

Dublin South East Branch Event Sheet September 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 members' library
- Discounted access to certain Cuidiú events
- Access to our Cuidiú Discount Scheme

Membership queries: cuidiudsemember@gmail.com

Library queries: 087 957 6352

General queries: dublinsoutheast@cuidiu.ie

PARENT SUPPORT MORNING

All parents, babies and toddlers are welcome for tea and chat with our Parent Supporter **Claire** at her home in Glenageary on **Tuesday 17th September, 10.30am – 12pm**. Message Claire on 087 747 0523 to RSVP. Cost: voluntary €2 donation for members and €4 for non-members.

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
 Claire G. 087 747 0523
 Margarita 086 225 3958
 Melanie 083 372 7113
 Sandy 086 043 8642



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 D. 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 24th September, 8 - 10pm**, hosted by **Sharon**. Contact Sharon on 085 703 8318 for the link.

BIRTH REFLECTION EVENING

How do you feel when you look back on your experiences of pregnancy, birth or early parenting? Are there any aspects of your journey you feel you would like to talk through? Cuidiú Birth Reflection events offer an opportunity for people to share their stories without judgement or interruption.

Join trained Cuidiú volunteers **Aoife & Sandy** for support and reflection on **Monday 16th September, 7.30 – 10.30pm** at **The Harbour Bar, Bray**. Email cuidiunwb@gmail.com to book. Booking essential as group will be small. Everyone welcome, regardless of how long it has been since your pregnancy or birth.

Playgroup returns:

6th September

Location: **Foxrock**

Parish Pastoral Centre

Cost: €4 Cuidiú members

€7 non-members

Tea / coffee & biscuits included

Free parking within the blue area

Contact **Orna** on 086 196 0138 with any queries



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.

5th September at **Stella's home (Glenageary)** 086 381 5497

19th September at **Aga's home (Cornelscourt)** 085 133 6896

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).

12th September at **Lili's home (Goatstown)** 086 897 6299

26th September at **Mary's home (Killiney)** 087 069 2193

Cost: voluntary €2 donation for members and €4 for non-members. Contact the host to RSVP and get the full address.

If you are interested in hosting a Coffee Morning (and you are a Cuidiú member) please message Doireann on 087 946 3860.