



**Cuidiú**  
Caring Support for Parenthood

www.cuidiudse.ie  
cuidiudse  
Cuidiu Dublin  
South East Branch

## Dublin South East Branch Event Sheet May 2025

**Cuidiú** is an entirely **volunteer run charity**. Our services and events are open to everyone but, if you can, please support us by becoming a member. Full-year membership is **€25** (plus PayPal fees): [www.cuidiu.ie/membership](http://www.cuidiu.ie/membership). Benefits include:

- Access to our members-only WhatsApp group
- Access to our members' library (pregnancy, birth, breastfeeding & parenting books)
- Discounted access to certain Cuidiú events
- Access to our Cuidiú Discount Scheme



Membership queries: [cuidiudsemember@gmail.com](mailto:cuidiudsemember@gmail.com)  
Library queries: 087 957 6352  
General queries: [dublinsoutheast@cuidiu.ie](mailto:dublinsoutheast@cuidiu.ie)

### INTERESTED IN VOLUNTEERNIG?

Are you a Cuidiú member? Would you like to join the branch Committee? Vacant roles:

**Secretary - Social Media Rep - Event Sheet Rep**

**Parent Supporters** are parents trained with communication, facilitation & counselling skills (but are not licenced counsellors). They can provide a listening ear and support for anyone who would like to talk in confidence about the ups and downs of parenting.

Phone any time:

Aga 085 133 6896  
Catherine 087 121 3429  
Claire G. 087 747 0523  
Melanie 083 372 7113  
Sandy 086 043 8642



Our Cuidiú trained **Breastfeeding Counsellors (BFCs)** can give information and encouragement, at any time. Tip: try texting to arrange a time to call, or call the next person on the list if there is no answer.

Aga 085 133 6896  
Clare D. 086 858 5899  
Lea 087 205 0617  
Mary 087 069 2193  
Róisín 087 666 8069  
Sandy 086 043 8642  
Stella 086 381 5497  
Zita 087 979 3671

**Hospital standard  
breast pump  
available to hire**

Contact:  
**Clare 086 858 5899  
or Cita 086 856 5787**

## ONLINE BUMPS, BABES & BEYOND

Parents, expectant parents, babies, toddlers and children of all ages are welcome to meet and chat at our online support meeting. **Monday 12<sup>th</sup> May, 7 - 9pm**, hosted by **Sharon**. Cost: voluntary €2 donation for members and €4 for non-members. Contact Sharon on 085 703 8318 for the link.

## BABY & TODDLER PLAYGROUP

Location: **Foxrock Parish  
Pastoral Centre**

Cost: €4 members  
€7 non-members  
Includes tea / coffee & biscuits

Free parking within the blue area.  
Contact **Orna** on 086 196 0138 with any queries.  
\* Playgroup will not take place June – August \*



## THURSDAY MORNING SUPPORT MEETINGS 10am – 12pm

### Breastfeeding Support

Make friends and chat. Everyone welcome, whether you are pregnant, breastfeeding, chestfeeding, combination feeding or exclusively pumping. BFCs will be in attendance.

**1<sup>st</sup> May** at **Lea's home (Sandycove)** 087 205 0617  
**15<sup>th</sup> May** at **Mary's home (Killiney)** 087 069 2193  
**29<sup>th</sup> May** at **Doireann's home (Dundrum)** 087 946 3860

### Bumps & Babies

Expectant parents, parents and babies welcome. Make friends and ask questions in a supportive setting. Some venues are also suitable for toddlers (check with the host).

**8<sup>th</sup> May** at **Aoife's home (Deansgrange)** 087 737 0794  
**22<sup>nd</sup> May** at **Rebecca's home (Blackrock)** 085 271 3350

Cost: voluntary €2 donation for members and €4 for non-members.  
Contact the host to RSVP and get the full address.

If you are interested in hosting a Coffee Morning (and you are a Cuidiú member) please message Lea on 087 205 0617.

