

# Why Wellbeing Matters

## Easy Read Report



OLLSCOIL NA  
GAILLIMH  
UNIVERSITY  
OF GALWAY



RETHINK  
IRELAND



# Introduction: Important Terms



## Fund

A **fund** is money that is collected for specific reasons like to help people get education or get jobs.



## Non-profit Organisation

A **non-profit organisation** is a group that helps people. All of the money they make is used to help people.



## Evaluation

**Evaluation** is about checking how well something works. It helps show how project, idea, or product is good and how it can be better.

# Introduction



# Introduction

**RETHINK  
IRELAND**



Rethink Ireland is a non-profit organisation.

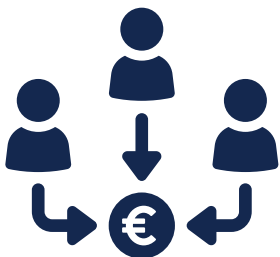
We work to make Ireland more fair, equal, and sustainable.



We provide funds and support to other non-profit organisations to help their work.



We want all children and young people in Ireland to have the same chances to reach their goals in life.



We set up three Rethink Ireland funds for projects run by non-profit organisations.



These projects help young people with:

- Education
- Mental Health



# Introduction



We wanted to know how well these projects were working.



We asked researchers in the University of Galway to help us.



The researchers did evaluations on each of the projects to see if the projects are doing well, and how they can be better.



The researchers made a report on what they learned from these evaluations.



This is the Easy Read report.

It will show what the researchers learned about the projects in their evaluations.

# What is in this report?



This report has **four** main parts.



## **Part One- The Problem**

This part explains why Rethink Ireland set up the funds for these projects.



## **Part Two- What We Did**

This part has information about Rethink Ireland and the funds we made.

This part also explains how the researchers did their evaluations.



## **Part Three- What We Found Out**

This part explains what the researchers learned in their evaluations.



## **Part Four- What We Think Should Happen Next**

This part talks about what we will do next with what we learned.

# Part One

**What is the problem?**



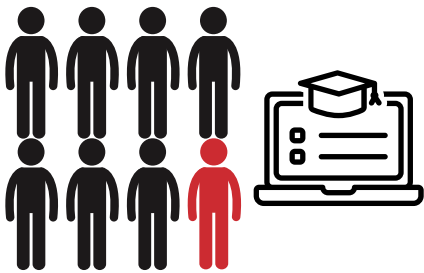
# Part One- What is the problem?



We know some things from research that has already been done.



We know that the way schools work in Ireland does not work for all young people.

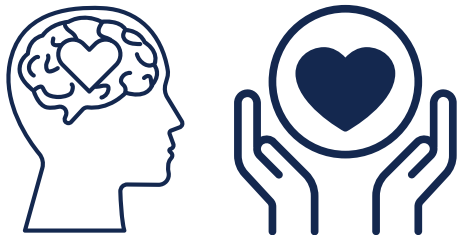


We know that one out of twelve people who start secondary school do not complete their Leaving Certificate.



We know that students from poorer areas are more likely to drop out of school than students from wealthier areas.

# Part One- What is the problem?



**Mental health** and **wellbeing** are very important in many parts of young people's lives such as:



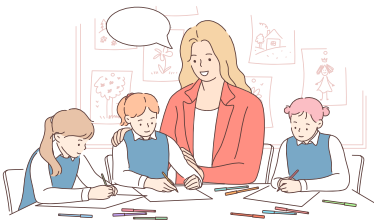
- Knowing who you are



- Being happy in life



- Making friends



- Learning in school

# Part One- What is the problem?



We know that teenagers and young adults have growing brains.



Most mental health problems start before the age of 25.



We know that children and young people need **more support** with their mental health and wellbeing.

# Part Two

## What we did



# Part Two- What We Did



## The Funds

Rethink Ireland set up **three funds** for projects that support young people.



2017-2020

### Fund 1- The Education Fund

This fund was for 10 projects that helped students to get a level 6 qualification.



