



Location: **Foxrock Parish Pastoral Centre**  
 Cost: €4 members  
 €7 non-members  
 Includes tea, coffee & biscuits

## Dublin South East Branch Event Sheet October 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 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 (pregnancy, birth, breastfeeding & parenting books)
- Discounted access to certain Cuidiú events
- Access to our Cuidiú Discount Scheme

Membership queries: [cuidiudsemember@gmail.com](mailto:cuidiudsemember@gmail.com)

Library queries: 087 957 6352

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

### ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat. **Tuesday 29<sup>th</sup> October, 8 - 10pm**, hosted by **Sharon**. Contact Sharon on 085 703 8318 for the link.

**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**

Free parking within the blue area.  
 Contact **Orna** on 086 196 0138 with any queries.

Special playgroup: bring your little monsters along to our **Halloween themed playgroup on Friday 25<sup>th</sup> October**. Fancy dress encouraged!

### HALLOWEEN PARTY

Join us for a **Halloween Party on Sunday 27<sup>th</sup> October, 10am - 12pm**, at **Ask The Midwife, Dun Laoghaire**. There will be Halloween themed arts and crafts, stories, songs and toys. Fancy dress encouraged! Aimed at toddlers and pre-schoolers but all welcome.



Cost (per child): €4 for members  
 €6 for non-members

Buy your tickets here:

<https://ti.to/cuidiu/dse-halloween-party>

Contact **Matti** on 083 437 3590 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.

\* \* Celebrate **National Breastfeeding Week 1<sup>st</sup> – 7<sup>th</sup> October** \*\*  
**3<sup>rd</sup> October** at **Doireann's home (Dundrum)** 087 946 3860  
**17<sup>th</sup> October** 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).

**10<sup>th</sup> October** at **Anna Maria's home (Blackrock)** 085 177 7939  
**24<sup>th</sup> October** at **Aiveen's home (Dun Laoghaire)** 089 986 1245

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.

### BÍ AG SPRAOI

Join us on **Saturday 19<sup>th</sup> October, 2 – 4pm**, at **Orna's home in Donnybrook**, to share the Irish language with each other and our children. This event is especially for toddlers and pre-schoolers and their parents. Message **Orna** (086 196 0138) to book your place. Cost: voluntary €2 donation for members and €4 for non-members.

