



ONLINE SUPPORT MEETING 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 9th June 7 - 9pm**, hosted by **Sharon**. Contact Sharon on 085 703 8318 for the link.

Dublin South East Branch Event Sheet June 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. 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

Library queries: 087 957 6352

General queries: 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 licensed 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

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**

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 July – August ***

In contrast to previously advertised, Playgroup will run until Friday 27th June and will restart on Friday 5th September.



THURSDAY MORNING SUPPORT MEETINGS 10am – 12pm

Breastfeeding Support

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

5th June at **Mary's home (Killiney)** 087 069 2193

19th June at **Lea's home (Sandycove)** 087 205 0617

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).

12th June – No host available. **Can you help?**

26th June at **Kay's Kitchen, Frascati Centre, Blackrock**. Host: **Rebecca** 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.