These projects helped students that have not had the same chance in school as other students, due to:



- Disability



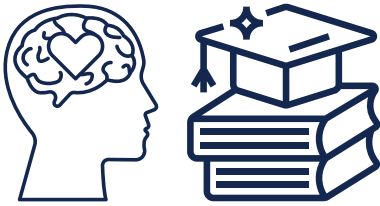
- Having less money than others



- Difficulty with reading or writing



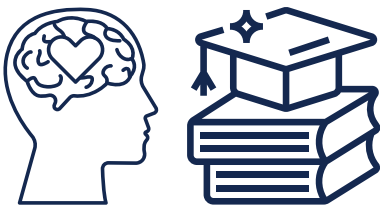
# Part Two- What We Did



**2018-2021**

## **Fund 2- The Youth Funds**

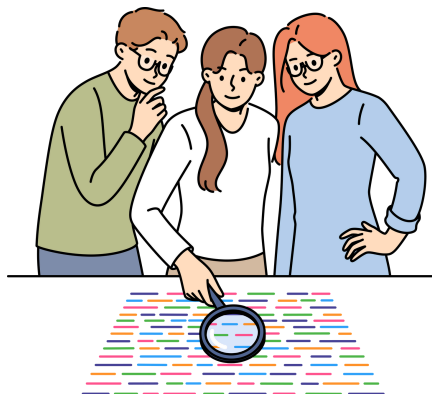
This fund was for 15 projects that were focused on support for education and mental health for young people.



**2019-2022**

## **Fund 3- The Children and Youth Fund**

This fund was for 14 projects that were focused on support for education and mental health for young people.



## **Evaluation**

We asked researchers to check to see which projects were most successful.



We wanted to know what these projects did best to support young people.



We worked together with the researchers and the funded projects to decide how we would do the evaluation.

# Part Two- What We Did



We got information for this research in many different ways.



We wanted to know how the money for these projects helped to make the communities better.



We asked what young people thought about their experience.



We wanted to know how these projects made young people feel more confident and positive about their future.



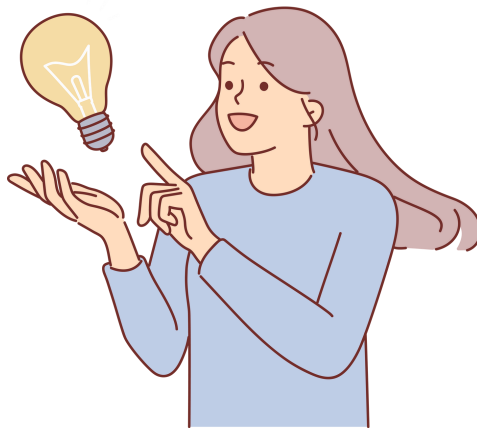
18 million

Rethink Ireland and other funders gave 18 million euros to these projects.

Next, we wanted to see how the money was spent in ways that help young people.

# Part Three

**What did we find out?**



# Part Three- What did we find out?



## Finding 1

These are the things young people told us were **most important** to them that they **gained** from the funded projects:



- Self-confidence



- Cultural awareness



- Feeling positive about the future



- Feeling like you belong

# Part Three- What did we find out?

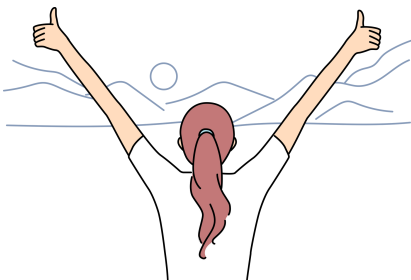
## What did students gain from the funded projects?



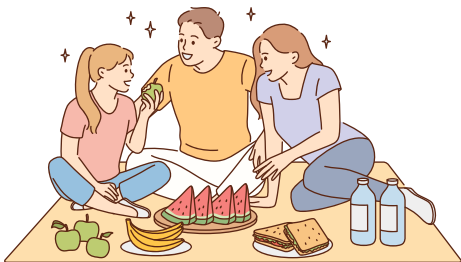
- Study skills



- More empathy for others



- More independence



- Better relationships with family



- Skills for employment

# Part Three- What did we find out?

## What did students gain from the funded projects?



- Feeling successful



- Not giving up when things are hard



- Social skills



- Leadership skills



- Controlling your emotions

# Part Three- What did we find out?

## What did students gain from the funded projects?



- Feeling proud of yourself



- Communication skills



- Empowerment



- Responsibility



- Less anxiety

# Part Three- What did we find out?

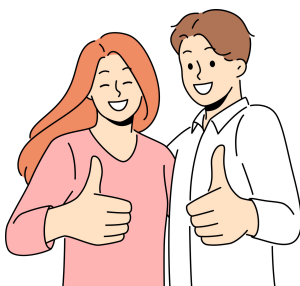
What did students gain from the funded projects?



