

## ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat. **Tuesday 13<sup>th</sup> August, 8 - 10pm**, hosted by **Sharon**. Contact Sharon on 085 703 8318 for the link.

## Dublin South East Branch Event Sheet August 2024

**Cuidiú** is an entirely **volunteer run charity**. We want to thank all our volunteers for their time and energy, and wish them a happy summer break to spend time with family and loved ones. Our services and events are open to everyone but, if you can, please support us by becoming a member. **Join now** for membership from 1<sup>st</sup> July until the end of the year **for €13** (plus PayPal fees). [www.cuidiu.ie/membership](http://www.cuidiu.ie/membership)

Benefits include:

- Access to our members-only WhatsApp group
- Access to our members' library
- 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](mailto:cuidiudsemember@gmail.com)

Library queries: 087 957 6352

General queries: [dublinsoutheast@cuidiu.ie](mailto:dublinsoutheast@cuidiu.ie)

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



## MEMBERS' LIBRARY

Our Cuidiú Library consists of over 60 books covering topics such as pregnancy, birth, breastfeeding and parenting. Our library is accessible to all Cuidiú members.

Titles include:

- The Wonder Weeks
- The Gentle Sleep Book by Sarah Ockwell-Smith
- River Cottage Baby & Toddler Cookbook
- The Politics of Breastfeeding by Gabrielle Palmer



The full list of books available is listed on our website here: <http://cuidiudse.ie/cuidiu-dse-library>.

Our library is located in **Foxrock**. Contact **Ailbhe** on 087 957 6352 to request a book.

## 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).

- 1<sup>st</sup> August** at Poonam's home (Carrickmines) 087 151 8715  
**8<sup>th</sup> August** at Siobhan's home (Stepaside) 086 070 7416  
**15<sup>th</sup> August** at Anna Maria's home (Blackrock) 085 177 7939  
**22<sup>nd</sup> August** at Doireann's home (Dundrum) 087 946 3860  
**29<sup>th</sup> August** – looking for a host – can you help?

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 September. If you are interested (and you are a Cuidiú member) please message Doireann (087 946 3860).