

Dublin South East Branch Event Sheet June 2024

Cuidiú is an entirely **volunteer-run charity**. Our services and events are open to everyone but, if you can, please support us by becoming a member. Full-year membership is €25 (plus PayPal fees): www.cuidiu.ie/membership.

Benefits include:

- Discounted access to Cuidiú events
- Access to our Discount Scheme
- Access to our members-only WhatsApp group
- Access to our local library of pregnancy & parenting books
- Access to Cuidiú training courses (Parent Supporter, Breastfeeding Counsellor, Antenatal Educator)



Membership queries: cuidiudsemember@gmail.com
 Library queries: 087 957 6352

Our **Breastfeeding Counsellors (BFCs)** are here to give information and encouragement and can be contacted at any time. Tip: try texting to arrange a time to call, or call the next person on the list if there is no answer.

Aga 085 133 6896
 Clare 086 858 5899
 Lea 087 205 0617
 Roisin 087 666 8069
 Ruth 01 285 3178
 Sandy 086 043 8642
 Stella 086 381 5497
 Zita 087 979 3671

**Hospital standard
 breast pump
 available to hire**
 Contact:
Clare 086 858 5899
 or **Cita 086 856 5787**

ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat. **Tuesday 18th June, 8.30 - 10pm**, co-hosted by **Sharon** (Cuidiú Dublin South East) & **Nicky** (Cuidiú Mullingar). Contact Sharon on 085 703 8318 for the link.

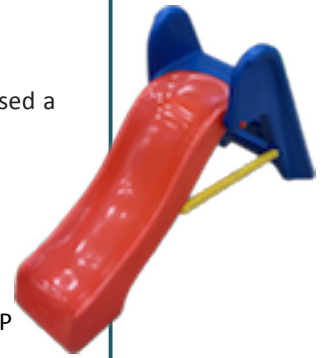
TODDLER FRIENDLY FRIDAYS

Playgroup is closed for the summer, June – August, instead we have organised a few toddler friendly events. Join us anytime between **10am – 12pm**.

14th June – Cabinteely Playground – Message **Orna** (086 196 0138) to RSVP

21st June – Tea/Coffee, Chats & Play at Rebecca’s home (Blackrock) –
 Message **Rebecca** (085 271 3350) to RSVP

28th June – Herbert Park Playground – Message **Orna** (086 196 0138) to RSVP



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.

Phone any time:

Aga 085 133 6896
 Catherine 087 121 3429
 Margarita 086 225 3958
 Melanie 083 372 7113
 Sandy 086 043 8642



We are looking for Coffee Morning Hosts for July & August. If you are interested (and you are a Cuidiú member) please message Doireann on 087 946 3860.

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.

6th June Mary’s home (Killiney) 087 069 2193

20th June at Aga’s home (Cornelscourt) 085 133 6896

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).

13th June at Clare’s home (Dun Laoghaire) 086 858 5899

27th June at Doireann’s home (Dundrum) 087 946 3860

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

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

PARENT SUPPORT EVENING

Our Parent Supporter **Aga** will be available for chats and support in the lobby of the **Royal Marine Hotel in Dun Laoghaire** on **Friday 21st June, 7 – 8.30pm**. All parents and expectant parents welcome. Message Aga on 085 133 6896 to RSVP.