



# Cuidiú

Caring Support for Parenthood

## Birth Reflection & Debrief (Catherine 087 2755 440)

Whether you had an amazing birth experience or one that fell short of your expectations come and talk about it in a supportive environment, facilitated by Catherine Wells. Numbers will be limited please book a place

**Venue:** Mounttown Comm Facility **Date:** Oct 17<sup>th</sup> 8-10pm

## \*\*\*\* National Breastfeeding Week October 2-8th \*\*\*\*

This is always an exciting week at Cuidiú, we will have a special Baby massage taster session, keep an eye out on facebook for more details and our weekly Coffee Morning will be bigger and better at Loughlinstown Sports Centre

## Winter Fair (Kate 085 776 7657)

Please come and join us for a very festive fair with crafts and treats galore

**Venue:** Methodist Hall Dun Laoghaire **Date:** November 25<sup>th</sup> 11am - 3pm

## Cuidiú A Dó Halloween Party (Eve 087 962 0039)

A fun morning with some Halloween themed activities, suitable for all the family! Charge of €5 per family

**Venue:** St Matthias' Church, Killiney **Date:** October 30<sup>th</sup> 11am - 1pm

## Parenting Book Club (Catherine 087 289 7651)

Pull up a seat in the Royal Marine Hotel, Dun L. 8.30 - 10pm

**21<sup>st</sup> Sept** – Melanie Ryborg will review "Raising a secure child" by Kent Hoffman

**26<sup>th</sup> Oct** – Lorna Tormey will review "No More Meltdowns" by Dr. Jed Baker

**23<sup>rd</sup> Nov** – Stella Folan will review "Why Love Matters" by Sue Gerhardt

## Cuidiú Antenatal & Early Parenting Course

Independent, evidence based information for your birthing journey

**Venue:** Mounttown Community Facility: Saturday 10am - 5pm

**Next dates:** 9<sup>th</sup> Sept, 7<sup>th</sup> Oct, 4<sup>th</sup> Nov, 2<sup>nd</sup> Dec

[aboutbirthandbabies@gmail.com](mailto:aboutbirthandbabies@gmail.com)

**New ! VBAC Workshop 30<sup>th</sup> Sept 10am-1pm**

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 next start date contact Anne Marie. Low rate of €60 for Cuidiú members refundable on most private health insurance schemes. [www.aboutbirthandbabies.com](http://www.aboutbirthandbabies.com)**

## PARENT 2 PARENT SUPPORT / PND COFFEE MORNINGS

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.

Sept 26<sup>th</sup> & Nov 28<sup>th</sup> Iva Bedzula Prebeg 5 Windsor Court, Stradbrook Rd,

Blackrock 10.30 -12

Oct 24<sup>th</sup> Lorna Tormey 151 Castle Farm, Shankill 10.30 -12noon

**PARENT 2 PARENT SUPPORTERS** are mothers trained with communication, facilitation & 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.

Lorna Tormey 085 723 4429 - Iva Bedzula Prebeg 083 457 6737

Catherine Wells 01 278 0968 - Lara Henry 01 284 4950

Catherine Griffin 087 121 3429 - Catherine Barrett 087 289 7651

## BABY & TODDLER GROUPS

**10am -12 noon – Open term time only (Closed Midterm- week of Oct 30<sup>th</sup>)**

**WEDNESDAYS - St. Paul's Church Hall** Adelaide Rd, Glenageary – Reopens Sept 6<sup>th</sup>

Anna Walsh 087 935 1026 (Co-ordinator)

**FRIDAYS – Foxrock Parish Centre** Foxrock Church Reopens – Sept 8th

Jenny McGovern 087 204 3373 (Co-ordinator)

\*Charge of €4 for members & €7 for non-members\*

Please don't ever worry if you arrive without cash!

