

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

## Cuidiú Week 14<sup>th</sup> – 20<sup>th</sup> May

Cuidiú Week is a celebration of everything that is Cuidiú. See the details below of all the activities in DSW Branch that week, which ends with the Cuidiú National Conference.

Mon 14 <sup>th</sup> May	Monday Morning Walk	9:30am	Bushy Park
	Coffee Afternoon	2:30pm - 4:30pm	@ Suzanne's in Ballinteer
Tues 15 <sup>th</sup> May	Parent2Parent Support Group	10am - 12pm	Methodist Church, Dundrum
	Cuidiú Week Breakfast	TBC	TBC – Details will be announced on Facebook
Wed 16 <sup>th</sup> May	Couch to 5K	9:20am - 10am	St. Enda's Park
	Breastfeeding Group (with Raffle)	10am - 12pm	Pastoral centre of the Church of the Divine Word
Thur 17 <sup>th</sup> May	Playgroup (with Mini Dance Class)	9:30am - 11:30am	Methodist Church, Dundrum
	Dip in the Sea	10:15am	Seapoint or Sandycove ( <i>will confirm on Facebook</i> )
Fri 18 <sup>th</sup> May	Baby & Toddler Coffee Morning	10am - 12pm	@ Anna's Goatstown
	Cuidiú+ Coffee Morning	10am - 12pm	@ Henna's in Churchtown
Sat 19 <sup>th</sup> May	ICT2 Walk & Coffee	11am	Dropping Well
	Cuidiú National Conference	8:30am - 6pm	Talbot Hotel, Stillorgan
Sun 20 <sup>th</sup> May	Cuidiú National Conference	8:30am - 2pm	Talbot Hotel, Stillorgan: <i>Schedule &amp; further info on Facebook</i>

**Cuidiú National  
Members' Conference  
2018**

May 19<sup>th</sup> & 20<sup>th</sup>

Talbot Hotel  
Stillorgan, South County Dublin



*Note: The specific details for each item can be found in the relevant section within this event sheet.*

## 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.

€2 for members & €4 for non-members



**Wednesdays\* in Rathfarnham: 10am – 12pm**

Parish Centre of the Church of the Divine Word, Rathfarnham

\*Closed Wed 9<sup>th</sup> May for mid-term and closed all of July

**Evening meetings: 8pm – 10pm**

**Tue 15<sup>th</sup> May** @ Henna's: 13 Headford Grove, Churchtown, D14

**Thu 31<sup>st</sup> May** @Blanche 36 Parkwood Avenue, Aylsebury, D24

**Tue 12<sup>th</sup> June** @ Henna's: 13 Headford Grove, Churchtown, D14

**Thu 28<sup>th</sup> June** @Dora 78 Ballyfermot Avenue, Ballyfermot, D10

**Wed 4<sup>th</sup> July** @ Camille's: 23 Beechdale Place, Ballycullen, D24

**Wed 11<sup>th</sup> July** @ Gillian's: 48 Woodlawn Grove Pk, D24

**Wed 18<sup>th</sup> July** @ Henna's: 13 Headford Grove, Churchtown, D14

**Wed 25<sup>th</sup> July** @ 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](http://www.cuidiudsw.ie/breastfeeding-support-group) for details.

### Ballinteer Playgroup

**Thursdays\* 9.30am – 11.30am May and June.**

\*Closed for July and August. Back in September!

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 Niamh (083) 853 5312 for more information.

€2 for members, €4 for non-members

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



### Bring a Plate – 8pm to 10pm

€2 members & €4 non-members.

Finding it hard to get along to our day time events?

Pop along to our evening get-togethers. Bring along a snack, treat, or plate of food to share, and have cuppa and a catch up.

**Fri 15<sup>th</sup> Jun** @Barbara's: 20a Sweetmount Drive, Dundrum, D14

**Thur 12<sup>th</sup> Jul** @Natalie's: 16 Owendoher Lodge, Ballyboden Rd, D16

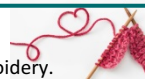


### Crafternoon

Join us for an afternoon of crafting, knitting, crochet & embroidery.