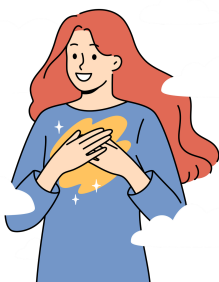
- Less stress



- Helping your community



- Believing in yourself more



- Feeling more safe



- More respect for others



# Part Three- What did we find out?

## What did students gain from the funded projects?



- Feeling more healthy



- Feeling happier about your work



- Being more involved in your community



- Being more curious

# Part Three- What did we find out?

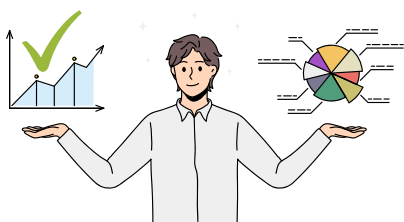
## Finding 2

### What was the social value of these projects?

18 million



Rethink Ireland and other funders gave 18 million euros to the projects.



We wanted to measure how much good came from the money that was spent to help people.



**Social value** is all the good things that come from these projects for people in the community.



For every 1 euro we put into the funds, there was 8 euros of **social value** created.



145 million

Our three funds created a very big **total social value** of 145 million euros.

# Part Three- What did we find out?

## Finding 3

### What the projects did to help young people



We listened to what young people said about their experiences.



We wanted what the projects did best to help young people.



**Some of the ways they worked best are:**

The projects all made a **safe space** where young people could learn and grow.



Young people had good **relationships** with the people supporting them.



The projects focused on supporting the **wellbeing** of the young people.

# Part Three- What did we find out?

## Finding 4

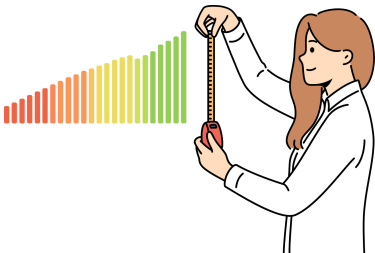
### An Evidence Based Model



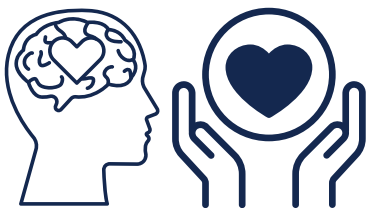
The facts and information we know from the research is called **evidence**.



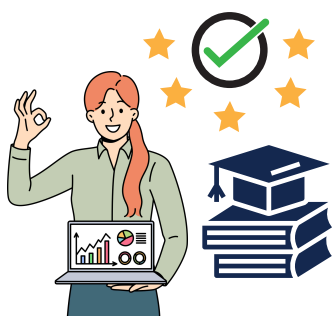
An **evidence based model** means making decisions based on facts and research instead of opinions or guesses.



People use evidence-based models in healthcare, education, and more to make sure what they do really works.



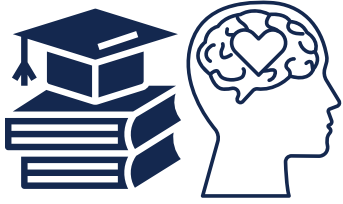
The funded projects focused on the mental health and wellbeing of young people in Ireland.



We now have an **evidence based model** that shows how we can make **education** and **mental health** better for young people in Ireland.

# Part Three- What did we find out?

## Our Evidence Based Model



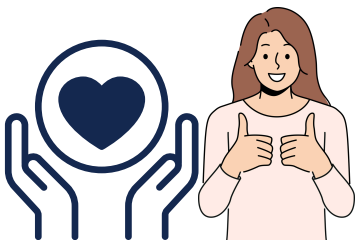
Our model shows that **education** and **mental health** go together.



This means that young people should get support in all areas of their life to be able to succeed in education.



Support should focus on young people's **strengths** and not only focus on fixing problems.



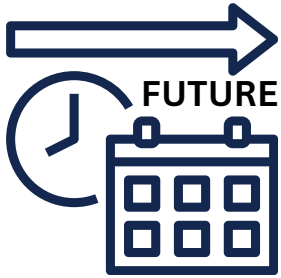
Wellbeing is about more than just feeling okay.



