stand to learn
more about what it's like to live with unmet literacy
needs in Ireland.

A big thank you to all who visited our stand at the 2025 Ploughing Championships.



# Literacy Changing Lives Showcase at Croke Park

The ALL Office hosted their Literacy Changing Lives Event at Croke park in June. It was a fantastic day. Over 270 people attended the showcase. 32 adult literacy projects and initiatives exhibited their work and shared their stories at a

lively world café session.

Four workshops were held on the day on different topics. The workshops covered were:

- Media literacy
- Numeracy
- Financial literacy, and
- Family literacy





At the event, DFHERIS Minister Marian Harkin announced the awarding of funding under the **2025 Collaboration and Innovation Fund.** 

The Plain Language eLearning module was also launched during the event.

#### **Health Literacy Awareness Month**

October marks Health Literacy Awareness Month, a time to highlight why health literacy matters.

In Ireland, almost 1 in 3 people have health literacy needs. This can affect everyday situations such as:

- · understanding a prescription label,
- knowing when to ask questions at the GP
- making sense of test results.



#### How you can get involved:

- Follow and share campaign posts across our channels.
  - X (Twitter):@SOLASFET
  - LinkedIn: @SOLAS

(AntSeirbhís Oideachais Leanúnaigh agus Scileanna)

- Complete our **free health literacy eLearning courses** on the <u>Adult Literacy for Life website</u>, and share them with others.
- Promote a literacy-friendly approach in your own service:
  - use plain language
  - check understanding
  - make information easy to access
- Join the conversation by tagging health literacy partners on
  - X and LinkedIn.
- @HealthyIreland
- @HSELive
- @DeptHealthIRL
- @NALA







# Kilkenny and Carlow Research report on stigma and unmet literacy needs launched

In September the Kilkenny and Carlow Regional Adult Literacy Coalition launched a new research report aimed at addressing the stigma that surrounds unmet literacy needs.

One of the key findings of the report is that adults with unmet literacy needs continue to experience shame and stigma.

Reflecting on the research and planning for the future, Dr. Aisling McElearney said: "We can address the stigma. We can change the story. We can think differently and we can act differently."

The findings from this research project will shape training for staff providing services to the public. This will improve awareness of, and support for, people with unmet literacy needs.

# Scan the QR code to read the report



To find out more, contact
Deirdre Geoghegan:
deirdre.geoghegan@kcetb.ie
087 767 5547



Pictured at the launch, Left to Right: Tommy Fennelly, current KCETB FET learner Lisa Banks, former KCETB FET learner Dr. Aisling McElearney, Researcher Brian O'Donnell, former KCETB FET learner

### Donegal Read DL Closing Ceremony

Read DL is a reading initiative run by Donegal Education and Training Board (DETB), Donegal County Library, and Atlantic Technological University (ATU). The programme distributed 2,000 books county-wide in 2025. This initiative encourages families to read more at home and talk about books together.

Read DL organised a wonderful closing ceremony in Glenveagh Castle on the 13 March. Stewart Foster wrote this year's book, called All The Things That Could Go Wrong. Stewart was in attendance and had a chat with everyone.

Three schools participated in the event, including Drumman National School in Ramelton, St. Peter's Girls School in Carndonagh, and Loreto College in Letterkenny. Students from each school took part in various activities, such as games, drama, dance, and poetry recitals

This occasion was a fantastic celebration of the power of reading and writing.

To find out more, contact
Adele McElhinney:
adelemcelhinney@donegaletb.ie
086 084 9284

# Laois and Offaly Health literacy panel at the Live Well Expo

A panel discussion on health literacy took place at the Live Well Expo in Laois in April. The event was aimed at adults aged 55 and above. It formed part of a wider expo that welcomed over 1,000 attendees and featured more than 100 exhibitors.

Tamara Latham, Regional Literacy Coordinator for Laois Offaly Education and Training Board (LOETB), and a health literacy practitioner organised the panel. It was delivered in partnership with Healthy Laois, Age Friendly Laois, the Health Service Executive (HSE), and LOETB.

Discussions focused on key areas of health literacy, including understanding medications, navigating health services, and accessing reliable health information.

#### Expert panellists included:

- Paula Murphy, pharmacist with the HSE Frailty team,
- Dr. Domhnall McGlacken, registrar in public health medicine, and
- Pearse Murphy, principal social worker in primary care.

This event did a fantastic job raising awareness about health literacy, and it contributed to better health outcomes and stronger community connections.

To find out more, contact Tamara Latham: tlatham@loetb.ie 085 856 0160





### Cavan and Monaghan Arts and Bloom Garden outings for learners

The National Adult Literacy Agency (NALA) provided funding for two learner trips. One was for learners based in Ballyjamesduff and another for learners from Cavan Town.

17 Learners from Ballyjamesduff attended a two-and-a-half-hour pebble art workshop. Everyone really enjoyed the course and returned home with a pebble art picture. It was a very fun and informative outing with lots of laughter.

