



Nurture through Nature....

Over the summer months, our schedule changes.... The playgroups close but they are replaced by the Cuidiú a Dó events and Bush Kinder continues. These events are family friendly for kids of all ages with the aim to get everyone outdoors to enjoy the wonderful world of nature around our local area.

Cuidiú A Dó (Eve 087 962 0039)

Family outings for all ages! Over the summer months when the kids are off school, join the family fun (hopefully in the sun) each Friday in July.

6 th July	Sandycove Beach 10am
13 th July	OWLS Event – details to be confirmed, keep an eye on our Facebook page and check out www.owls.ie . This event is always a big hit!
20 th July	Family Hike, 10am.... Location to be revealed ... this will be confirmed on Facebook
27 th July	Avondale Day Out... again all details will be on Facebook

Bush Kinder (Iva 083 457 6736)

This is an outdoor group for children and their parents/minders to meet and play in the natural outdoor spaces in our area. The location changes each week but firm favorites are Killiney Hill, Cabinteely Park, Barnaslingan and the magical Knocksink Woods. Join the facebook group "Cuidiu DSE Bush Kinder Group" where events are posted on a weekly basis.

Evening Events

Dip and Sip (Catherine 087 289 7651)

Over the summer months, brave souls brace the cold waters of the 40 foot for a quick dip, a long sip of a cup of tea and the chats on a long summer evenings. Catherine and Brenda will lead the troops each Thursday evening at 8pm. Check the DSE Facebook page each week before heading down.

Walk and Talk (Brenda 086 884 3156)

A great chance to get out in the evenings for some fresh air, a bit of exercise and of course a chat. Meet at the start of the pier each Tuesday evening at 8.30pm. Keep an eye on the facebook page for further details.

Summer Drinks

On Saturday 23rd June, Cuidiú DSE will meet for a night out in The Magpie Inn in Dalkey at 8.30pm. A chance to let your hair down, enjoy a few drinks and meet people from across the branch.

BABY & TODDLER GROUPS

Open term time only (Closed for Summer Holidays)

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

Last Playgroup in Glengearry on 27th June, reopens 5th Sept 2018
Coordinator Norma Lindsey 086 365 3782

FRIDAYS – 10.00 - 12 noon - Foxrock Parish Centre Foxrock Church
Last Playgroup in Foxrock on 29th June, reopens 7th Sept 2018

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!

PARENT 2 PARENT SUPPORT / PND COFFEE MORNINGS

Join us for a coffee morning/evening meet-up where you can talk freely about the stressful times of parenting, changed roles, and everything in between. Babies welcome.

26th June Time: 10.30-12.00

Host: Iva, Blackrock (text for address) 083 457 6737

24th July Evening Meeting 8pm

Host: Lorna, Royal Marine Hotel, Dun Laoghaire

28th August Time: 10.30-12.00

Host: Iva, Blackrock (text for address) 083 457 6737

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

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 Galloway 087 759 6718

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

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. As all our BF counselors are volunteers, they are very busy over the summer months with their own children so they will attend when they can. This is why July and August are all list as BB.

If in need or urgent support please call the numbers above.

Donation of €3 welcome. **Please text host for full address.**

7 th June	Ruth	086 402 9795	Dun Laoghaire
14 th June	Fiona	086 349 0966	Dun Laoghaire
21 st June	Antoinette	087 664 5618	Cabinteely
28 th June	Ilana	087 402 3854	Killiney
5 th July	Kate	085 776 7657	Glenageary
12 th July	Roisin	087 666 8069	Sandycove
19 th July	Clare	086 858 5899	Dun Laoghaire
26 th July	Rebecca	085 159 8827	Cabinteely
2 nd August	Orla	086 821 3287	Killiney
9 th August	Antoinette	087 664 5618	Cabinteely
16 th August	Roisin	087 666 8069	Sandycove
23 rd August	Aga	085 133 6896	Cornelscourt
30 th August	Antoinette	087 664 5618	Cabinteely

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

Membership renewals!

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

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