

## Dublin South East Branch Event Sheet November 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. From 1<sup>st</sup> November new members can sign up for 2025 membership and get 2 extra months (Nov & Dec 2024) free! **Cost: €25** (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 VOLUNTEER EXPERT TALK: HOW TO TALK TO KIDS SO THAT KIDS WILL LISTEN

Looking to improve communication with your kids? Join us for an interactive session on “**How to Talk to Kids So That Kids Will Listen**”. Led by **Catherine Wells**, Behaviour Psychologist and former Cuidiú President, this workshop will provide practical tools to foster better understanding, cooperation, and stronger connections with children of all ages.

**Thursday 14<sup>th</sup> November 7.30 – 9pm**

Cost: €4 for members / €8 for non-members

Buy your tickets here:

<https://ti.to/cuidiu/expert-talk>

Message **Melanie** on **083 372 7113** with any queries.

### ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat.

**Tuesday 26<sup>th</sup> November, 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

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

Mary 087 069 2193

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**

### TODDLER PLAYGROUP

Location: **Foxrock Parish  
Pastoral Centre**

Cost: €4 members

€7 non-members

Includes tea / coffee & biscuits

Free parking within the blue area.

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

Note: no playgroup on 1<sup>st</sup> November (mid-term).



### 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.

**7<sup>th</sup> November** at **Mary's home (Killiney)** 087 069 2193

**21<sup>st</sup> November** at **Stella's home (Sandycove)** 086 381 5497

#### 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).

**14<sup>th</sup> November** at **Rebecca's home (Blackrock)** 085 271 3350

**28<sup>th</sup> November** at **Pearl's home (Stillorgan)** 087 664 5715

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.