38 learners received tickets to attend the Bloom Garden Festival. Many learners were Ukrainians who were keen gardeners back home and missed this hobby. The day was very successful and enjoyable. One garden was created by a former ETB tutor, Barry Kavanagh, who won a gold medal for his work.



To find out more, contact Ceinwen Fergus: ceinwenfergus@cmetb.ie
087 068 7841





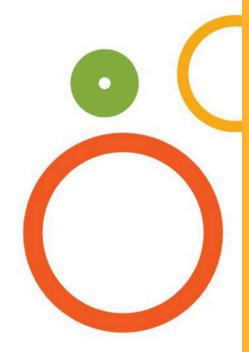


# Laois and Offaly AONTAS Star Award for Beyond the Barriers literacy project

Beyond the Barriers was a literacy initiative developed by Laois Offaly Education and Training Board (LOETB). It focused on capturing the journeys of adult learners in their literacy services. The project highlighted the experiences of individuals who faced challenges when returning to education. It aimed to inspire others and promote the value of lifelong learning.

This project provided a platform for adult learners to voice their experiences and achievements. By sharing these stories, the project encouraged broader participation in adult education and advocated for inclusive learning opportunities. Students who took part talked about their individual successes and becoming student ambassadors for LOETB. and opportunities to thrive.

Beyond the Barriers received the European Social Fund (ESF) Special Recognition Award at the AONTAS STAR Awards, held on 7 March in Croke Park, Dublin. This award acknowledged the project's success in promoting equal access to quality education and training.





To find out more, contact Tamara Latham: tlatham@loetb.ie 085 856 0160



### Donegal Family learning talk

Joseph Kelly from Donegal County Library and Adele McElhinney, Regional Literacy Coordinator, delivered a family learning talk to parents who were attending a 'Play and Stay' session. The talk took place at **Bundoran**Community Library.

Parents learned about the importance of reading with children from a young age and how that can impact their reading at later ages. Adele gave practical tips for family learning including games and activities parents can do at home.

This talk was part of Donegal's Regional Adult Literacy Coalition's Action Plan for 2025 and more sessions will be facilitated in other libraries. Colin and Natasha welcomed everyone to the library and shared information on resources available to parents at the library. Pictured in the new sensory garden are Natasha, Adele and Joseph.

"It was great to get the practical tips on what I can do at home with my child." A parent.

To find out more, contact Adele McElhinney: adelemcelhinney@donegaletb.ie 086 084 9284



# Limerick and Clare ALL literacies change lives seminar

The ALL Literacies Change Lives seminar took place at the University of Limerick Access Campus in March, as part of the Limerick Lifelong Learning Festival.

60 participants attended presentations, group discussions, and a panel session. Chairperson Eimear Brophy talked about the festival's theme, "Literacies for life," and Limerick's role as an UNESCO Learning City.

Speaker Yvonne McKenna from the National Programme Office gave an update on the Adult Literacy for Life strategy. The seminar also featured an inspiring talk from Literacy Ambassador Pam Noonan, who completed her Junior Cert aged 71. Attendees are now very eager to promote literacy and lifelong learning in their communities.

""I thought the seminar was fantastic - the interagency approach is so important in this area and there were so many important community workers and partners at the seminar that I hadn't met before."

An Attendee



To find out more, contact Tom Kent: tom.kent@lcetb.ie
087 056 4369





## Waterford and Wexford Connecting Communities Roadshow

Waterford County Council, in collaboration with Healthy Waterford, the Older People's Council, and Waterford Wexford Education and Training Board (WWETB) organised roadshows for local communities.

Edel Finan, Regional Literacy Coordinator at WWETB, has taken part in many roadshows so far this year. These road shows are a fantastic opportunity to promote literacy and the ALL strategy to various organisations and potential collaborators.





To find out more, contact Edel Finan: edelfinan@wwetb.ie 086 084 5354



#### **Louth and Meath** Healthy Kicks Project

The Healthy Kicks project is helping homeless individuals by promoting inclusion, improving health outcomes, and building confidence through weekly football sessions. This project involves the Irish Homeless Street League, Dundalk Football Club, the Football Association of Ireland (FAI), and local Homeless Service Providers.

The project is funded by the Adult Literacy for Life Collaboration and Innovation Fund. It combines physical activity with health education. It offers a transformative experience for one of the most vulnerable groups in our communities. It supports health literacy, enabling participants to better access resources.

Participants are developing teamwork and social skills, creating pathways to local supports and fostering a sense of belonging.



To find out more, contact Niamh McShane: nmcshane@Imetb.ie 086 201 1988 "This is something I look forward to every week and I learn while I play football and meet new people."-Learner



# Longford and Westmeath Aontas Adult Learners Festival: Celebrating International Women's day

Over 40 women celebrated International Women's Dayin March during the Aontas Adult Learners' festival in Mullingar, Co. Westmeath.

The event was hosted by Westmeath Women's Shed and facilitated by LWETB's Community Education Service.

Attendees took part in a Wellness for Women workshop with Deirdre Hannon and a Herbal Walk with Paula Sharkey.

Deirdre and Paula are tutors with LWETB.

