



Rural Youth & Adult Literacy Trust

Literacy Tuition for Rural/isolated Adults & Teenagers

Tena Koutou and Welcome to the Spring edition of Rural Youth and Adult Literacy Trust (RYALT) newsletter, full of the latest news happening at RYALT.

The staff and volunteers at RYALT have had an active and busy year so far. We would like to extend a warm welcome to all our new volunteers who have become part of the RYALT whanau and express our gratitude to the new organisations that have initiated collaborations with us. Additionally, we want to acknowledge and pay tribute to our dedicated existing volunteers who consistently support us week after week. Your contributions are greatly valued, and we genuinely appreciate all that you do.

RYALT is always enhancing its processes to make volunteering more seamless and engaging for those that choose to join us for their volunteering journey. Here's a brief glimpse of some of the initiatives we've been implementing over the past year:

- Brand new website design (soon to be launched, hopefully)
- Onboarding for volunteers via Slack with workflows that take them through the essentials of joining
- Slowly improving the online literacy training videos for new coaches to make them more professional
- Development of online forms, including our membership form and goal setting forms for coaches to use
- Providing mentors for both Ambassadors and Contact Centre volunteers

Student Success Stories

We feel fortunate to regularly receive success stories and feedback from students' coaches and parents. In this newsletter, we'd like to share a few of these inspiring stories with you.

From a parent who is so immensely grateful to M (volunteer coach) and to RYALT for all the support.

She said "Your work is so vital. It's not just the reading, it's the social connection and confidence to take risks...". M has begun to recognise letters again after losing the ability following a stroke. His coach has been using strategies to help him remember his learning tasks for the week. His memory has started to improve immensely.

From a coach

K has just read Fox Friend by Michael Morpurgo – we celebrated this as quite an achievement as it was a whole book. K commented that if she had picked up a book with that many words she would never have thought she could read it. K also said that she got 77% in a spelling test at school and was extremely proud of this – as she'd never got over 50% before.

A great feedback email received from the mother of a school leaver

Thanks so much for your email in regard to L's tuition. L has had a fabulous year under the guidance of D and we are forever in his debt. L experienced a huge jump in his skill levels and he is confident and able to pronounce words and sentences that he could never understand or comprehend.

We have sat down and discussed his situation in depth and he has said he would like to take a break for a while. He feels like he has achieved a great deal and wants to stop for now. He is working part-time but has a few weeks at the beginning of next year to complete his NCEA level 2 and then he can begin his building apprenticeship.

L would like to write to D showing and telling him of his appreciation in helping him achieve his goals. D has been there for him and his guidance has been a huge asset in a young man's life. We would love to just say Thank-you to him for being one of the good guys. Many thanks again

From a student liaison call

Student is reading a book for enjoyment and able to use strategies she's learned from her coaching. She's so pleased to be able to enjoy a book. Kudos to our coach P for making that possible.

Recent success story from one of our coaches: I had my last session with R on Thursday and am pleased to report that he has achieved one of his goals - to read a story to his granddaughters. He was very pleased with himself.

Another bit of good news

Z has got the necessary literacy credits for his level one and he is fairly confident he will get his numeracy ones today, which brings the total to 70. He has workplace credits outstanding, which will get him to 80! He was modestly pleased, a really great achievement for someone who 7 weeks ago wasn't going to make it...in his head! This boost to his confidence has made him reconsider leaving school and was even mentioning going for his Level 3!!

From a coach

I recently supported my 14-year-old student to write and present a speech about bullying. She chose the topic as something she could relate to, but was really nervous about the whole process. We practiced for several days (extra sessions that week), tweaked the speech where necessary, and when it came to presenting in front of her teacher and peers, she received one of the highest marks in her class. She was really proud (that made two of us) and it's given her an extra dose of confidence as we head to the end of her school year.

