

Cuidiú is a parent to parent voluntary support charity. Our aim is to provide support and education for parents and parenthood. Empowering parents to make informed choices through knowledge and mutual support and to progress fulfilled through all stages of parenthood, from pregnancy to raising children to adulthood. This is offered via childbirth education, postnatal support, breastfeeding support and at local meets and events. Please keep an eye on our social media pages as some events may be posted with short notice.

Our Parent Supporters and Breastfeeding Counsellors are available by phone for a chat. Please feel free to call for support at any time.

PARENT SUPPORT – TELEPHONE SUPPORT

Parent Supporters are parents 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.

Isa Barrios Rios 087 783 1021 Catherine Griffin 087 121 3429
Sandy Connolly 086 043 8642 Margarita Grillis 086 225 3958
Melanie Clissmann 083 372 7113 Aga Molloy 085 133 6896

SOCIAL GATHERING FOR ALL CUIDIÚ VOLUNTEERS

Calling all past, present and future Cuidiú volunteers! Please join us to catch up and share your Cuidiú experience. If you are thinking about volunteering – come along and find out what's involved. See you there!

When: **Wednesday 24th January, 7.30 – 9.30pm**
Venue: The Lep Inn, Brewery Road, Stillorgan
RSVP to Oonagh on 085 191 5073

PRELOVED PREGNANCY, BABY AND CHILDREN'S ITEMS SALE

We will be holding a preloved sale at Oonagh's home in Shankill on **Sunday 14th January, 2 – 4pm**. All proceeds will go to Cuidiú Dublin South East branch. Contact Oonagh on 085 191 5073 to register your interest in attending and get the full address.

Please donate your preloved pregnancy, baby and children's items for us to sell. Get in touch with Oonagh on 085 191 5073 for a full list of suggested items. Donations can be dropped off in Foxrock (at our Playgroup, message Orna on 086 196 0138 to arrange), in Shankill (message Oonagh on 085 191 5073 to arrange) and Dalkey (message Rosanna on 085 722 2031 to arrange, small items only).

FOXROCK TODDLER PLAYGROUP

A fun safe space where children can play with toys and interact. All ages welcome. Parents / grandparents / minders can chat and enjoy a cup of tea. The playgroup is run by volunteers – please help with setting up, tidying up, picking up after the children, etc. Join our Playgroup WhatsApp for updates. For further details contact: Orna 086 196 0138.

- **Fridays 10am – 12pm** (5th, 12th, 19th, 26th January)
- Foxrock Parish Pastoral Centre, D18 V304 (free parking in blue area)
- Cost: €4 Cuidiú members / €7 non-members

Everyone is welcome. If you don't have any cash or can't afford the fee please come along anyway.

BREASTFEEDING SUPPORT – TELEPHONE SUPPORT

Our **Breastfeeding Counsellors (BFCs)** are here to give information and encouragement and can be contacted at any time:

Ruth Carey 01 285 3178 Gráinne Gallwey 087 759 6718
Sandy Connolly 086 043 8642 Zita Hamilton 087 979 3671
Clare Dillon 086 858 5899 Aga Molloy 085 133 6896
Lea Doyle 087 205 0617 Roisin O'Coineen 087 666 8069
Stella Folan 086 381 5497

Tip: try texting to arrange a time to call, or call the next person on the list if there is no answer.

Hospital standard breast pump available to hire

Contact: Cita Crefeld 086 856 5787 or Clare Dillon 086 858 5899

THURSDAY MORNING SUPPORT MEETINGS (10am – 12pm)

Breastfeeding Support – Make friends and chat. Everyone welcome, whether you are pregnant, breastfeeding, chestfeeding, combination feeding or exclusively pumping. BFCs will be in attendance.

- **11th January** hosted by Mary (Killiney) 087 069 2193
- **25th January** hosted by Rebecca (Blackrock) 085 271 3350

Bumps & Babies – Expectant parents, mums, dads and babies welcome. Make friends and ask questions in a supportive setting. Some venues are also suitable for toddlers (check with the host).

- **4th January** hosted by Doireann (Dundrum) 087 946 3860
- **18th January** hosted by Poonam (Carrickmines) 087 151 8715

Cost: voluntary €3 donation for members and non-members.

Contact the host to confirm attendance and get full address details.

**** Hosts needed **** If you'd like to host a coffee morning, please get in touch. Contact Oonagh on 085 191 5073.

CUIDIÚ MEMBERSHIP www.cuidiu.ie/membership

Did you know that Cuidiú is an entirely volunteer-run charity? Our events are open to non-members too but, if you can, please support us by becoming a member. Full-year membership is €25 (plus PayPal fees).

Benefits include:



- Access to our members-only WhatsApp group
- Discounted access to Cuidiú events
- Access to our Discount Scheme
- Access to our local library of pregnancy and parenting books.

Contact Ailbhe on 087 957 6352 to find out more.

Contacts

Cuidiú DSE Coordinator : Orna Nicholl - dublinsoutheast@cuidiu.ie

Cuidiú DSE Membership Secretary : Justine Luykx Mahon - cuidiudsemember@gmail.com

www.cuidiudse.ie  [cuidiudublin south east](https://www.facebook.com/cuidiudublin)  [cuidiudse](https://www.instagram.com/cuidiudse)

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