

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 August, starting back Wednesday 4th September.**

Evening meetings: 8pm – 10pm

Wed 7th August @ Mary's: 4 Oakdown Road, Churchtown

Wed 14th August @ Gillian's: 48 Woodlawn Park Grove, Firhouse

Wed 21st August @ Henna's: 13 Headford Grove, Churchtown, D14

Wed 28th August @ Cathy's: 26 Westbrook Road, Dundrum

Thurs 29th August @ Lynn's: 40 River Forest, Leixlip

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

The daytime group is not running at the moment, but keep an eye on the Facebook page for updates.

P2P MONTHLY EVENING GROUPS 8pm – 10pm

Tues 27th August @ Brigina's

21 Delaford Park, Knocklyon, D16

Wed 25th September @ Jennifer's

9 Dun Emer Park, Dundrum, D14

Tuesday 22nd October @ Briginia's

21 Delaford Park, Knocklyon, D16



Ballinteer Playgroup

Thursdays* 9.30am – 11.30am

***Closed for all of August and 31st October,**

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!

Wednesday Afternoon Summer/Autumn Out & About

Let's get outside! In August we will continue our weekly day trips. In September & October there will be weekly afternoon local park trips at various locations. See Facebook each week for details of locations and times.

7th August: Airfield Estate

14th August: Knocksink Wood

21st August: Greystones Beach

28th August: St. Enda's Park



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. See Facebook for more information.

August: Jennifer H

September: Barbara F

October: Lisa H





Monday Coffee Afternoons & Friday Coffee Mornings

Fridays 10:00am-12:00pm Mondays 2:30pm-4:30pm

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



€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!

	Date	Host	Location*	Phone	Date	Host	Location*	Phone
MONDAYS	5 th Aug		Bank Holiday		23 rd Sep	Tara	Goatstown, D14	086 835 1327
	12 th Aug		Host Still Needed – Check Facebook		30 th Sep	Sian	36 Cherryfield Avenue, Walkinstown, D12	086 863 3377
	19 th Aug	Anna B	12 Acorn Road, Dundrum, D16	083 103 8553	7 th Oct	Ailish	The Laurels, Terenure, D6W	086 150 3857
	26 th Aug	Anna D	370 Kimmage Road Lower, Terenure, D6W	086 359 8833	14 th Oct	Jennifer	9 Dun Emer Park, Dundrum, D16	086 875 5835
	2 nd Sep	Sian	36 Cherryfield Avenue, Walkinstown, D12	086 863 3377	21 st Oct	Sian	36 Cherryfield Avenue, Walkinstown, D12	086 863 3377
	9 th Sep	Laura PC	8 Ticknock Park, Sandyford, D18	083 457 2004	28 th Oct		Bank Holiday	
	16 th Sep	Nora	32 Annville Park, Dundrum, D14	086 396 1619				

	Date	Host	Location*	Phone	Date	Host	Location*	Phone
FRIDAYS	2 nd Aug	Anita	12 Lakelands Grove, Stillorgan, Co. Dublin	087 754 0545	20 th Sep	Fidelma	6 Cullenswood Park, Ranelagh	087 295 7971
	9 th Aug	Latifah	No 13 Roebuck Hill Apartments, Clonskeagh, D14	087 718 2744	27 th Sep	Anna B	12 Acorn Road, Dundrum, D16	083 103 8553
	16 th Aug	Aoife	88 Whitebarn Road, Churchtown	085 715 4691	4 th Oct	Anna D	370 Kimmage Road Lower, Terenure, D6W	086 359 8833
	23 rd Aug	Aoife	88 Whitebarn Road, Churchtown	085 715 4691	11 th Oct	Anna D	5 The Grove, Goatstown, D14	086 827 4112
	30 th Aug		Host Still Needed – Check Facebook		18 th Oct	Fidelma	6 Cullenswood Park, Ranelagh	087 295 7971
	6 th Sep	Jennifer	9 Dun Emer Park, Dundrum, D16	086 875 5835	25 th Oct	Jo	11 Dargle View, Rathfarnham	086 237 9153
	13 th Sep	Anna D	5 The Grove, Goatstown, D14	086 827 4112				

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.

There will be no coffee morning in August

Date	Host	Location*	Phone	Date	Host	Location*	Phone
Fri 6 th Sep	Bronagh	27 Stanford Grn, Walkinstown, D12	086 408 6579	Fri 4 th Oct	Sylvaine	152 Clonmacnoise Rd, Crumlin, D12	086 883 9063
Fri 13 th Sep	Susan	21 Farmhill Road, Goatstown, D14	087 287 7501	Fri 11 th Oct	Amanda	36 Brandon Rd, Drimnagh, D12	086 860 0019
Fri 20 th Sep	Amanda	36 Brandon Rd, Drimnagh, D12	086 860 0019	Fri 18 th Oct	Bronagh	27 Stanford Grn, Walkinstown, D12	086 408 6579
Tues 24 th Sep	Ailo	The Laurels, Terenure, D6W		Fri 25 th Oct	Sylvaine	152 Clonmacnoise Rd, Crumlin, D12	086 883 9063

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 6th August: Brenda O'Malley-Farrell, 52 Eaton Square, Terenure (Pay & Display Parking)

Tues 3rd September: Marie Nyhan, 19 Sycamore Rd., Dundrum

Tues 1st October: Bernie Kealy, 6 Aranleigh Park, Grange Road, Rathfarnham

