



**Cuidiú**  
Caring Support for Parenthood

# Irish Childbirth Trust Dublin South-East Branch EVENT SHEET

Website: [www.cuidiudse.ie](http://www.cuidiudse.ie) Facebook: cuidiú dublin south east

**Autumn 2016(September – November)<sup>1</sup>**

## CUIDIÚ EVENTS & BUSH KINDER

### Breastfeeding Workshops – please check fb page for updates

**October 5<sup>th</sup> Back to Work** - Lactation Consultant and Cuidiú BFC, Liz McGovern (IBCLC), will facilitate this workshop with a Q&A session; Mounttown Community Facility, DL; €10/15 for members/non-members; Contact Grainne Gallwey 0877596718

**Cuidiú End of Summer Picnic** September 11<sup>th</sup>

### Parenting Events

**October 4<sup>th</sup>** – Screening of **MILK** by Naomi Weis in dlr Lexicon 8-10pm, €6 tickets, book by Eventbrite. All welcome!

**November 26<sup>th</sup> 10-12pm** – **Swap Baby Clothes & Equipment**, 68 Foxrock Avenue, Contact Catherine Griffin 0871213429

**Parenting Support Book Club**, In the place of the book club this month, we will be attending the Stop Food Waste Challenge Workshops in Shankill. 6.30-7.30pm on 21 & 29 September and 5 & 12 October. [Get more info here](#) or check the [Cuidiú DSE facebook page](#).

**First Aid Course October**, 'First Aid for Moms and Dads', €30/person –TBC Contact or tag Grainne Gallwey on FB to register interest

Cuidiú Bush Kinder Thursdays 10.30am – Outdoor meet-up for toddlers and parents – Contact Catherine Griffin or join FB group

**October 31<sup>st</sup> 10-12pm** Halloween Party, St Matthias Hall, €5/€7 per family (member/non-member), contact Catherine Griffin 0871213429

## BABY AND TODDLER GROUPS 10am -12 noon – Open term time only

Charge of €4 for members & €7 for non-members. Cuidiú Membership €25 – Jan-Dec or €13 Sept-Dec. All are welcome.

**WEDNESDAYS - St. Paul's Church Hall**, Adelaide Rd, Glenageary . reopens 7<sup>th</sup> Sept Anna Walsh 087 9351026 (Co-ordinator)

**FRIDAYS – Foxrock Parish Centre**, Foxrock Church; reopens at 9<sup>th</sup> Sept Brenda Farrell 086 8843156 (Co-ordinator)

## BREASTFEEDING SUPPORT MORNINGS (BF) or BUMPS & BABES MORNINGS (BB)

**PLEASE NOTE** meetings are 10am-12pm on **Thursdays**. BF counsellors present for a chat, support and information on the BF mornings. Evening meetings too. Donation of €3 welcome. **Please phone ahead to confirm venue.**

1 September <b>BB</b>	Kate Rhodes	9 Upper Glenageary Rd	Glenageary	085 7776757
8 September <b>BF</b>	Michelle Reynolds	17 Wierview Drive	Stillorgan	086 3130310
15 September <b>BB</b>	Lorna Tormey	151 Castelfarm	Shankill	0857234429
22 September <b>BF</b> Starts 10.30am	Sandy Connolly	21 Ferndale Court,Allies River Rd	Rathmichael	086 0438642
29 September <b>8-10pm</b>	Laura Crowley	Bayview Drive	Killiney	0863844411
29 September <b>BB</b>	Host to TBC			
6 October <b>BF</b>	<b>National BF Week</b>	<b>Loughlinstown Leisure Centre</b>	Grainne	0877596718
13 October <b>BB</b>	Lorna Tormey	151 Castle Farm	Shankill	085 7234429
20 October <b>BF</b>	Kate Rhodes	9 Upper Glenageary Rd	Glenageary	085 7776757
25 October <b>8-10pm</b>	Mary Gillespie	51 South Park	Foxrock	087 6695179
27 October <b>BB</b>	Host to TBC			
3 November	<b>MID-TERM</b>	<b>NO</b>	<b>MEETING</b>	
10 November <b>BF</b>	Rach Pentony O'Dea	32 Clarinda Park East	Dun Laoghaire	087 2296006
17 November <b>BB</b>	Aga Molloy	Columbine Lodge, Old Bray Rd,	Cornelscourt	085 1336896
24 November	Brenda Farrell	85 Kill Lane	Foxrock	086 8843156

## HELP WITH BREASTFEEDING

*Our breastfeeding counsellors are there to give information and encouragement and can be contacted at any time:*

Nicola Reeves 012302358	Liz McGovern 01-2853179	Ruth Carey 2853178	Cita Crefeld 086 8565787
Grainne Gallwey 087 7596718	Catherine Barrett 087 2897651	Stella Folan 086 3815497	Laura Crowley 0863844411

Hospital standard **Breast Pump** available to hire.  
Please contact Grainne Gallwey for details. Tel. 087 7596718

## Cuidiú Antenatal & Early Parenting Course. Independent, evidence based information for your birthing journey

Venue: Mounttown Community Facility; Saturdays 10am - 5pm

Future dates to help you plan: September 3<sup>rd</sup> , 2<sup>nd</sup> October, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec

Contact Anne Marie at *About Birth and Babies* 086 3412571

Anne Marie is also a qualified Instructor in Infant Massage, accredited to International Association of Infant Massage (IAIM) through Baby Massage Ireland. **Classes run on Tues morning, 11am to 12.30 pm for 4weeks start dates as follows: 13th September, 11th Oct, 15th Nov**

**Low rate of €60 for Cuidiú members refundable on most private health insurance schemes. Taster session planned first week in September, date to be confirmed**

[www.aboutbirthandbabies.com](http://www.aboutbirthandbabies.com) [aboutbirthandbabies@gmail.com](mailto:aboutbirthandbabies@gmail.com)

## PARENT 2 PARENT SUPPORT / PND COFFEE MORNINGS

If you are feeling a bit blue, have a low mood or are just not as happy as you want to be, join us for a coffee morning where you can talk freely about the stressful times of parenting, changed roles, and everything in between.

Babies welcome. Monthly on a **Tuesday** from **10.30am til 12:00 noon**, drop in.

(Please check FB page and website for possible change of venue etc.)

Tuesday 27th Sept -Iva 5 Windsor Court, Stradbroke Rd, Blackrock

Tuesday 25th Oct - Lorna 151 CastleFarm Shankill

Tuesday 29th Nov- Lorna .151 CastleFarm Shankill

Email [cuidiudseparenthood@gmail.com](mailto:cuidiudseparenthood@gmail.com) for more details or text Iva: 083 4576737 or Lorna 0857234429

Email [cuidiudseparenthood@gmail.com](mailto:cuidiudseparenthood@gmail.com) for more details or text 0851448158.

**PARENT 2 PARENT SUPPORTERS** are mothers that have been trained with communication, facilitation and counselling skills; (but are not actual counsellors); they can provide a listening ear and support for anyone who would like to talk in confidence about the ups and downs of parenting.