

OUT & ABOUT

Let's meet up outdoors! The kids can play while the adults chat. All ages welcome. Join us **2.30 – 4.30pm** each day. Message **Orna** (086 196 0138) to RSVP to any of the following events:

Friday 5th July – Fernhill Park & Gardens

Friday 12th July – Irishtown Nature Park

Friday 19th July – Sandycove Beach

Dublin South East Branch Event Sheet July 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. Join now for membership from 1st July until the end of the year for €13 (plus PayPal fees). www.cuidiu.ie/membership

Benefits include:

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

Membership queries: cuidiudsemember@gmail.com

Library queries: 087 957 6352

General queries: dublinsoutheast@cuidiu.ie

IRISH BOOK CLUB

Join us on **Saturday 20th July, 3 – 4.30pm**, at **Orna's home** in **Donnybrook**, to share the Irish language with each other and our children. Please bring along an Irish children's book for us to read if you have one. This event is especially for toddlers and pre-schoolers and their parents. Message **Orna** (086 196 0138) to book your place.



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
 Ailbhe 087 957 6352
 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**

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



SUNDAY FUNDAY

Sunday 28th July, 10am – 12pm

Take part in some outdoor family fun in **Crosthwaite Park, Dun Laoghaire**. Feel free to bring along a ball, a skipping rope or a toy of your choice to enjoy in the park. Suitable for all the family. Don't forget to bring water, snacks and sunscreen! Message **Jessica** (087 954 2604) to RSVP.

THURSDAY MORNING SUPPORT MEETINGS

10am – 12pm

Bumps & Babes

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).

4th July at **Mary's home (Killiney)** 087 069 2193

11th July at **Poonam's home (Carrickmines)** 087 151 8715

18th July – no host available

25th July at **Doireann's home (Dundrum)** 087 946 3860

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

Contact the host to RSVP and get the full address.

There will be no dedicated breastfeeding support meetings during July & August. If you need breastfeeding support please message one of our BFCs to arrange a call.

We are looking for Coffee Morning Hosts for 18th July, and 8th, 15th and 29th August. If you are interested (and you are a Cuidiú member) please message Doireann (087 946 3860).