**Sunday 22<sup>nd</sup> Jul** 2pm – 4pm @Aoife's: 88 Whitebarn Road, Churchtown, D14.

*More details will be announced on the Facebook page closer to the event.*



### Parent2Parent/PND Support

Feeling a bit blue? Or just not feeling 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](mailto:p2p@cuidiudsw.ie) for more information. Donation of €2 appreciated to cover costs.

**MONTHLY GROUP 10am – 12pm**

**15<sup>th</sup> May & 12<sup>th</sup> June** @ Dundrum Methodist Church, Ballinteer, Dublin 16 (up the steps & to the left of the kitchen).

**\*\*No monthly group for July & Aug – back in September.**

**P2P EVENING GROUPS 8pm – 10pm**

**Wed 23<sup>rd</sup> May** @ Brigin'a's

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

**Wed 27<sup>th</sup> June** @ Jennifer's

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

**Thurs 26<sup>th</sup> July** @ Brigin'a's

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



### The Great Outdoors!

#### ➤ Monday Morning Walks

All welcome including buggies, slings & doggies. Meet outside the Tennis Club in Bushy Park at 9.30am every Mon. 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) 883 9063

#### ➤ Wednesday Morning Couch To 5K

All welcome including buggies and dogs. Get Fit, Get Active!!!! Join the C25K group, all fitness levels welcome, whether you are a seasoned runner or a complete novice.

Meet at the Taylors lane carpark of St. Enda's 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 (087) 2079650

#### ➤ Thursday Morning Dip in the Sea

All welcome. Togs, wetsuits, booties, gloves or birthday suit, your choice. If you don't fancy a little swim, getting 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 or Sandycove (confirmed the day before on Facebook), During Term Time. Please keep an eye on the groups Closed Facebook page for updates or text Nikki on 0872079650

**\*Please note outdoor activities are not covered by Cuidiú insurance**



### Summer Out & About



Let's get outside! Weekly day trips in June and July at various locations.

**June:** local afternoon meet ups in St. Enda's Park or Marley Park

**July:** 4th Dublin Zoo, 11th Airfield, 18th Russborough House, 25th Killyraddy.

*More details available on Facebook closer to the time.*


**Mums & Dads' Brunch 24th June**

Treat yourself to a lovely brunch and chat, and enjoy a little calm for an hour or two.

Let's meet at 10.30am in Overend's Kitchen, Airfield, Overend Way, Dundrum, D14. Text Gillian on (086) 8791601 to book.


**Monday Coffee Afternoons & Friday Coffee Mornings**
**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 new-born, a toddler, a wee one off school, or all of the above. Come along for a chat and a cuppa!

