

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

Cuidiú Week: 13th - 19th May

Mon 13th: **Coffee Morning** at Costa Coffee, Nutgrove (10am-12pm) | **Baby & Toddler Coffee Afternoon** at Leah's in Sandyford (2.30-4.30)
Tues 14th: **P2P Support Group** at Dundrum Methodist Church (10am-12pm) | **Meetup at Mr. B's**, Nutgrove Shopping Centre (10am-12pm)
Wed 15th: **Breastfeeding Support Group** at Parish Centre of the Church of the Divine Word, Rathfarnham (10am – 12pm)
Thurs 16th: **Ballinteer Playgroup** at Dundrum Methodist Church (10am – 12pm) | **Sea Swim** at Sandycove (10am – 12pm)
Fri 17th: **Baby & Toddler Coffee** at Caitriona's in Rathfarnham (10am – 12pm) | **Cuidiú+ Coffee Morning** at Liz's in Rathmines (10am-12pm)
Fri 17th: **Bring a Plate Evening** at Susan's in Goatstown (8pm – 10pm)
Sun 19th: **Mums' & Dads' Brunch** at Union Café, Churchtown (10.30am-12.30pm) ****all events free of charge for Cuidiú Week**

Regular Events

Mums' & Dads' Brunch

Sunday 19th May 10.30am – 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

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

***There will be no Wednesday morning groups in July and August**

Evening meetings: 8pm – 10pm

Tue 14th May @ Cathy's: 26 Westbrook Road, Dundrum, D14

Thurs 30th May @ Veronica's: 50 Castlegate Grove, Adamstown

Tues 11th June @ Anna's: 5 The Grove, Goatstown Rd, D14

Thurs 27th June @ Jenny's: 30 Monastery Drive, Clondalkin, D22

Wed 3rd July @ Cathy's: 26 Westbrook Road, Dundrum, D14

Wed 10th July @ Henna: 13 Headford Grove, Churchtown, D14

Wed 17th July @ Gillian's: 48 Woodlawn Pk Grove, Firhouse, D24

Wed 24th July @ Henna's: 13 Headford Grove, Churchtown, D14

Thurs 25th July @ Orna's: 8 Rye River Crescent, Leixlip, Co. Kildare

Wed 31st July @ Anna's: 5 The Grove, Goatstown Rd, D14

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 087 207 9650 for more information. Donation of €2 appreciated to cover costs.

P2P MONTHLY DAYTIME GROUP 2nd Tuesday of the month
10am – 12pm during term time (no group in July)

14th May & 11th June @ Dundrum Methodist Church, Ballinteer, Dublin 16 (up the stairs, at end of the hallway, to the left of the kitchen).

P2P MONTHLY EVENING GROUPS 8pm – 10pm

Wed 29th May @ Jennifer's

9 Dun Emer Park, Dundrum, D14

Tues 25th June @ Brigina's

21 Delaford Park, Knocklyon, D16

Tues 30th July @ Leah's

22 Kilcross Grove, Sandyford, D18



Ballinteer Playgroup

Thursdays* 9.30am – 11.30am

***Closed for July and August**

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.



The Great Outdoors!

Sunday 16th June: A Day at Donadea - join us at 12pm for a family day out at Donadea Forest in Kildare. All welcome, pack a picnic! Entry fee €5



Wednesday Afternoon Spring/Summer Out & About

Let's get outside! In May & June there will be weekly afternoon local park trips at various locations. In July we will go a little further afield: 3rd July Kilruddery, 10th July Kilmacurragh Botanic Gardens, 17th July Wallaby Woods, 24th July Russborough, 31st July Powerscourt Waterfall

See Facebook each week for details of location and times.

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**

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.

There is no charge for Bring a Plate evening events

Fri 17th May @ Susan's: 21 Farmhill Road, Goatstown, D14

Fri 14th June @ Elaine's: 17 Larchfield Road, Goatstown, D14

Fri 19th July @ Barbara's: 13 Meadow Park, Churchtown, D14





Evening Talk

Topic: Motherhood and work - trying to balance it all. Is there another way?

Who: Sara Slattery - Women's Coach, and founder of 'The Space Between'

When: Tuesday 28th May. Join us at 7:30pm for tea and biscuits followed by the talk 8pm - 9.30pm

Where: Parish Centre of the Church of the Divine Word, Rathfarnham

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

****as with all Cuidiú events, babes-in-arms are welcome****



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
	6 th May	BANK HOLIDAY				24 th June	Laura PC	8 Ticknock Pk, Ticknock Hill, D18
13 th May	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503	1 st July	Sian	36 Cherryfield Ave, Walkinstown, D12	086 863 3377	
20 th May	Jennifer	9 Dun Emer Park, Dundrum, D16	086 875 5835	8 th July	Anna B	12 Acorn Road, Dundrum, D16	083 103 8553	
27 th May	Ailish	The Laurels, Terenure, D6W	086 150 3857	15 th July	Ailish	The Laurels, Terenure, D6W	086 150 3857	
3 rd June	BANK HOLIDAY				22 nd July	Sian	36 Cherryfield Ave, Walkinstown, D12	086 863 3377
10 th June	Tara	24 Taney Ave, Goatstown, D14	086 835 1327	29 th July	Laura PC	8 Ticknock Pk, Ticknock Hill, D18	085 197 4579	
17 th June	Tara	24 Taney Ave, Goatstown, D14	086 835 1327					

FRIDAYS	Date	Host	Location*	Phone	Date	Host	Location*	Phone
	3 rd May	Anita	12 Lakelands Grove, Stillorgan, Co.Dublin	087 754 0545	21 st June	Anna D	5 The Grove, Goatstown Road, D14	086 827 4112
10 th May	Anna D	5 The Grove, Goatstown Road, D14	086 827 4112	28 th June	Ailish	The Laurels, Terenure, D6W	086 150 3857	
17 th May	Catriona	10 Marian Road, Rathfarnham, D14	086 303 9609	5 th July	Jennifer	9 Dun Emer Park, Dundrum, D16	086 875 5835	
24 th May	Zara	Rathfarnham (See Facebook for address)		12 th July	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503	
31 st May	Erin	137 Bangor Road, Crumlin, D12	087 393 3566	19 th July	Erin	137 Bangor Road, Crumlin, D12	087 393 3566	
7 th June	Anna B	12 Acorn Road, Dundrum, D16	083 103 8553	26 th July	Aoife	88 Whitebarn Road, Churchtown, D14	085 715 4691	
14 th June	Leah	22 Kilcross Grove, Sandyford, D18	085 233 5503					

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 & detailed information)



Cuidiú+ Coffee mornings 10am - 12pm (unless otherwise stated) €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 3 rd May	Bronagh	27 Stanford Grn, Walkinstown, D12	086 408 6579	Fri 7 th June**	Amanda	36 Brandon Rd, Drimnagh, D12	086 860 0019
Fri 10 th May	Susan	21 Farmhill Road, Goatstown, D14	087 287 7501	Fri 14 th June	Bronagh	27 Stanford Grn, Walkinstown, D12	086 408 6579
Fri 17 th May	Liz	See Facebook post day before event for information		Fri 21 st June	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, Tuesdays at 8pm

Tues 7th May: Caroline Maguire, 'Skelligs', Ardtona Avenue, Churchtown, Dublin 14

Tues 4th June: Nicki Wheatley, 6 Coppinger Close, Stillorgan Park, Blackrock, Co Dublin

Tues 2nd July: Carmel Keane, 48 Llewellyn Grove, Rathfarnham, Dublin 16

