

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

ANNUAL GENERAL MEETING

Join us on **Friday 1st March at 8pm** for our AGM! We'll be reviewing our activities and finances, and voting in our new committee for 2024. If you are interested in hearing more about what we do, or you have an interest in getting involved – please come along. It will take place at **Cita's home** in **Glenageary** and there will be an option to join online. Contact Orna on 086 196 0138 for the address / link.

AFTERNOON MEET UPS FOR PARENTS

Chat with other parents and enjoy a cup of tea, coffee, hot chocolate, or even a slice of cake! Children are welcome to come along (there is plenty of space for buggies and high chairs are available). We'll meet **every Wednesday in February, between 3 – 5pm**, at **P. Mc Cormack & Sons** pub (Mounttown Road Lower, Dun Laoghaire). Check our Facebook group for a link to join our WhatsApp group to RSVP each week.

BUSH KINDER – SHANGANAGH PARK

Come and join us for Bush Kinder on **Monday 19th February, meeting at 2.45pm** at **Shanganagh Park Car Park**. This is an outdoor event for children and their parents / minders to meet and play in nature. All ages welcome. We'll stroll through Shanganagh Park together, allowing time for children to explore along the way. This outing is buggy friendly. Contact Oonagh on 085 191 5073 to reserve your place.

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** (no playgroup on 16th February for mid-term)
- **Foxrock Parish Pastoral Centre**, D18 V304 (free parking in blue area)
- Cost: €4 Cuidiú members / €7 non-members

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.

- **1st February** hosted by Stella (Glenageary) 086 381 5497
- **22nd February** hosted by Ruth (Carrickmines) 087 635 9724

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

- **8th February** hosted by Poonam (Carrickmines) 087 151 8715
- **29th February** hosted by Aga (Cornelscourt) 085 133 6896

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

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

ONLINE SUPPORT EVENING

Online Bumps, Babies & Beyond - Parents, expectant parents, babies, toddlers and children of any age, all welcome to meet and chat.

Monday 12th February, 7-9pm, hosted by Sharon online. For link and details please contact Sharon on 085 7038318.

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 with your library queries.)

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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