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


MONDAYS	Date	Host	Location* & Phone	Date	Host	Location* & Phone
	7 <sup>th</sup> May	BANK HOLIDAY		25 <sup>th</sup> June	Jennifer	9 Dun Emer Park, Dundrum, D14, (086) 8755835
	14 <sup>th</sup> May	Suzanne	42 Carrickmount Drive, Churchtown (086) 3813301	2 <sup>nd</sup> July	Natalie	16 Owendoher Lodge, Ballyboden Rd, (087) 0988435
	21 <sup>st</sup> May	Elaine	17 Larchfield Road, Goatstown, D14, (086) 7354971	9 <sup>th</sup> July	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479
	28 <sup>th</sup> May	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479	16 <sup>th</sup> July	Leah	22 Kilcross Grove, Sandyford, D18, (085) 2335503
	4 <sup>th</sup> June	BANK HOLIDAY		23 <sup>rd</sup> July	Gillian	48 Woodlawn Park Grove, D24, (086) 8791601
	11 <sup>th</sup> June	Karola	11 Ferncarrig Avenue, Sandyford, D18, (086) 3060921	30 <sup>th</sup> July	Claire	31 Glenealy Road, Crumlin, D12, (086) 8057761
	18 <sup>th</sup> June	Leah	22 Kilcross Grove, Sandyford, D18, (085) 2335503			
FRIDAYS	Date	Host	Location* & Phone	Date	Host	Location* & Phone
	4 <sup>th</sup> May	Susan	21 Farmhill Road, Goatstown, D14, (087) 2877501	22 <sup>nd</sup> June	Doireann 1 Aranleigh Dell, Rathfarnham, D14, (086) 1033557	
	11 <sup>th</sup> May	Jennifer	9 Dun Emer Park, Dundrum, D14, (086) 8755835	29 <sup>th</sup> June	Cathy	26 Westbrook Road, Dundrum, D14, (086) 8266338
	18 <sup>th</sup> May	Anna	5 The Grove, Goatstown Road, D14, (086) 8274112	6 <sup>th</sup> July	Leah	22 Kilcross Grove, Sandyford, D18, (085) 2335503
	25 <sup>th</sup> May	Anna	5 The Grove, Goatstown Road, D14, (086) 8274112	13 <sup>th</sup> July	Anette	36 Mount Carmel Road, Goatstown, D14, (083) 4472736
	1 <sup>st</sup> June	Natalie	16 Owendoher Lodge, Ballyboden Rd, (087) 0988435	20 <sup>th</sup> July	Jo	11 Dargle View, Rathfarnham, D16, (086) 2379153
	8 <sup>th</sup> June	Anette	36 Mount Carmel Road, Goatstown, D14, (083) 4472736	27 <sup>th</sup> July	Cathy	26 Westbrook Road, Dundrum, D14, (086) 8266338
	15 <sup>th</sup> June	Emily	2 Highridge Green, Stillorgan, Co. Dublin, (087) 7547936			

**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 whose children are in primary and secondary school.

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


Date	Host	Location* & Phone
Fri 4 <sup>th</sup> May	Annamarie	25 Ashdale Park, Terenure, Dublin 6W, (087) 6556131
Fri 18 <sup>th</sup> May	Henna	13 Headford Grove, Churchtown, D14, (087) 7800252
Tue 22 <sup>nd</sup> May	Doireann	Aranleigh Dell, Rathfarnham D14, (086) 1033557
Tue 29 <sup>th</sup> May	Susan	21 Farmhill road, Goatstown, Dublin 14, (087) 2877501
Fri 8 <sup>th</sup> June	Paula	1 Dodderbrook Park, Ballycullen, Dublin 24, (085)1334114
Fri 15 <sup>th</sup> June	Brigina	21 Delaford Park, Knocklyon, D16, (087) 9412479
Tue 19 <sup>th</sup> June	Sylvaine	152 Clonmacnoise Road, Crumlin, Dublin 12, (086) 8839063
Tue 26 <sup>th</sup> June	Susan	21 Farmhill road, Goatstown, Dublin 14, (087) 2877501

**Cuidiú+ evening get together:**
**Bring a Plate**
**Fri June 29<sup>th</sup> 8.30pm**

€2 members &amp; €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!

**Location\*:** Annemarie's Phone: (087) 6556131  
 25 Ashdale Park, Terenure, Dublin 6W.

Note: there is pay and display on street parking.

**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**
**May 1<sup>st</sup>** at Anne Whelan, 16 Mayfield Rd, Terenure (Pay&Display Parking outside. Terenure Car Park free after 7pm)

**June 5<sup>th</sup>** at Bernie Kealey, 6 Aranleigh Park, Rathfarnham

**July 3<sup>rd</sup>** at Barbara Doyle, Bohilla Lane, Kilmacanogue, Co. Wicklow

**Saturday Morning Walk & Coffee at Dropping Well @ 11am**

 May 5<sup>th</sup> and 19<sup>th</sup>; June 2<sup>nd</sup> and 16<sup>th</sup>; July 7<sup>th</sup> and 21<sup>st</sup>
