

For more information on all our events, please visit our website or Facebook page

Cuidiú DSW AGM

Tuesday 13th February at 8pm at Parish Centre of the Church of the Divine Word, Rathfarnham. We welcome everybody who is connected with our branch in any capacity: new and existing members; those interested in joining the committee; those with ideas to share; and anyone with an interest in what we do.

Regular Events

Breastfeeding Support Groups

These meetings have a friendly atmosphere, and are a great opportunity to meet other breastfeeding mothers. The fully trained breastfeeding counsellors will give encouragement and answer any questions. Pregnant women are very welcome.

The fee is €2 for members & €4 for non-members.

Wednesdays* in Rathfarnham: 10am – 12pm

Parish Centre of the Church of the Divine Word, Rathfarnham

*Closed Wed 14th Feb for midterm break, 28th Mar and 4th Apr for Easter



Tuesday evening meetings: 8pm–10pm

6th Feb @ Cathy's in 26 Westbrook Road, Dundrum, D14

13th Mar @ Camille's in 23 Beechdale Place, Ballycullen, D24

10th Apr @ @ Cathy's in 26 Westbrook Road, Dundrum, D14

Counsellors can be reached by phone outside of support groups.

See www.cuidiudsw.ie/breastfeeding-support-group for details.

Ballinteer Playgroup

Thursdays* 9.30am – 11.30am

*Closed Thu 15th Feb for midterm and Thu 29th Mar & 5th Apr for Easter

Dundrum Methodist Church Hall, Ballinteer, Dublin 16

(up the stairs and into the room on the right)



The Cuidiú playgroup is a fun and safe place for children to play and interact with others, while parents get to enjoy a cup of tea/coffee and a chat. Dads, minders and grandparents are all welcome.

Contact Jennifer (086) 8755835 for more information.

€2 for members, €4 for non-members

This is a self-help group, please help with set up, tidy up, etc.

Parent2Parent/PND Support

Feeling a bit blue? Or do you just not feel as happy as you used to? Cuidiú have support groups for mums to meet up and talk about how we are feeling; either depressed, just low, or simply wanting to talk to another mum. Babies welcome.

Text Nikki on (087) 2079650 or email p2p@cuidiudsw.ie for more information.

Donation of €2 appreciated to cover costs.

MONTHLY GROUP

2nd Tuesday of the month: 10am - 12pm

13th Feb, 13th Mar & 10th Apr @ Dundrum Methodist Church, Ballinteer, Dublin 16 (up the steps & to the left of the kitchen).

P2P EVENING GROUPS 8pm – 10pm

Wed 28th Feb @ Brigina's

21 Delaford Park, Knocklyon, D16, (087) 9412479

Wed 25th Apr @ Jennifer's

9 Dun Emer Park, Dundrum, D14, (086) 8755835



Quarter specials

Bring a Plate 21st February

Finding it hard to get along to a morning coffee morning? Then pop along to our evening get together. Bring along a snack, treat, plate of food to share, and have cuppa and a catch up. All are welcome to Barbara's house on Wed 21st Feb at 8pm on 13 Meadow Park, Churchtown, Dublin 14. Phone: (087) 7710470. €2 members & €4 non-members.

Birth Experiences Night 22nd March

Whether you had an amazing birth experience or one that fell short of your expectations, come along and talk about it in a safe, friendly and supportive space. While expectant mothers are always welcome at Cuidiú events, this particular evening is more directed at mothers who have experienced birth.

Join us on **Thursday 22nd March** for a Birth Experience Evening, from 8-10pm @ Brigina's house, 21 Delaford park, Knocklyon, D16. Text Brigina on (087) 9412479 to confirm attendance.

€2 for members and €4 for non-members.

Mums & Dad's Brunch 15th April

Treat yourself to a lovely brunch and chat, and enjoy a little calm for an hour or two. Let's meet at 10.30am at Farmhill Café on Farmhill Road, Goatstown.

Text Karola at (086) 3060921 to book.



The Great Outdoors!

*Please note outdoor activities are not covered by Cuidiú insurance

➤ Monday Morning Walks

All welcome including buggies, slings and duggies. Meet outside the Tennis Club in Bushy Park at 9.30am every Monday morning (during term time) for a lovely, fresh walk around the park.

Please keep an eye on the groups closed Facebook page for updates or text Sylvaine on (086) 8839063

➤ Wednesday Morning Couch To 5K

All welcome including buggies and duggies.

Join the new C25K group, All fitness levels welcome, whether you are a seasoned runner or a complete novice. Meet at the Taylors lane carpark of St. Endas Park at 9.20am sharp for a half hour run.

Please keep an eye on the groups closed Facebook page for updates or text Nikki on (087) 2079650.

➤ Thursday Morning Dip In the Sea

All welcome (it helps if you are a teeny bit mad). Togs, wetsuits, booties, gloves or birthday suit, your choice. Get into the water is not a requirement, come for the chats and hold a baby while a Mammy takes a dip. Meet at 10.15am, Seapoint, During Term Time. Please keep an eye on the groups Closed Facebook page for updates or text Nikki on (087) 2079650.



