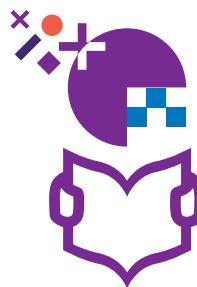


That's Interesting!



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

Family Carers of the Year



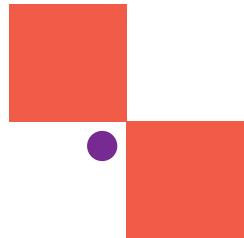
In Ireland, over half a million family members provide care in the home for loved ones. This can be for a child or an adult with special needs or a disability, an older person or a person struggling with a serious illness, their mental health or an addiction. Work as a family carer is often not recognised. Very often their own health, education and social needs can suffer, as the family carer puts the needs of their loved ones first. Family carers save the state €20 billion every year and provide an amazing 19 million hours of care each week.

To shine a light on these great people, an organisation known as Family Carers Ireland present awards to carers across the country every year. These people are nominated for the awards by other family members. There is Family Carer of the Year and Young Carer of the Year awards from each of the regions in Ireland, Munster, Connacht, Leinster and Ulster.



Then, one person is presented with the overall Carer of the Year Award. The 2025 Lidl Family Carer of the Year Awards were presented by Miriam O'Callaghan from RTÉ (Raidió Teilifís Éireann) at an event held in Dublin just before Christmas.

The overall winner of the Lidl Family Carer of the Year 2025 is Angie from Cork. Angie provides amazing care for her twin sons, who were joined together when born and who face long term medical challenges. At her twelve-week pregnancy scan, Angie was told that her twin boys were unlikely to live and that she herself might not live through the pregnancy. She refused to give up. The boys were born conjoined (joined together), they shared every organ except their hearts and each has one leg. Since that day, Angie has remained at their sides through 75 surgeries, months spent in hospital far from home and many medical emergencies.



She has slept on hospital floors, gone weeks without rest and fights tirelessly for the care of her sons while still looking after her other children.

Angie has raised her boys to face their challenges with confidence and courage. Today, at 16 years of age, the boys are in third year in school and have represented Ireland four times in the Paralympic Games, bringing home gold and silver medals in wheelchair basketball and athletics. As well as caring for her family, Angie has also raised more than €105,000 for children's charities, showing the same determination and kindness that she shows in every part of her life.

The Leinster winner is Alison from Dublin who cares for her two daughters, who are autistic. Alison herself has survived cancer twice but always puts the care of her girls first. She has cut her work hours, so she is there to bring them to medical appointments and be there for them every step of the way. Alison also runs a Kids Fun Club in Dublin, which she set up to give autistic children a safe, fun space each week.

The Connacht winner is Brendan from Leitrim who has spent more than 30 years caring for his wife who was diagnosed with MS (Multiple Sclerosis) early in their marriage and now needs support with many areas of daily life. When his mother-in-law was later diagnosed with dementia, Brendan took early retirement to care for both women full time. He completed a carer's course so that he could provide the best possible support so that both women can continue to live at home.

The Ulster winner is Mary from Cavan who cares for her son who is autistic, and her mother, who lives with Alzheimer's. When her mother suffered a fall, she moved to a nursing home, but Mary still visits every morning to help care for her, just as she always did at home. A devoted mother and grandmother, she faces each day's challenges with strength, compassion and kindness.

There were also five winners of the Young Carers of the Year awards. These are all young people who spend time caring for a family member who needs support or giving a break to another family carer.

All information from familycarers.ie/news-and-campaigns

If you are a carer in the home and feel you need support please visit:
familycarers.ie/carer-supports/

Words from the story



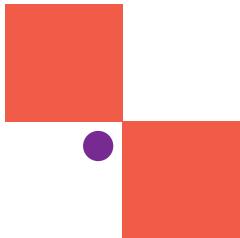
Here are some difficult words from the story you have just read.

Exercises:

- Look at and say the word and count the beats (syllables).
- Breakdown the word into the syllables.
- Look at, say out loud and learn each part, close your eyes and try to see each part in your head.
- Cover the word and try to write it yourself by saying each part.
- Check if it is correct, if not try again. The first one is done for you.
- Put your new word into a sentence.

Word	Number of syllables	Breakdown	Write the word
disability	5	dis a bil it y	disability
addiction	3		
organisation	5		
pregnancy	3		
hospital	3		
courage	2		
determination	5		
confidence	3		
appointment	3		
diagnosed	3		
challenge	2		

A prefix



A **prefix** is a small word that is added to the **beginning of a word** to change its meaning or to make a new word.

The most common prefixes are 'un' 'dis' and 'mis'. Examples:

- By adding the prefix 'un' to the word happy = unhappy
- By adding the prefix 'dis' to the word agree = disagree

Exercise: Place the correct prefix before each word below to make a new word. The first one is done for you.

Tip: It helps to say each word with a prefix to find the right one.

Word	un dis or mis
happy	<u>un</u> happy
behave	
employment	
available	
agree	
understood	
place	
allow	
do	
trust	
tidy	
honest	
able	
reliable	
friendly	

A suffix



A suffix is a small word that is added to the **end of a word**.

The most common prefixes are '**ed**' and '**ing**'.

- If we want to say we did something in the past, we add ed to the word.
Example: **walk** + **ed** = **I walked** to work yesterday.
- If we want to say we are doing something now, we add ing to the word.
Example: **walk** + **ing** = I am **walking** to work this morning.

If an action word ends in e, when we add '**ed**' or '**ing**' we must take away the e first.

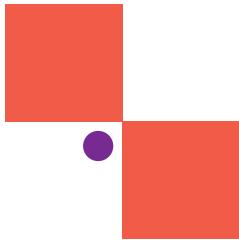
Example: Care (ends with e)

- To add '**ed**' or '**ing**' take away the '**e**' in care first.
- **Care** + **ed** = **cared**
- **Care** + **ing** = **caring**

Exercise: Add '**ed**' and '**ing**' to these action words. The first one is done for you.

Word	ed	ing
hope	hoped	hoping
save		
love		
live		
like		
dance		
bake		
use		
hate		

Notes



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 www.learnwithnala.ie or with a tutor over the phone, or we can give details of your local training options.

NALA

National Adult Literacy Agency

Áisíneacht Náisiúnta Litearthachta do Aosaigh

The views expressed in That's Interesting! are not necessarily the views of NALA.



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