Kupu of the month

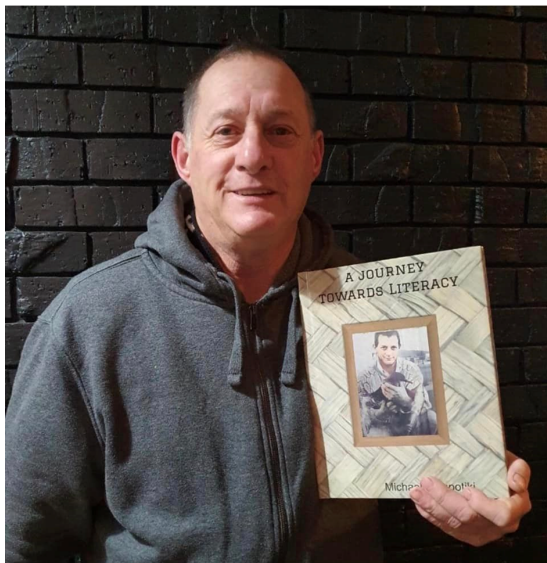
Mahi aroha - Action of volunteering

Tūao - Pronounced "too-ow". Verb: To work for a time, to volunteer; Noun: volunteer

Podcast

September was Literacy Month. RYALT and one of our students, Michael, were invited on Access Radio Taranaki podcast to talk about RYALT and the student experience, respectively. This opportunity was made available after our Taranaki Community Ambassador contacted the radio station about our services. Have a listen to the podcast below!

<https://accessmedia.nz/Player.aspx?eid=37e8e778-d659-4540-a91e-83b349dc0925>



Picture of Michael Kingitpotiki and book from Access Radio Taranaki

Generosity Generator



THE FUNDING NETWORK
NEW ZEALAND

Exciting news! This year we're participating in the #GenerosityGenerator2023 - an online fundraising training programme run by The Funding Network NZ (TFN NZ)!

The Generosity Generator teaches Kiwi grassroots charities like us the essentials of #crowdfunding and provides a chance to practice those skills and raise vital funds for our charity in a 12-day crowdfunding campaign on Givealittle.

For the last two weeks we've been attending training workshops run by TFN NZ, and now we're preparing our crowdfunding campaign, alongside other small Kiwi charities from across the country.

Our campaign will go LIVE on Givealittle on Monday 6th November at 9am and will run through until Friday 17th November at midnight. We can't wait to share it with you!

#SaveTheDate and stay tuned for more details on how you can support us!

Five ways to Wellbeing

September also has Mental Health Awareness Week! There is a focus on the Five Ways to Wellbeing, a set of simple actions that are proven to improve and boost our mental health.

It's official: Volunteering is good for your mental health! Three out of the five tools for mental health are covered by volunteering.

1. **Give (Tukua)** - Giving your time, your words, and your presence
2. **Connect (Whakawhanaunga)** - By talking and listening, connecting with others
3. **Keep learning (Me Ako Tonu)** - Embracing new experiences and opportunities, always learning and helping others to learn

With the help of our Event Manager, we are hoping to start monthly volunteer coffee groups where our volunteers will be able to meet up with other local RYALT volunteers to connect, share, and learn about all the different volunteer roles in our organisation.

If you are interested in attending, please let Lillian know via Slack or email admin@adulthoodliteracy.ac.nz. Additionally, if you know of any coffee shops that may be interested in sponsoring a coffee group for us, please let us know.

The infographic is a grid of colored boxes with icons and text. At the top left, it says 'Five Ways, Five Days.' and 'Proven tools to boost our mental health.' with the website 'mhaw.nz' and dates '18-24 Sept'. The five ways are: 1. TAKE NOTICE ME ARO TONU (blue box with star icon), 2. BE ACTIVE ME KORI TONU (green box with running icon), 3. KEEP LEARNING ME AKO TONU (orange box with book icon), 4. GIVE TUKUA (pink box with hands icon), and 5. CONNECT ME WHAKAWHANAUNGA (yellow box with speech bubble icon). At the bottom, it says 'MHAW 2023 Mental Health Awareness Week' and 'Mental Health Foundation' with its logo and 'Te Whatu Ora Health New Zealand'.