

National Conference 19-20th May 2018

Talbot Hotel Stillorgan

The Cuidiú National Members' Conference will be hosted by our Dublin South East Branch!!! We are excited to have you join us for two days of reflection, learning, chat & fun. The conference theme is "*Nurture through Nature*". This is a lovely opportunity to pause and enjoy listening to wonderful speakers, while also meeting and reconnecting with old Cuidiú friends. The fun and entertainment goes all night with dinner and entertainment in the evening. We would really love as many DSE members past and present to attend and support this wonderful event. Ticket can be booked through Eventbrite, see Facebook for more details!

Cuidiú National AGM – Sunday May 20th, 9-10am

Cuidiú A Dó (Eve 087 962 0039)

Lego Activity – brick building challenges for 5-12yrs and a duplo corner for little ones. Tea & Cakes will be available for the parents. **Cost:** €5 per family
Date: Friday 6th April 2.30-4.30pm **Venue:** St. Matthias Parish Hall, Killiney

Parenting Book Club (Catherine 087 289 7651)

Pull up a seat in the Royal Marine Hotel, Dun L. and listen to a book review, no need to read the book before hand! , 8.30 - 10pm **26th April & 31st May**

Cuidiú Antenatal & Early Parenting Course

Anne Marie at *About Birth and Babies* 086 341 2571

Independent, evidence based information for your birthing journey

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

Next dates: 3rd March, 26th May

New ! VBAC Workshop Contact for dates

Anne Marie is also a qualified Instructor in Infant Massage, accredited to International Association of Infant Massage (IAIM) through Baby Massage Ireland. **4 week course starts 28th Feb (Stillorgan)**. Low rate of €60 for Cuidiú members refundable on most private health insurance schemes.

www.aboutbirthandbabies.com - aboutbirthandbabies@gmail.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.

Time: 10.30-12.00

27th March **Host:** Iva **Address:** 5 Windsor Court, Stradbrook Rd, Blackrock

24th April **Host:** Lara **Address:** 28 Richmond Park Monkstown

Evening Meeting 8pm

29th May **Host:** Lorna **Venue:** Royal Marine Hotel, Dun Laoghaire

Phone numbers below please text to confirm

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

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:** Apr 19th 8-10pm

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"

BABY & TODDLER GROUPS

Open term time only (Closed Easter Break 26th Mar - 8th Apr)

WEDNESDAYS – 9.30 - 11.30 am - St. Paul's Church Hall Adelaide Rd, Glenageary

Coordinator Norma Lindsey 086 365 3782

FRIDAYS – 10.00 - 12 noon - Foxrock Parish Centre Foxrock Church

Coordinator Jenny McGovern 087 204 3373

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

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

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 Workshops

Lactation consultant & Cuidiú BFC Liz McGovern (IBCLC) will facilitate these workshops with Q&A session €10 mem / €15 non mem **Venue:** Mounttown Comm. Facility **Time:** 10-12noon

March 21st Breastfeeding - The Early Days (Bookings Gráinne 087 759 6718)

April 25th Back to Work Breastfeeding Workshop (Bookings Sandy 086 043 8642)

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.**

1 Mar	BF	Antoinette	Dean	087 664 5614	61 Shanganagh Vale, Cabinteely
8 Mar	BB	Orla	Martell	086 821 3287	18 Ballinclea Heights, Killiney
12 Mar	BF 8-10pm	Grainne	Gallwey	087 759 6718	91 Eaton Wood Grove, Shankill
15 Mar	BF	Rosanna	Inzitari	085 722 2031	49 Hillside, Dalkey
22 Mar	BB	Fiona	O'Connor	086 349 0966	12 Hazel Lawn, Carriglea Downs, Dun Laoghaire
29 Mar	BF	Clare	Dillon	086 858 5899	72 Beechwood Lawn, Dun Laoghaire
5 Apr	BB	Carole	Crowley	086 105 0510	10 Castle Close, Sandycove
10 Apr	BF 8-10pm	Clare	Dillon	086 858 5899	72 Beechwood Lawn, Dun Laoghaire
12 Apr	BF	Margherita	Grillis	086 225 3958	40A Auburn Road, Glenageary
19 Apr	BB	Rachel	O'Regan	087 279 4976	1 Barnhill Lawn, Dalkey
26 Apr	BF	Aga	Molloy	085 133 6896	Columbine Lodge, Old Bray Road, Cornelscourt
3 May	BB	Aisling	De Paor	087 635 3072	32 Avondale Road, Killiney
10 May	BF	Kim	Roberts	085 286 6647	8 Marconi Crescent, Honeypark, Dun Laoghaire
17 May	BB	Kate	Rhodes	085 776 7657	9 Upper Glenageary Road
22 May	BF 8-10pm	TBC	TBC	TBC	TBC
24 May	BF	Rosanna	Inzitari	085 722 2031	49 Hillside, Dalkey
31 May	BB	Laura	Crowley	086 384 4411	5 Bayview green, Killiney

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

Membership renewals are now due!

Cuidiú Membership €25 Jan-Dec or €13 Sept-Dec

Membership forms available at all events or pay online www.cuidiu-ict.ie/membership_login