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.

Tuesday Evening Get Togethers at 8pm

February 6th at Marie Nyhan, 19 Sycamore Rd. Dundrum

March 6th at Sue Jameson, 66 Terenure Rd East, Terenure

April 3rd at Paula Gahan, 3 Blackthorn Grove, Sandyford

Saturday Morning Walk & Coffee at Dropping Well @ 11am

February 10th & 24th; March 10th & 24th; April 7th and 21st



For more information on all our events, please visit our website or Facebook page

Regular Events

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 Cuidiú Plus events.

Cuidiú+ Coffee mornings 10am - 12pm €2 members & €4 non-members

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



Date	Host	Location & Phone
Tue 6 th Feb	Sylvaine	152 Clonmacnoise Road, Crumlin, Dublin 12, (086) 8839063
Fri 23 rd Feb	Henna	13 Headford Grove, Churchtown, D14, (087) 7800252
Fri 2 nd Mar	Susan	21 Farmhill road, Goatstown, Dublin 14, (087) 2877501
Tue 6 th Mar	Sara	6 Rushbrook Park Templeogue Dublin 6W, (087) 4198800
Fri 16 th Mar	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479
Fri 13 th Apr	Sylvaine	152 Clonmacnoise Road, Crumlin, Dublin 12, (086) 8839063
Fri 20 th Apr	Frances	50 Lavarna Road, Terenure, D6W, (087) 2406269
Tue 24 th Apr	Susan	21 Farmhill road, Goatstown, Dublin 14, (087) 2877501

*Location subject to change. Please see the website or our Facebook group for up to date & detailed information

Cuidiú+ evening get together:

Bring a Plate

Fri April 27th 8.30pm

€2 members & €4 non-members

Finding it hard to get along to a morning coffee morning? Then pop along to our evening bring a plate get togethers. Bring along a snack, treat, plate of food to share, and have cuppa and a catch up. All welcome!

Join us at Barbara's house on 13 Meadow Park, Churchtown, Dublin 14.
Phone: (087) 7710470

Monday Coffee Afternoons & Friday Coffee Mornings

(Location subject to change – check Facebook for any last minute changes)

Fridays 10:00am-12:00pm **Mondays 2:30pm-4.30pm**

€2 Members, €4 Non-members

All parents are welcome at our coffee catch ups, whether you boob, bottle, syringe, spoon, BLW, babywear or love your buggy! Have a bump, a newborn, a toddler, a wee one off school, or all of the above. Come along for a chat and a cuppa!



MONDAYS			MONDAYS		
Date	Host	Location & Phone	Date	Host	Location & Phone
5 th Feb	Claire	31 Glenealy Road, Crumlin, D 12, (086) 8057761	26 th Mar	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479
12 th Feb	Leah	22 Kilcross Grove, Sandyford, D18, (085) 2335503	2 nd Apr	EASTER	
19 th Feb	Sara	6 Rushbrook Park, Templeogue, D6w, (087)4198800	9 th Apr	Claire	31 Glenealy Road, Crumlin, D12, (086) 8057761
26 th Feb	Suzanne	24 Kingston Rise, Ballinteer, D16, (087) 4176764	16 th Apr	Erin	19 Windmill Road, Crumlin, D12, (087) 0555379
5 th Mar	Claire	31 Glenealy Road, Crumlin, D12, (086) 8057761	23 rd Apr	Katherine	23 Highfield Park, Dundrum, D14, (085) 7460658
12 th Mar	Karola	11 Ferncarrig Avenue, Sandyford, D18, (086) 3060921	30 th Apr	Jennifer	9 Dun Emer Park, Dundrum, D14, (086) 8755835
19 th Mar	BANK HOLIDAY				

FRIDAYS			FRIDAYS		
Date	Host	Location & Phone	Date	Host	Location & Phone
2 nd Feb	Susan	21 Farmhill Road, Goatstown, D14, (087) 2877501	23 rd Mar	Gillian	48 Woodlawn Park Grove, Firhouse, D24, (086) 8791601
9 th Feb	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479	29 th Mar	EASTER	
16 th Feb	Zara	3 Edenbrook Drive, Rathfarnham, D16, (086) 3632290	6 th Apr	Hana	32 Dodderbrook Avenue, Old Court Road, D24, (087) 1262916
23 rd Feb	Anna	5 The Grove, Goatstown Road, D14, (086) 8274112	13 th Apr	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479
2 nd Mar	Gillian	48 Woodlawn Park Grove, Firhouse, D24, (086) 8791601	20 th Apr	Anna	5 The Grove, Goatstown Road, D14, (086) 8274112
9 th Mar	Suzanne	42 Carrickmount Drive, Churchtown, D14, (086) 3813301	27 th Apr	Sarah	56 Westbrook Road, Dundrum, D14, (086) 3756058
16 th Mar	Emily	2 Highridge Green, Stillorgan, Co. Dublin, (087) 7547936			