

# Blue Mountains Group Meetings

## March - June 2022



Australian  
Breastfeeding  
Association

We hope to see you at a meeting soon whether you are a new mum or have years of experience — you may just have the experience that another mother needs to hear. That is what mother-to-mother support is all about.

Warm regards,  
Debbie  
[abablumountains@gmail.com](mailto:abablumountains@gmail.com)

### Our upcoming events

Thursday, 31 March 2022, 10:00am	Casual play and chat at Wentworth Falls Lake Playground, 31 Sinclair Crescent, Wentworth Falls.*
Monday 11 April 2022, 10:00am	Casual play and chat at Glenbrook Park, Park Street, Glenbrook.**
Thursday, 28 April 2022, 10:00am	What's in it (breastfeeding) for me. This meeting is being held in a Katoomba home. Address will be supplied when you RSVP

### 2 to 8 May is National Mothering Week. The theme for this year is 'Nourishing the mother'

Monday, 2 May 2022, 10:00am	Join us for morning tea that will not only nourish your tummy but also nourish the mother. 20 Mile Hollow Café, 68 Great Western Highway, Woodford.
Thursday, 12 May 2022, 10:00am	Casual play and chat at Glenbrook Park, Park Street, Glenbrook.**
Monday, 23 May 2022, 10:00am	Casual play and chat at Wentworth Falls Lake Playground, 31 Sinclair Crescent, Wentworth Falls.*
Thursday, 9 June 2022, 10:00am	Casual play and chat at Glenbrook Park, Park Street, Glenbrook.**
Monday, 20 June 2022, 10:00am	Morning tea at 20 Mile Hollow Café, Great Western Highway, Woodford. 68 Great Western Highway, Woodford.

### Notes:

Events are subject to change. Keep up-to-date on our public Facebook page [facebook.com/ABablumountains](https://facebook.com/ABablumountains) or our private member's Facebook page [facebook.com/groups/abanepeanbluemountainsregion](https://facebook.com/groups/abanepeanbluemountainsregion) or RSVP to events to be notified of changes such as wet weather changes or cancellations.

Look for our ABA banner which will be on display at the venue. We use either a tear-drop banner, or a banner tied to a fence, or an A4 logo in a café.

Wet weather venues will more than likely be a late change.

\* **Wentworth Falls Lake Playground.** Our wet weather back up plan is 20 Mile Hollow Café, Great Western Highway, Woodford. 68 Great Western Highway, Woodford.

\*\* **Glenbrook Park.** Our wet weather back up plan is 2773 Café, 19 Ross St, Glenbrook.



ABA Nepean Blue Mountains  
members private Facebook page



ABA Blue Mountains public  
Facebook page

# Blue Mountains Group Bulletin

## March – June 2022



**Australian  
Breastfeeding  
Association**

ABN: 64 005 081 523 RTO: 21659

### Local Blue Mountains Group

 [abablueMountains@gmail.com](mailto:abablueMountains@gmail.com)

 [aba.asn.au/bluemountains](http://aba.asn.au/bluemountains)

 [facebook.com/ABABluemountains](https://facebook.com/ABABluemountains)

 [facebook.com/groups/abanepeanbluemountainsregion](https://facebook.com/groups/abanepeanbluemountainsregion)

 [instagram.com/abablueMountains](https://instagram.com/abablueMountains)

### National

 [breastfeeding.asn.au](http://breastfeeding.asn.au)

 1800 686 268 (National Breastfeeding Helpline)

 [facebook.com/groups/BreastfeedingwithABA](https://facebook.com/groups/BreastfeedingwithABA)

 [instagram.com/ozbreastfeeding](https://instagram.com/ozbreastfeeding)

 [shop.breastfeeding.asn.au](http://shop.breastfeeding.asn.au)



The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information support service.

Breastfeeding is a practical, learned skill and ABA helps more than 80,000 mums each year. With dedicated groups to help and support mums. You are welcome to come along to one of our **Blue Mountains Group** catch-ups today!



ABA Blue Mountains Group page  
on the Association website

ABA Blue Mountains public  
Facebook page



ABA Blue Mountains Instagram  
Follow us on Instagram



ABA Nepean Blue Mountains  
members private Facebook page



ABA National public Facebook  
page

## Did you know?

All Australian Breastfeeding Association counsellors are volunteers and receive no payment for the work they do.

Your membership enables us to train breastfeeding counsellors and to provide support and information to mothers just like you.

As a thankyou for joining, new members receive a welcome gift; a free copy of our best-selling book *Breastfeeding ... naturally*, to help answer questions that every parent has about breastfeeding (rrp \$34.95).

## Why join ABA

	Member	Visitor
Local group access	Unlimited	2 free
Breastfeeding Helpline	✓	✓
LiveChat	✓	✓
mum2mum app	✓	✓
mum2mum app premium content	Free	\$
Breast pump hire	½ price	Full price
Email counselling	✓	✗
<i>Essence</i>	✓	✗
eNewsletter	✓	✗
Breastfeeding Education Classes	\$20	\$125
Access to our closed Facebook group	✓	✗
Access to our local group library	✓	✗

## Become a member today!

[breastfeeding.asn.au/membership](http://breastfeeding.asn.au/membership) or 03 9885 0855  
\$70 new members and \$60 renewal  
\$55 concession and \$50 concession renewal  
\$110 for 2-years and \$100 for 2 year renewal.

## Local Groups

Find friendship and encouragement and have questions answered at local get-togethers run by trained breastfeeding volunteers. Everyone can come along regardless of how you feed your baby. Partners and older children are welcome too.

## Help with breastfeeding

Have access to qualified breastfeeding counsellors 7-days-a-week including:

- National Breastfeeding Helpline — 1800 686 268
- LiveChat — see website for details  
[breastfeeding.asn.au](http://breastfeeding.asn.au)
- email counselling — see website for details  
[breastfeeding.asn.au](http://breastfeeding.asn.au)

## Breastfeeding information

### • *Essence* Magazine

Published every 3 months, it is packed with the latest breastfeeding information and interesting articles.

### • Member eNewsletter

Have the latest news, information and special offers from the Australian Breastfeeding Association

### • mum2mum app

The app has been designed to provide you with all of the breastfeeding information and support you need at your fingertips. Find the answers to some commonly asked questions.

## Preparing for breastfeeding

Expecting a baby? Attending either a Breastfeeding Education Class (BEC) or an online Breastfeeding Education Live (BEL) complements and expands on any knowledge gained at antenatal classes. Come to a relaxed, information-packed BEC or BEL for expectant mothers and their partners! For further information and to register, please visit: [breastfeeding.asn.au/classes](http://breastfeeding.asn.au/classes)

## Breast pump hire [abablumountains.com](http://abablumountains.com)

The Australian Breastfeeding Association hires hospital-grade breast pumps. Discounts of 50% are available for members. For more information email: [bmbreastpumphire@gmail.com](mailto:bmbreastpumphire@gmail.com) or phone Grace on 0423 848 584.

**Breastfeeding Helpline**  
**1800 mum 2 mum**

**1 8 0 0 6 8 6 2 6 8**

The National Breastfeeding Helpline is supported by funding from the Australian Government

### YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.