

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

Winter Craft Fair

When: Sunday 18th November 2pm - 5pm

Where: Zion Parish Hall, Rathgar **Admission:** €2 per family.

There will be a range of high quality craft stalls, face-printing, arts & crafts, second-hand toys & books, tea/coffee and cakes. Fun for all the family!



Christmas Gathering

Saturday 15th December from 2pm – 4pm. Join us in your best Christmas Jumper & Santa Hats for our Christmas gathering. Venue to be confirmed. Please see Facebook closer to the time for details. Hoping we can convince Santa to join us for a bit 😊



Evening Talk "What Do Babies Know"

When: Tues 20th November @ 7:30pm for tea and biscuits, talk to start @ 8pm

Where: Parish Centre of the Church of the Divine Word, Rathfarnham **Who:** Jennifer Keating, PhD Research, UCD School of Psychology

Topic: "What Do Babies Know" covering infant attention and brain development.

Admission: free for members and €3 for non-members **as with all Cuidiú events, babes-in-arms are welcome**



Christmas Dinner

Join us for Christmas Dinner on **Saturday 1st December** at 7.30pm.

Venue to be decided. Please see the closed Facebook page for details closer to the time. All welcome!



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 19th Dec, 26th Dec & 2nd Jan (Back 9th Jan)

Evening meetings: 8pm – 10pm

Tue 13th Nov @ Carmel's: 48 Llewellyn Grove, Rathfarnham, D14

Thurs 29th Nov @ Erin's: 19 Windmill Road, Crumlin, D12

****No evening meetings in December or January**



Counsellors can be reached by phone outside of support groups.

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

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@gmail.com for more information. Donation of €2 appreciated to cover costs.

MONTHLY GROUP 2nd Tuesday of the month 10am – 12pm
13th Nov, 11th Dec & 8th Jan @ Dundrum Methodist Church, Ballinteer, Dublin 16 (up the steps & to the left of the kitchen).

P2P EVENING GROUPS 8pm – 10pm

Tues 27th November @ Jennifer's

9 Dun Emer Park, Dundrum, D14

****No Evening Group in December****

Tues 29th January @ Brigina's

21 Delaford Park, Knocklyon, D16



Ballinteer Playgroup

Thursdays* 9.30am – 11.30am

*Closed 27th December and 3rd January

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

Join us to have an evening catch-up and chance to just chat and unwind. We ask that you bring something small to share on the night, be that nibbles, drink or a plate....people have been known to bring melon, crisps, biscuits, chocolate, wine, gin, cheese, crackers ... so pretty much whatever you have handy or fancy.

€2 members & €4 non-members.



Fri 16th Nov 8pm @ Barbara's: 13 Meadow Park, Churchtown, D14

Fri 18th Jan 8:30pm @ Susan's: 21 Farmhill Road, Goatstown, D14

The Great Outdoors!



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 group's Closed Facebook page for updates or text Nikki (087) 2079650

Wednesday Afternoon Autumn/Winter Out & About

Let's get outside! Weekly afternoon park trips at various locations. See Facebook each week for details.

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 group's Closed Facebook page for updates or text Nikki on (087) 2079650

***Please note: Outdoor activities are not covered by Cuidiú insurance**



Mums' & Dads' Brunch

Sunday 27th January 11am – Venue TBC (Details will be on the Closed Facebook Page)

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

Sunday Brunch

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*	Date	Host	Location*
	5 th Nov	Jo	11 Dargle View, Rathfarnham, D14	24 th Dec	CHRISTMAS HOLIDAYS – NO COFFEE AFTERNOON	
	12 th Nov	Gillian	48 Woodlawn Park Grove, D24	31 st Dec	CHRISTMAS HOLIDAYS – NO COFFEE AFTERNOON	
	19 th Nov	Leah	22 Kilcross Grove, Sandyford, D18	7 th Jan	Sian	36 Cherryfield Avenue, Walkinstown, D12
	26 th Nov	Leah	22 Kilcross Grove, Sandyford, D18	14 th Jan	Sian	36 Cherryfield Avenue, Walkinstown, D12
	3 rd Dec	Joanna	15 Vernon Grove, Rathgar, Dublin 6	21 st Jan	Tara	24 Taney Avenue, Goatstown, D14
	10 th Dec	Jennifer	9 Dun Emer Park, Dundrum, D16	28 th Jan	Jennifer	9 Dun Emer Park, Dundrum, D16
	17 th Dec	Natalie	16 Owendoher Lodge, Ballyboden Rd, D16			
FRIDAYS	Date	Host	Location*	Date	Host	Location*
	2 nd Nov	Laura	8 Ticknock Park, Ticknock Hill, Sandyford, D18	21 st Dec	HOST NEEDED! If you are interested in hosting please contact: events.cuidiudsw@gmail.com	
	9 th Nov	Liz	8 Gulistan Terrace, Rathmines, D6	28 th Dec	CHRISTMAS HOLIDAYS – NO COFFEE MORNING	
	16 th Nov	Anna	5 The Grove, Goatstown Road, D14	4 th Jan	Leah	22 Kilcross Grove, Sandyford, D18
	23 rd Nov	Jennifer	9 Dun Emer Park, Dundrum, D16	11 th Jan	Gillian	48 Woodlawn Park Grove, D24
	30 th Nov	Catriona	10 Marian Road, Rathfarnham, D14	18 th Jan	Anna	5 The Grove, Goatstown Road, D14
	7 th Dec	Anna	5 The Grove, Goatstown Road, D14	25 th Jan	Gillian	48 Woodlawn Park Grove, D24
	14 th Dec	Cathy	26 Westbrook Road, Dundrum, D14			

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*	Date	Host	Location*
Fri 9 th Nov	Brigina	21 Delaford Park, Knocklyon, D16	Fri 14 th Dec**	Amanda	36 Brandon Road, Drimnagh, D12
Fri 16 th Nov*	Frances	50 Lavarna Road, Terenure, D6W	Tue 18 th Dec	Anmarie	25 Ashdale Road, Terenure, D6W
Fri 23 rd Nov	Susan	21 Farmhill Road, Goatstown, D14	Fri 11 th Jan	Bronagh	27 Stanford Green, Walkinstown, D12
Tue 27 th Nov	Anmarie	25 Ashdale Road, Terenure, D6W	Tue 15 th Jan	Doireann	1 Aranleigh Dell, Rathfarnham, D14
Fri 7 th Dec	Sylvaine	152 Clonmacnoise Road, Crumlin, D12	Fri 25 th Jan	Sylvaine	152 Clonmacnoise Road, Crumlin, D12

* Christmas cake making morning: If you are planning to bake a Christmas cake, bring your cake ingredients and your cake tin along to Frances' house for a morning of Christmas prepping. Looking for a tried and tested recipe? Then look no further! A recipe from a Stork baking book Frances had growing up, will be posted on the Facebook page before the event. All welcome, including those who don't like Christmas Cake!

** Note Amanda's coffee morning will be at the earlier time of 9.30am – 11.30am

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 Get Togethers at 8pm

Tues 6th Nov: Paula Gahan, 3 Blackthorn Grove, Sandyford.

Tues 4th Dec: Sue Jameson, 66 Terenure Road East, Rathgar. (Christmas Celebrations: Bring a Plate Night)

Fri 11th Jan: Anne Whelan, 16 Mayfield Road, Terenure (Nollag na mBan Evening. Bring Starter or Dessert and financial contribution towards main meal.)