The Women's shed raised over €400 in their raffle for TEAM, the Women's Refuge in Mullingar.



To find out more, contact Anna-Maria Egan: aegan@lwetb.ie 085 857 0991

# Waterford and Wexford Age Friendly Wexford Expo

Edel Finan attended the Age Friendly Expo in early March at the New Ross Youth Centre in County Wexford.

The Expo hosted over 30 information stands, including HSE Supports, Local Authority Grants, Fraud Smart, Healthy Homes, and many more.

Edel manned a digital literacy pop up hub at the Expo, allowing visitors to get an insight into our services.



To find out more, contact Edel Finan: edelfinan@wwetb.ie
086 084 5354



### **Tipperary Capturing our Stories Book Launch**

The launch for the Capturing our Stories booklet took place in April. It celebrates stories from Roscrea. Age Friendly Roscrea and Roscrea Youth Service members collected and collated the stories during the project.

This beautiful book is the result of a 2024 Collaboration and Innovation Fund project. Age Friendly Roscrea and the Roscrea Youth Service held story telling sessions for young and old learners.

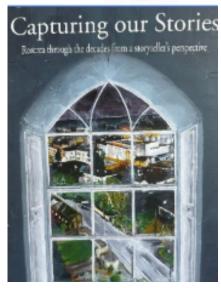
Various age groups worked together to capture these stories orally, digitally, and in writing. These stories, spanning many years and cultures, were made into a book.

"The book is flying out the door. People love having something local and seeing their own stories or loved places mentioned in it." - Facilitator



To find out more, contact Ester Mackey: emackey@tipperaryetb.ie
087 062 6937





#### Adult literacy practitioner trip to Sweden

20 adult literacy practitioners visited study association centres for adults in Sweden.

Adult literacy practitioners from Ireland visited Sweden in March and April to learn more about informal education in that country. ETBI and the Leargas Erasmus+ programme supported the study trip. The Adult Literacy Organisers' Association (ALOA) used this trip to build relationships and to see how other countries address unmet literacy needs.

Literacy practitioners learnt a lot about the "study circle" format, which is a core element of Swedish adult education.



"I've learned so much from all our interactions, connections and people's openness to share how they do things, both what works and what doesn't work." - Literacy practitioner





#### Cork

#### Financial literacy community events

Allied Irish Bank (AIB), in collaboration with the Adult Literacy for Life (ALL), Cork Education and Training Board (CETB), the Money Advice and Budgeting Service (MABS), the National Adult Literacy Agency (NALA), and Ludgate Hub set up two financial literacy awareness events in Skibbereen and Mallow. They took place in April and May and were attended by 180 people. Over 40 local organisations exhibited at the stands.

These events were open to members of the public who may need financial literacy support and advice. The main target audience were vulnerable individuals, including retirees, students, low-income earners, and the unemployed.

These two-hour events included panel discussions, exhibitions, and question and answer sessions. Adult Literacy for Life was represented on the Advisory panel and supported the literacy friendly aspect of these events.

This was a great opportunity for public and private sector to work together.

Feedback was positive and all participants said they would recommend the event to family or friends. The event format will be rolled out nationally, and a national advisory group is being formed.

"Everything was explained very well and I learned a lot"- Attendee

To find out more, contact Veronica Bowen: veronica.bowen@corketb.ie
086 029 6086





#### Contact your Regional Literacy Coordinator or our National Office for more information:

Region	Regional Literacy Coordinator	Email and phone
Cavan and Monaghan	Ceinwen Fergus	ceinwenfergus@cmetb.ie 087 068 7841
Cork	Veronica Bowen	veronica.bowen@corketb.ie 086 029 6086
City of Dublin	Andrew Connolly	andrew.connolly@aes.cdetb.ie 086 601 8180
Donegal	Adele McElhinney	adelemcelhinney@dletb.ie 086 084 9284
Dublin and Dun Laoghaire	Helena Browner	helenabrowner@ddletbaes.ie 086 832 8150
Galway and Roscommon	Patrick Fox	patrick.fox@gretb.ie 085 7566251
Kerry	Paula Tiller	paula.tiller@kerryetb.ie 087 337 2139
Kildare and Wicklow	Please contact >>>	adultliteracyforlife@kwetb.ie 087 188 4355
Kilkenny and Carlow	Deirdre Geoghegan	deirdre.geoghegan@kcetb.ie
Laois and Offaly	Tamara Latham	tlatham@loetb.ie 085 856 0160
Limerick and Clare	Tom Kent	tom.kent@lcetb.ie 087 056 4369
Longford and Westmeath	Anne-Maria Egan	aegan@lwetb.ie 085 857 0991
Louth and Meath	Niamh McShane	nmcshane@lmetb.ie 086 201 1988
Mayo, Sligo and Leitrim	Róisín Egan	RoisinEgan@msletb.ie 086 032 0520
Tipperary	Ester Mackey	emackey@tipperaryetb.ie 087 062 6937
Waterford and Wexford	Edel Finan	edelfinan@wwetb.ie 086 084 5354
National Programme Office		allinnovation@solas.ie