Wellbeing includes feeling good about your education, mental health, physical health, and relationships with your friends and family.

# Part Three- What did we find out?

## Our Evidence Based Model



We can make the future better for young people by:



- Making sure everyone has the same chance to learn



- Building problem solving skills



- Growing confidence



- Believing in fairness and equality

# Part Three- What did we find out?

## Our Evidence Based Model



Our model can be used by schools, governments, and anyone who works with young people.



It is important for all of us to work together to make these changes happen.

# Part Three- What did we find out?

## Finding 5

### Understanding Alternative Education



**Mainstream education** is where most students learn together in their local primary or secondary schools.



This education is structured with set classes, subjects, and exams.



**Alternative education** is a different way of learning for students whose needs are not met in mainstream education.



This could be special education or schools that focus on hands-on learning instead of exams.



Our evaluation team has made a way of identifying and understanding alternative education supports in Ireland.



# Part Three- What did we find out?

## Understanding Alternative Education



We learned new things that changed what we understand about alternative education.



Now we understand the whole education system better.



We can use what we learned to make education better for all children and young people.

# Part Four

**What should happen next?**



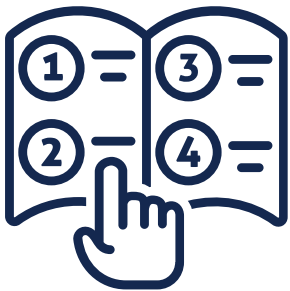
# Part Four- What should happen next?



It is important to focus on ways to support the health and wellbeing of young people in our healthcare and education systems.



Now we know the ways that work best to support young people.



The information from this research can be a guide to help to make this happen.



It can help guide setting goals about the wellbeing of young people.



It can also help to guide the things we do day to day to support young people.

# Part Four- What should happen next?

## Understanding Alternative Education



We now have a new understanding of alternative education because of this research.



We have a new definition for alternative education. This means we have a new way of explaining it.

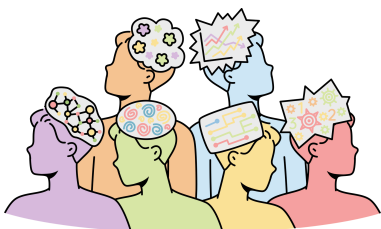
## New Definition of Alternative Education



Alternative education includes many different types of education projects.



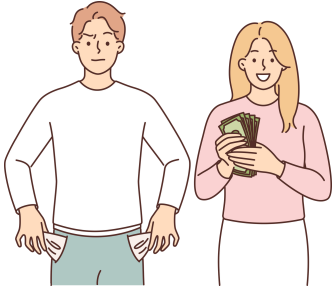
Alternative education is for students who do not get the same chance in mainstream education as other students due to:



- Mental Health

# Part Four- What should happen next?

## New Definition of Alternative Education



- Having less money



- Disability



Alternative education is outside of the mainstream education system.



Alternative education uses new ways for teaching and learning for students throughout their whole lives.

# Part Four- What should happen next?



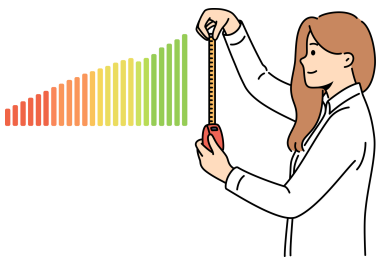
Alternative education helps make sure everyone gets a fair chance to learn and stay healthy.



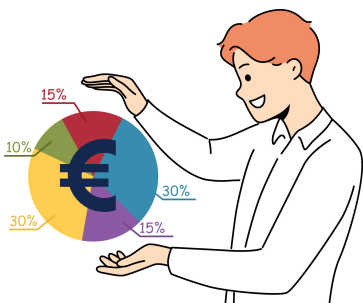
It is important that there is funding for alternative education.



Projects that support young people make our communities better.



It is important to measure how much projects help communities and to know what ways they work best.



Social value is how much the funded projects helped young people and communities.

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### **ANY CITATION OF THIS REPORT SHOULD USE THE FOLLOWING REFERENCE:**

Mazzocco, A., Malone, J. & Forkan, C. (2025) Why Wellbeing Matters. Easy Read Report. Dublin. Rethink Ireland and the UNESCO Child and Family Research Centre.

**ISBN:** 978-1-911702-22-1

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