

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

### Dublin South West AGM

**When:** 18<sup>th</sup> February at 7.30pm for 8pm start

**Where:** Marley Grange Parish Centre (Church of the Divine Word)

Please join us from 7:30pm for tea and chats and the AGM will start at 8pm. This is a great opportunity for members to meet the committee and get an insight into the great work the branch does.

AGM

### Evening Talks

**Monday 4<sup>th</sup> March:** "Anxiety in Children and Adults" workshop on the psychological aspects of anxiety in children and adults.

Join us at 7:30pm for tea and biscuits – talk to start @ 8pm- 10.30pm

**Where:** Naomh Olaf GAA Club, Holly Avenue, Sandyford Business District, A94 PF75 **Who:** Anne Brannick, Parent and Relationship Mentor

**Admission:** Members - free. Non-members - €6 for single ticket, €8 for couple

**Monday 25<sup>th</sup> March:** Zero Waste – An Introduction

Join us at 7:30pm for tea and biscuits – talk to start @ 8pm- 9pm followed by questions

**Where:** Parish Centre of the Church of the Divine Word, Hermitage Downs, Rathfarnham, D16 **Who:** Cecilia Ramondetta

**Admission:** Members - free. Non-members - €4

**\*\*as with all Cuidiú events, babes-in-arms are 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 20<sup>th</sup> February, 17<sup>th</sup> April, and 24<sup>th</sup> April**

**Evening meetings: 8pm – 10pm**

**Tue 12<sup>th</sup> Feb @ Cathy's:** 26 Westbrook Road, Dundrum, D14

**Thurs 28<sup>th</sup> Feb @ Blanche's:** 36 Parkwood Ave, Tallaght, D24

**Tues 12<sup>th</sup> Mar @ Anna's:** 5 The Grove, Goatstown Rd, D14

**Thurs 28<sup>th</sup> Mar @ Gillian's:** 48 Woodlawn Pk Grove, Firhouse, D24

**Tues 9<sup>th</sup> Apr @ Cathy's:** 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.**



### 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 087 207 9650 or email [p2p.cuidiudsw@gmail.com](mailto:p2p.cuidiudsw@gmail.com) for more information. Donation of €2 appreciated to cover costs.

**MONTHLY GROUP 2<sup>nd</sup> Tuesday of the month 10am – 12pm**

**12<sup>th</sup> Feb, 12<sup>th</sup> March & 9<sup>th</sup> April @** Dundrum Methodist Church, Ballinteer, Dublin 16 (up the steps & to the left of the kitchen).

**P2P EVENING GROUPS 8pm – 10pm**

**Tues 26<sup>th</sup> February @** Brigina's  
21 Delaford Park, Knocklyon, D16

**Tues 26<sup>th</sup> March @** Jennifer's  
9 Dun Emer Park, Dundrum, D14

**Tues 30<sup>th</sup> April @** Brigina's  
21 Delaford Park, Knocklyon, D16



### Ballinteer Playgroup

**Thursdays\* 9.30am – 11.30am**

**\*Closed 21<sup>st</sup> February, 18<sup>th</sup> April, and 25<sup>th</sup> April**

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 15<sup>th</sup> Feb @** Annmarie's: 25 Ashdale Rd, Terenure, D6W

**Fri 8<sup>th</sup> March @** Susan's: 21 Farmhill Road, Goatstown, D14

**Fri 5<sup>th</sup> April @** Barbara's: 13 Meadow Park, Churchtown, D14



### The Great Outdoors!



**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 087 207 9650

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


**Mums' & Dads' Brunch**
**Sunday 28<sup>th</sup> April 11am** – Union Café, 96/98 Churchtown Road Upper, Dublin 14

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**

(\*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 new-born, a toddler, a wee one off school, or all of the above. Come along for a chat and a cuppa!



