

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

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 group on 18th Dec, 25th Dec, 1st Jan and 8th Jan (back 15th Jan).**

Evening meetings: 8pm – 10pm

Thursday 14th November @ Carmel's, 48 Llewellyn Grove, Rathfarnham, D14

Thursday 12th December @ Carmel's 48 Llewellyn Grove, Rathfarnham, D14

Thursday 9th January @ Carmel's 48 Llewellyn Grove, Rathfarnham, 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 Leah on 085 233 5503 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 19th November @ Leah's, 22 Kilcross Grove, Sandyford, D18

No meeting for December

Tuesday 21st January @ Brigina's, 21 Delaford Park, Knocklyon, D16



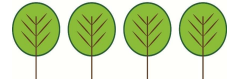
The Great Outdoors!

Wednesday Afternoon Out & About

Let's get outside! We will continue the weekly afternoon local park trips at various locations. See Facebook each week for details of locations and times.

Get Outside

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**

Ballinteer Playgroup

Thursdays* 9.30am – 11.30am

***Closed 26th December and 2nd 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.

There is no charge for Bring a Plate evening events. See Facebook for more information.

November: Barbara F, Churchtown

December 5th: Elaine M, Goatstown

January: Barbara W, Rathfarnham





Monday Coffee Afternoons & Friday Coffee Mornings

Fridays 10:00am-12:00pm Mondays 2:30pm-4:30pm
€2 Members, €4 Non-members

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



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 | 4 th Nov | Latifah | No 13 Roebuck Hill Apartments, Clonskeagh, D14 | 087 718 2744 | 23 rd Dec | | Holiday | |
| | 11 th Nov | Sian | 36 Cherryfield Avenue, Walkinstown, D12 | 086 863 3377 | 30 th Dec | Elizabeth | 8 Gulistan Terrace, Rathmines, D6 | 085 123 0133 |
| | 18 th Nov | Jennifer | 9 Dun Emer Park, Dundrum, D16 | 086 875 5835 | 6 th Jan | Joanna | 15 Vernon Grove, Rathgar, D6 | 086 602 5689 |
| | 25 th Nov | Sian | 36 Cherryfield Avenue, Walkinstown, D12 | 086 863 3377 | 13 th Jan | Sian | 36 Cherryfield Avenue, Walkinstown, D12 | 086 863 3377 |
| | 2 nd Nov | Barbara | 20a Sweetmount Drive, Dundrum, D | 087 842 3209 | 20 th Jan | Barbara | 20a Sweetmount Drive, Dundrum, D14 | 087 842 3209 |
| | 9 th Dec | Sian | 36 Cherryfield Avenue, Walkinstown, D12 | 086 863 3377 | 27 th Jan | Tara | Goatstown, D14 | 086 835 1327 |
| | 16 th Dec | Anna B | 12 Acorn Road, Dundrum, D16 | 083 103 8553 | | | | |
| | | | | | | | | |

| | Date | Host | Location* | Phone | Date | Host | Location* | Phone |
|---------|----------------------|---------|--|--------------|----------------------|---------|-----------------------------------|--------------|
| FRIDAYS | 1 st Nov | Latifah | No 13 Roebuck Hill Apartments, Clonskeagh, D14 | 087 718 2744 | 20 th Dec | Anna D | 5 The Grove, Goatstown, D14 | 086 827 4112 |
| | 8 th Nov | Pam | 62 Loreto Ave, Rathfarnham, D14 | 087 790 5443 | 27 th Dec | | Holiday | |
| | 15 th Nov | Leah | 22 Kilcross Grove, Sandyford, D18 | 085 233 5503 | 3 rd Jan | Anna B | 12 Acorn Road, Dundrum, D16 | 083 103 8553 |
| | 22 nd Nov | Anna | 5 The Grove, Goatstown, D14 | 086 827 4112 | 10 th Jan | Claire | 31 Glenealy Road, Crumlin, D12 | 086 805 7761 |
| | 29 th Nov | Barbara | 20a Sweetmount Drive, Dundrum, D14 | 087 842 3209 | 17 th Jan | Leah | 22 Kilcross Grove, Sandyford, D18 | 085 233 5503 |
| | 6 th Dec | Leah | 22 Kilcross Grove, Sandyford, D18 | 085 233 5503 | 24 th Jan | Fidelma | 6 Cullenswood Park, Ranelagh, D6 | 087 295 7971 |
| | 13 th Dec | Vraja | Rathfarnham, D16 | 086 195 2870 | 31 st Jan | Pam | 62 Loreto Ave, Rathfarnham, D14 | 087 790 5443 |
| | | | | | | | | |

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 8 th Nov | Sylvaine | 152 Clonmacnoise Rd, Crumlin, D12 | 086 883 9063 | Fri 13 th Dec | Susan | 21 Farmhill Road, Goatstown, D14 | 087 287 7501 |
| Fri 15 th Nov | Bronagh | 27 Stanford Green, Walkinstown, D12 | 086 408 6579 | Fri 10 th Jan | Karolina | 41 Sandyford Downs | |
| Fri 22 nd Nov | Amanda | 36 Brandon Rd, Drimnagh, D12 | 086 860 0019 | Fri 24 th Jan | Bronagh | 27 Stanford Green, Walkinstown, D12 | 086 408 6579 |
| Fri 6 th Dec | 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 at 8pm

Tues 5th November: Carmel, 48 Llewellyn Grove, Rathfarnham

Friday 6th December: Christmas Party at The Bijou, Rathgar. Phone Brenda 086 874 1455

Friday 10th January: To be decided; Nollag na mBan. Phone Brenda 086 874 1455

