

Health Literacy Calendar

October 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Videos

Fact sheets / information

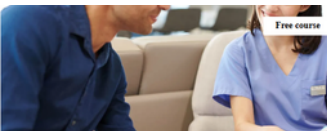
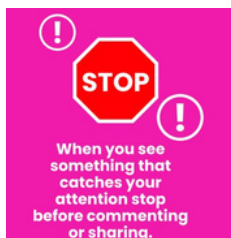
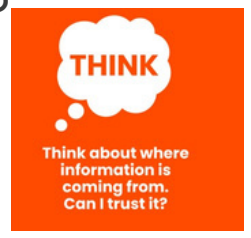
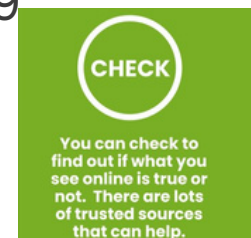
Adult Literacy for Life Health Literacy Awareness courses

Reliable health information websites

Podcasts / webinars

Contact

If you have any questions about the content or links in this calendar please contact your local [Regional Literacy Coordinator](#)

		01 <u>What is Health Literacy and why is it so important</u>	02 <u>"Supporting a literacy friendly approach in practice." Dr. Austin O'Carroll</u>	03 *  Let's talk about health literacy A course to introduce health literacy.	04 	05 <u>Let's talk about health literacy.</u>
06  Podcast	07 <u>Getting the most from your health appointments</u>	08 	09 <u>Getting health information and support between appointments</u>	10  Mental Health Month October Webinar Series A series of free webinars during October to celebrate Mental Health Month. Scan here for more information.	11 <u>Health literacy tips for you!</u>	12 <u>NALA Webinar: Health Literacy Matters</u>
13 <u>What is Health Literacy infographic</u>	14  Podcast	15 <u>Your health service – health information, advice, supports and services</u>	16 <u>Health promotion publications you can order or download</u>	17 <u>My Child – you guide to pregnancy, baby, and toddler health</u>	18 <u>My Health Checklist – preparing for your appointment</u>	19  Every time you talk with a health care provider ASK THESE 3 QUESTIONS 1 What is my main problem? 2 What do I need to do? 3 Why is it important for me to do this?
20 *  Let's talk about a literacy friendly approach in healthcare	21 <u>HSE YouTube Channel shows you a range of health and social service videos</u>	22 <u>Getting test results</u>	23 <u>People need good health literacy skills:</u>	24 	25 	26  All our courses are FREE
27  When you see something that catches your attention stop before commenting or sharing.	28  THINK Think about where information is coming from. Can I trust it?	29  CHECK You can check to find out if what you see online is true or not. There are lots of trusted sources that can help.	30  Literacy is more than reading and writing. Learn more about media literacy at adultliteracyforlife.ie SOLAS	31 <u>Health services explained by Citizens Information</u>		<u>Health literacy awareness courses with certificate are also available on hseand.ie</u> *