



Cuidiú Dublin South West Events February 2017

For all Events Please check our Facebook page in case of any last minute changes

Evening Talk Speech & Language Development – Thurs 16th Feb

8pm -9:30pm @ Parish Centre, Church of Divine Word, Rathfarnham

Speech and Language Development - How parents can help, by Anna Day, Cuidiú DSW member and qualified Paediatric Speech and Language Therapist.

Members - Free. Non-members €5.

Book your place by texting Karola on (086)3060921



AGM Tues 28th Feb @ 8pm

@ Parish Centre, Church of Divine Word, Rathfarnham. All members are welcome



Monday Coffee Afternoons & Friday Coffee Mornings

Monday from 2:30pm to 4:30pm

&

Friday from 10am – 12pm

All parents are welcome at our coffee catch ups, whether you boob, bottle, syringe, spoon, BLW, babywear or love your buggy! Whether you have met with us before, go to all the groups or have never been to a group. Have a bump, a newborn, a toddler, a wee one off school, or one of all of the above. Come and chat and a cup of tea or coffee and get to know other parents in the area.

€1 for members, €3 for non-members



Monday Coffee Afternoons 2:30pm – 4:30pm

6 th Feb	Sinead	12 Pine Valley Avenue, Rathfarnham, Dublin 16	(086)8419812
13 th Feb	Veronica	50 Castlegate Grove, Adamstown, Lucan, Co. Dublin	(087)1379186
20 th Feb	Amanda	36 Brandon Road, Drimnagh, Dublin 12	(086)8600019
27 th Feb	Niamh	13 Hansted Grove, Lucan, Co. Dublin	(087)9757612

Friday Coffee Mornings 10am- 12pm

3 rd Feb	Suzanne	42 Carrickmount Drive, Churchtown, Dublin 14	(086)3813301
	Marianne	127 New Ireland Road, Rialto, Dublin 8	(085)1657654
10 th Feb	Barbara	20a Sweetmount Drive, Dundrum, Dublin 14	(087)7423209
	Anne	89 Laraghcon, Lucan, Co. Dublin	(087)9303688
17 th Feb	Jennifer	9 Dun Emer Park, Dundrum, Dublin 16	(086)8755835
	Maria	37 Laurel Park, Clondalkin, Dublin 22	(085)7118074
24 th Feb	Claire	31 Glenealy Road, Crumlin, Dublin 12	(086)8057761
	Alicia	2 Esker Manor, Lucan, Co. Dublin	(086)0651397

****Note: all coffee catch-ups are subject to change so please keep an eye on facebook for confirmation of details****

Post Natal Depression Support Meeting Tues 14th Feb 10am-12pm

@ Dundrum Methodist Church, Ballinteer, Dublin 16

(up the steps & to the left of the kitchen – look for the Cuidiú sign on the door)

Feeling a bit blue? Or do you just not feel as happy as you used to? Cuidiú have a coffee morning for Mums to meet up and talk about how we are feeling; either depressed, just low, or simply wanting to talk to another Mum. The coffee morning will be a safe place for all to talk about how they are feeling. Children welcome.

Donation of €2 appreciated.

For further info call Ann-Marie on (087)6556131 or cuidiudswpnd@gmail.com



Thursday Ballinteer Playgroup Thursdays 10am to 12pm

@ Dundrum Methodist Church Hall.

The Cuidiú playgroup is a fun and safe place for children to play and interact with others, while grownups get to enjoy a cup of tea/coffee and a chat. Mums, Dads, minders and grandparents are all welcome. As this is a self-help group, please help with setting up, tidying up, etc. Contact Jennifer (086)8755835 for more information.

€1 for members, €2 for non-members.





Breastfeeding Support Groups

3rd Monday of the Month in Lucan - Feb 20th 1pm-3pm
 Lucan Library, Unit 16, Supervalu Shopping Centre, Lucan

1st Tuesday of the Month in Leixlip - 7th Feb 10am-12pm
 @ Wendy's, 134 River Forest, Leixlip (086)8118182

Every Wednesday in Rathfarnham - 10:00am-12:00pm

Parish Centre of the Church of the Divine Word, Hermitage Downs, Rathfarnham, D 16. Access by car is off Grange Rd

One Tuesday Evening a Month - 8pm-10pm

Tues 7th Feb @ 8pm	Mary	4 Oakdown Road, Churchtown, Dublin 14	(086) 8329156
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All of our Breastfeeding meetings have a friendly atmosphere & are a great opportunity to meet other breastfeeding mothers. The fully trained breastfeeding counsellors will give encouragement & answer any questions. Pregnant women are also welcome. If you have any queries, please contact Camille / Catherine on breastfeeding@cuidiudsw.ie €2 for members, €4 for non-members

If you have any questions or difficulties at any time, please contact any of our Breastfeeding Counsellors, who can be reached by phone outside the support group. See <http://www.cuidiudsw.ie/breastfeeding-support/> for Breastfeeding Counsellors' details.

Sunday Brunch 12th Feb @ 11am Mayfield Eatery, 7-11 Terenure Road North

Treat yourself to a lovely brunch and chat and enjoy a little calm for a couple of hours :)
 Babes in arms welcome. Please text Karola on (086)3060921 for info & to reserve a place.



Cuidiú +

Cuidiú Plus organises events for members who have school going children from young playschool goes right up to adolescents. All members are welcome to attend Cuidiú Plus events.



Wednesday morning walks – 1st & 3rd Wed: 1st Feb & 15th Feb

Meet for a morning walk at 9.30am @ Marley Park Main Carpark, Roughly one hour, optional coffee after. All members & non-members welcome to attend. Please text Annmarie (087)6556131 if you are planning to come.

Cuidiú + Friday Coffee morning

€2 members & €4 non-members

Join us for coffee, tea and chat, all welcome, including children & babies. This would particularly suit those whose children have just started their ECCE year right up to those who's children are in primary & secondary.

Date	Time	Host	Location	Contact
10 th Feb	9:30am – 12:00pm	Frances	50 Lavarna Road, Terenure, Dublin 6W,	(087)2406269

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ICT2 Meetings

ICT 2 appeals to mums involved in Cuidiú who have moved beyond the need for early years parenting support but still enjoy the involvement, friendship and peer support that Cuidiú offers. All members are welcome.



Evening Catch Up Tues 7th Feb 8pm Nicki 6 Coppinger Close, Stillorgan Park, Blackrock, Co. Dublin

Saturday walk & coffee

Sat 4 th & Sat 18 th February		The Dropping Well Pub, Clonskeagh, Dublin 6
10.30	for Walkers	
11.00	for Coffee	