## Bush Kinder (Iva 083 457 6736)

This is an outdoor group for toddlers and their family members to meet and play join the facebook group "Cuidiú DSE Bush Kinder Group"

## Dublin South-East Branch EVENT SHEET Autumn 2017 (J2)

[www.cuidiudse.ie](http://www.cuidiudse.ie) cuidiú dublin south east  
Cuidiú Membership €25 Jan-Dec or €13 Sept-Dec

## HELP WITH BREASTFEEDING

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

Stella Folan 086 381 5497 - Cita Crefeld 086 856 5787 - Laura Crowley 086 384 4411 Sandy Connolly 086 043 8642 - Catherine Barrett 087 289 7651 - Nicola Reeves 01 230 2358 Liz McGovern 01 285 3179 - Ruth Carey 01 285 3178 - Gráinne Gallwey 087 759 6718

Hospital standard **Breast Pump** available to hire – Gráinne 087 759 6718

## Breastfeeding - The Early Days Workshop (Gráinne 087 759 6718)

Lactation consultant & Cuidiú BFC Liz McGovern (IBCLC) will facilitate this workshop with Q&A session €10 mem / €15 non mem **Venue:** Mounttown Comm. Facility **Date:** Sept 6th 10 – 12noon

## Back to Work Breastfeeding Workshop (Sandy 086 043 8642)

Lactation consultant & Cuidiú BFC Liz McGovern (IBCLC) will facilitate this workshop with Q&A session €10 mem/ €15 non mem **Venue:** Mounttown Comm. Facility **Date:** Oct 18th 10 – 12noon

## Antenatal Breastfeeding Workshop (Gráinne 087 759 6718)

A Cuidiú Advanced BFC will facilitate this workshop with Q&A session - €10 members / €15 non mem **Venue:** Mounttown Comm. Facility **Date:** Nov 29th 10 – 12noon

## BREASTFEEDING SUPPORT (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.**

7 Sept	BF	Kate	Rhodes	085 776 7657	9 Upper Glenageary Road, <b>Glenageary</b>
14 Sept	BB	Antoinette	Dean	087 664 5618	61 Shanganagh Vale, <b>Cabinteely</b>
21 Sept	BF	Anna	Fitzgerald	085 719 6235	3 Sharavouge, <b>Glenageary</b>
26 Sept	BF 8-10pm	Caroline	Martin	086 695 4593	191 Rochestown Ave, <b>Dun Laoghaire</b>
28 Sept	BB	Kat	Ryan	086 873 2199	35 Beechwood Lawn, <b>Dun Laoghaire</b>
5 Oct	BF	National	B-feeding	Week	<b>Loughlinstown</b> Leisure Centre Stella 086 381 5497
12 Oct	BB	Rosanna	Inzitari	085 722 2031	49 Hillside, <b>Dalkey</b>
19 Oct	BF	Angela	Jenkins	085 748 5513	187 Ballinaclea Heights, <b>Killiney</b>
24 Oct	BF 7.30-9.30pm	Clare	Dillion	086 858 5899	72 Beechwood Lawn, <b>Dun Laoghaire</b>
26 Oct	BB	Catherine	Byrne	087 629 2139	2 Cluny Manor, Avondale Rd, <b>Killiney</b>
2 Nov	BB Midterm	Charlotte	Rosser	085 835 9018	28 Coppinger Glade, <b>Blackrock</b>
9 Nov	BB	Victoria	Fahy	086 826 4441	29 O'Rourke Park, <b>Sallynoggin</b>
16 Nov	BF	Caroline	Howorth	087 698 1124	48 Kill Ave, <b>Dun Laoghaire</b>
21 Nov	BF 8-10pm	Charlotte	Rosser	085 835 9018	28 Coppinger Glade, <b>Blackrock</b>
23 Nov	BB	Niamh	Reilly	087 776 9875	45 Bellevue Pk Ave, <b>Boosterstown</b>
30 Nov	BF	Orla	Kelly	086 821 3287	18 Ballinaclea Heights, <b>Killiney</b>

"Cuidiú supports all parents, please always feel welcome to attend any of our events"

Stella Folan (Branch Co-ordinator) 086 381 5497  
Kate Rhodes (Membership Secretary) 085 776 7657