MONDAYS

Date	Host	Location*	Phone	Date	Host	Location*	Phone
4 <sup>th</sup> Feb	Sian	36 Cherryfield Ave, Walkinstown, D12	086 863 3377	25 <sup>th</sup> Mar	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503
11 <sup>th</sup> Feb	Gillian	48 Woodlawn Park Grove, Firhouse, D24	086 879 1601	1 <sup>st</sup> Apr	Jennifer	9 Dun Emer Park, Dundrum, D16	086 875 5835
18 <sup>th</sup> Feb	Susan	21 Farmhill Road, Goatstown, D14,	087 287 7501	8 <sup>th</sup> Apr	Ailish	The Laurels, Terenure, D6W	086 150 3857
25 <sup>th</sup> Feb	Tara	24 Taney Avenue, Goatstown, D14	086 835 1327	15 <sup>th</sup> Apr	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503
4 <sup>th</sup> Mar	Sian	36 Cherryfield Ave, Walkinstown, D12	086 863 3377	22 <sup>nd</sup> Apr	BANK HOLIDAY		
11 <sup>th</sup> Mar	Gillian	48 Woodlawn Park Grove, Firhouse, D24	086 879 1601	29 <sup>th</sup> Apr	Ailish	The Laurels, Terenure, D6W	086 150 3857
18 <sup>th</sup> Mar	BANK HOLIDAY						

FRIDAYS

Date	Host	Location*	Phone	Date	Host	Location*	Phone
1 <sup>st</sup> Feb	<b>HOST NEEDED!</b> If you are interested in hosting please contact: <a href="mailto:events.cuidiudsw@gmail.com">events.cuidiudsw@gmail.com</a>			22 <sup>nd</sup> Mar	Sarah	54 Broadford Close, Ballinteer, D16	087 611 9190
8 <sup>th</sup> Feb	Catriona	10 Marian Rd, Rathfarnham, D14	086 303 9609	29 <sup>th</sup> Mar	Catriona	10 Marian Road, Rathfarnham, D14	086 303 9609
15 <sup>th</sup> Feb	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503	5 <sup>th</sup> Apr	Pam	62 Loreto Avenue, Rathfarnham, D14	087 790 5443
22 <sup>nd</sup> Feb	Laura	8 Ticknock Pk, Ticknock Hill, Sandyford, D18	085 197 4579	12 <sup>th</sup> Apr	Anna	5 The Grove, Goatstown Road, D14	086 827 4112
1 <sup>st</sup> Mar	Anna B	12 Acorn Road, Dundrum, Dublin 16	083 103 8553	19 <sup>th</sup> Apr	Erin	137 Bangor Road, Crumlin, D12	087 393 3566
8 <sup>th</sup> Mar	Pam	62 Loreto Avenue, Rathfarnham, D14	087 790 5443	26 <sup>th</sup> Apr	Sian	36 Cherryfield Ave, Walkinstown, D12	086 863 3377
15 <sup>th</sup> Mar	Aoife	88 Whitebarn Road, Churchtown, D14	085 715 4691				

**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.

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


**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.

Date	Host	Location*	Phone	Date	Host	Location*	Phone
Fri 1 <sup>st</sup> Feb	<b>HOST NEEDED</b>			Tue 5 <sup>th</sup> Mar	Susan	21 Farmhill Road, Goatstown, D14	087 287 7501
Fri 8 <sup>th</sup> Feb	Susan	21 Farmhill Road, Goatstown, D14	087 287 7501	Fri 22 <sup>nd</sup> Mar	Bronagh	27 Stanford Grn, Walkinstown, D12	086 408 6579
Fri 15 <sup>th</sup> Feb	Nikki	36 Darglewood, Knocklyon, D16	087 207 9650	Fri 29 <sup>th</sup> Mar	Liz	See Facebook post day before event for information	
Fri 1 <sup>st</sup> Mar**	Amanda	36 Brandon Road, Drimnagh, D12	086 860 0019	Fri 5 <sup>th</sup> April	Sylvaine	152 Clonmacnoise Rd, Crumlin, D12	086 883 9063

\*\* 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 5<sup>th</sup> February:** Caroline Maguire, Skelligs, Ardtuna Avenue, Churchtown, D14

**Tues 5<sup>th</sup> March:** Fiona Kelly, 20 Connawood Lawns, Old Connaght Avenue, Bray, Co. Wicklow

**Tues 2<sup>nd</sup> April:** Coleesa Egan, 48 Northumberland Road, Ballsbridge, D4
