



**Cuidiú**  
Caring Support for Parenthood

www.cuidiudse.ie  
cuidiudse  
Cuidiu Dublin  
South East Branch

## Dublin South East Branch Event Sheet April 2025

**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. Full-year membership is **€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

Join us for an engaging and interactive online session on **Simple Ways to Release Tension for You & Your Baby**, led by **Blanche de Montalivet**, an experienced osteopath specialising in women's and babies' health. We'll cover things like: pelvic pain, shoulder aches from breastfeeding, jaw tension, baby feeding challenges, colic and tummy discomfort.

**Tuesday 1<sup>st</sup> April 7.30 – 9pm**

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

Buy your tickets here:

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

Message **Melanie** at 083 372 7113 or [cuidiudseparenthood@gmail.com](mailto:cuidiudseparenthood@gmail.com) with any queries.

### ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat at our online support meeting. **Tuesday 15<sup>th</sup> April, 7 - 9pm**, hosted by **Sharon**. Contact Sharon on 085 703 8318 for the link.

### BABY & 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 18<sup>th</sup> & 25<sup>th</sup> April (Easter holidays)

**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



### 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.

**3<sup>rd</sup> April at Mary's home (Killiney)** 087 069 2193

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

#### 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).

**17<sup>th</sup> April at Doireann's home (Dundrum)** 087 946 3860

**24<sup>th</sup> April** – looking for a host – can you help?

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 Lea on 087 205 0617.



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

Clare D. 086 858 5899

Lea 087 205 0617

Mary 087 069 2193

Róisín 087 666 8069

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**