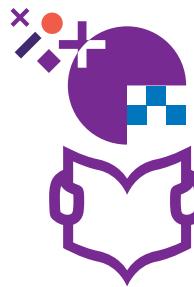


# Step into Learning



Learn with  
**NALA**

A worksheet for adults to practise reading, writing, spelling and numbers.

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## Family carers

In Ireland, many people take care of family members at home. They look after a **child** or **adult** who is sick or has special needs or who is old. The family carers work very hard, but often people do not see their work. Sometimes carers do not think about their own **health** because they always help their loved ones first.

To say “thank you” **Family Carers Ireland** give awards every year. There are winners from all parts of Ireland. One person then wins the big prize of **Carer of the Year**.

In 2025, the Lidl Family Carer of the Year awards were given out by Miriam O’Callaghan from RTÉ (Raidió Teilifís Éireann). There were eight awards given out but the overall winner was Angie from Cork.



Angie cares for her twin sons. When Angie was **pregnant**, doctors said that Angie and her boys might not live. But Angie did not give up. The boys were born joined together. They share all organs except their hearts and each has one leg. Since then, Angie has looked after the boys as they have had to stay in **hospital** for many months.

They had **surgery** 75 times over the years. Some of these took place in other countries. Many times, she had to sleep on a hospital floor beside them to look after them. She also cares for her other children.

Angie teaches her boys to be strong. Today, they are 16 years old, they go to school and play sports. They have won gold and silver medals for Ireland in the **Paralympic** Games.

- All information from [familycarers.ie/news-and-campaigns](http://familycarers.ie/news-and-campaigns)
- If you are a family carer and would like some support, please visit Family Carers Ireland at [familycarers.ie/carer-supports/](http://familycarers.ie/carer-supports/)

## Words from the story

**Some hard words from the story:**

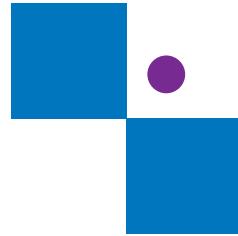
child, adult, health, pregnant, hospital, surgery

## Writing practise

**Use the words above to finish these sentences.**

1. A very young person is a \_\_\_\_\_.
2. A grown-up person is an \_\_\_\_\_.
3. A doctor looks after our \_\_\_\_\_.
4. When a woman is expecting a baby she is \_\_\_\_\_.
5. When we are very sick we have to go to \_\_\_\_\_.
6. Sometimes, a sick person needs to have \_\_\_\_\_.

# Reading practice



- Family carers take care of family members who need help.
- They give help to people who are sick, old or have special needs.
- They care for them in their homes.
- They help them to do everyday things.
- Carers are kind and they work hard.
- In Ireland there are half a million family carers.

## Read and answer



Read the piece above about carers and answer these questions.

1. Who do family carers give help to?

**Answer:** Family carers give help to people who are

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2. Where do they care for them?

**Answer:** They care for them in \_\_\_\_\_.

3. What do they help them to do?

**Answer:** They help them to \_\_\_\_\_.

4. What are family carers like?

**Answer:** Carers are \_\_\_\_\_.

5. How many family carers are in Ireland?

**Answer:** In Ireland there are \_\_\_\_\_.

# Spelling practise: Words ending in all



When we add a new letter to the word, we can make new words.

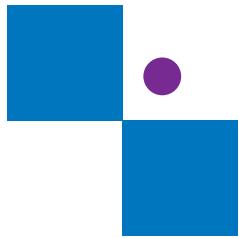
Words ending in **all**

**Example:** sm + all = small A mouse is small.

ball call fall hall tall wall small

Fill in the blanks below with a word ending in **all**

1. Tom likes to play foot \_\_\_\_\_.
2. Will you \_\_\_\_\_ me on my phone.
3. I had a \_\_\_\_\_ off the ladder.
4. The boy got very \_\_\_\_\_.
5. There is a show on in the town \_\_\_\_\_.
6. The picture is on the \_\_\_\_\_.
7. A child is very \_\_\_\_\_.



## Fill in the blanks: Words ending in all



Fill in the blanks in the sentences below. All the words end in all.

Tick ✓ the correct word a, b or c.

1. I like to play foot \_\_\_\_\_.

a. ball

b. tall

c. wall

2. I put a picture up on the \_\_\_\_\_.

a. small

b. wall

c. ball

3. I will give you a \_\_\_\_\_ later on the phone.

a. call

b. wall

c. small

4. A cow is a big, but a cat is \_\_\_\_\_.

a. small

b. wall

c. ball

5. Be careful not to \_\_\_\_\_ off the ladder.

a. fall

b. tall

c. ball

# Spelling practise: Words ending in ay



Words ending in ay

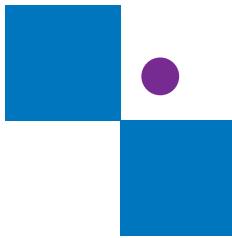
**Example:** pl + ay = play I like to play hurling.

day lay May pay say way play stay

Fill in the blanks below with a word ending in ay

1. It is a lovely sunny \_\_\_\_\_.
2. I will \_\_\_\_\_ my bill.
3. \_\_\_\_\_ is a month.
4. Children like to \_\_\_\_\_.
5. What did you \_\_\_\_\_.
6. Can you show me the \_\_\_\_\_.
7. I like to \_\_\_\_\_ in a hotel.

# Fill in the blanks: Words ending in ay



Fill in the blanks in the sentences below. All the words end in **ay**.

**Tick ✓ the correct word a, b or c.**

1. Will you show me the \_\_\_\_\_.

a. bay       b. way       c. say

2. What \_\_\_\_\_ of the week is it?

a. say       b. way       c. day

3. How much did you \_\_\_\_\_ for the new car?

a. pay       b. day       c. stay

4. I did not hear you, please \_\_\_\_\_ it again.

a. say       b. way       c. may

5. \_\_\_\_\_ is a month.

a. May       b. stay       c. pay

## Writing practise



Look at the list of words ending in **all** on page 4. **Write these words out below.**

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Look at the list of words ending in **ay** on page 6. **Write these words out below.**

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### Further help is available

If you need help with these worksheets, or with reading, writing, maths or digital skills, you can contact the National Adult Literacy Agency (NALA).



Call us on **Freephone 1 800 20 20 65**

You can study online on our Learn with NALA website [learnwithnala.ie](http://learnwithnala.ie) or with a tutor over the phone, or we can give details of your local training options.



National Adult Literacy Agency

Áisíneacht Náisiúnta Litearthachta do Aosaigh

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