

Cuidiú Dublin South West Events January 2017

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

Evening Talk Self-care & Wellness for Mamas – Thurs 19th Jan

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

"Self-care & Wellness for Mamas" by Niamh O'Connell from www.thewellnessclinic.ie

Free for Members & €5 for non-members

Book your place by texting Sara on 087-4198800



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

9 th Jan	Brigina	21 Delaford Park, Knocklyon, Dublin 16	(087) 9412479
16 th Jan	Niamh M	13 Hansted Grove, Lucan, Co. Dublin	(087) 9757612
23 rd Jan	Jennifer	9 Dun Emer Park, Dundrum, Dublin 16	(086) 8755835
30 th Jan	Hailey	39 Saint Brigids Road, Clondalkin, Dublin 22	(087) 4118942

Friday Coffee Mornings 10am- 12pm

6 th Jan	Susan	21 Farmhill Road, Goatstown, Dublin 14	(087) 2877501
	Jeanette	155 Inchicore Rd, Inchicore, Dublin 8	(087) 6893596
13 th Jan	Jennifer	9 Dun Emer Park, Dundrum, Dublin 14	(086) 8755835
	Wendy	134 River Forest, Leixlip, Co. Kildare	086) 8118182
20 th Jan	Brigina	21 Delaford Park, Knocklyon, Dublin 16	(087) 9412479
	Jessica	14 Saint Brigids Cottages, Clondalkin, Dublin 22	(087) 6316319
27 th Jan	Joanne	11 Dargle View, Rathfarnham, Dublin 16	(086) 2379153
	Catherine	31 Suncroft Park, Tallaght, Dublin 24	(085) 1437483

****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 10th Jan 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 - Jan 16th 1pm-3pm

Lucan Library, Unit 16, Supervalu Shopping Centre, Lucan

Monthly Tuesdays in Leixlip:- 10th Jan 10am – 12pm

@ Wendy's, 134 River Forest, Leixlip (086)8118182

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

****Note Returning after Christmas break from the 11th Jan (there is no meeting on the 4th of Jan)****

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




These 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 8th Jan @ 11am The Green Kitchen, 12 Walkinstown Green

Treat yourself to a lovely brunch and chat and enjoy a little calm for a couple of hours :) 

Please text Yvonne on 087 937 4399 for info & to reserve a place

Cuidiú +

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



Cuidiú Wednesday morning walks (1st & 3rd Wed of the month)

Jan 18th Meet for a morning walk at 9.30am at Marley Park Main Carpark, Roughly one hour, optional coffee afterwards. All members and non-members welcome to attend. Co-ordinated by Annmarie (087)6556131. Please text Annmarie if you are planning to come. *(Note there is no walk on 1st Wed of month due to School Holiday)*

Bring a Plate Catch Up Evening - Friday 13th of Jan from 8.30pm till Annmarie kicks us out! Bring a plate of food to share, savoury, sweet, homemade or shop bought, all will be devoured. All welcome


Annmarie, 25 Ashdale Park, Terenure, Dublin 6W. (087)6556131

Cuidiú + Friday Coffee / Activity mornings: Join us for coffee, tea and chat, all welcome, including children and babies. This would particularly suit those whose children have just started their ECCE year right up to those who's children are in primary and secondary school. €2 for members, €4 for non-members

Winter Craft Morning

Fri 27 th Jan	Decoupage morning fun. Join us as we attempt to stick tiny pieces of pretty paper on to little boxes or shapes. All materials provided. There may be a small extra charge for this coffee morning to cover the cost of materials.		
	9:30am – 12:00pm	Sinead	21 Kingstown Close, Ballinteer, Dublin 16 (087)6874028

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 Fri 13th Jan 8pm Fiona 20 Connawood Lawn, Old Connaught Avenue, Bray, Co. Wicklow

Saturday walk & coffee

Sat 7th & Sat 21st January

10.30 for Walkers

11.00 for Coffee

The Dropping Well Pub,
Clonskeagh, Dublin 6