



Australian Breastfeeding Association

If you enjoy being a part of our group, you may wish to join as a member to enjoy all of the benefits that ABA offers.

As a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.



Are you expecting?

Breastfeeding Education Live

Claim our **BEL refund offer** to attend this class **FREE** for ABA members. Join ABA at breastfeeding.asn.au, book your BEL session (scan the QR code above), then send proof of payment plus bank details to mrbowen@hotkey.net.au to claim your refund.

Thank you to Leonie Hiscutt, MLC and her office for the photocopying of these diary dates to support ABA.

Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group get-together or
- by phone:

Tana – 0428 204 076 (**Co-Group Leader**)

Marion (Co-Group Leader and Breast Pump Hire) – 6425 5780

Suzanne – 6437 2462

Felicity - 0455 485 501

Claire – 0467 271 861

Or go to our website:
breastfeeding.asn.au
(includes LiveChat)

Or call:



Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

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

Babies, mothering, breastfeeding



Ulverstone-Penguin Area Activities: (online and face-to-face)



July - December 2022





MUMS' GROUP ACTIVITIES (July - December 2022)

Tas Central Coast Group diary dates

The Tas Central Coast Group of the Australian Breastfeeding Association meets on the first and third Fridays of the month, with additional events when there is a fifth Friday including a dessert evening too – yum!

All are welcome at our get-togethers—a great way to meet other mothers! You don't need to join ABA, have a problem or be breastfeeding to come along – our group activities in Tasmania are **FREE** to all. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, friends and support people are also welcome! Our get-togethers are led by trained volunteers and include informal discussions as well as guest speakers.

Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

All Zoom informal discussions run from 12:00 noon – 1:30pm. All social get-togethers run from 10:30am – 12:30pm except where noted. Don't worry if you're running late – we're glad to see you whenever you can get there!! **Dessert evenings start at 7:30pm.**

DATE and TIME	DISCUSSION TOPIC/EVENT	VENUE
Friday 1 st July 12:00 noon - 1:30pm	<i>Returning to work and breastfeeding</i>	Online via Zoom*
Friday 15 th July 10:30am – 12:30pm	<i>Libido, loving and lactation**</i>	No. 34 Alexandra Road, Ulverstone (Multipurpose room down the back at the Aboriginal Health Service)
Friday 29 th July 10:00am – 12:00 noon (Please note earlier start/finish)	Combined social cuppa morning with ABA Devonport Group**	Meercroft Park Pavilion (soccer rooms), car park off Bluff Road, Devonport
Friday 5 th August 12:00 noon – 1:30pm	(World Breastfeeding Week 1 st -7 th August) <i>Early days and maintaining breastfeeding</i>	Online via Zoom*
Friday 19 th August 10:30am - 12:30pm	Social cuppa morning**	No. 34, Alexandra Road, Ulverstone
Friday 2 nd September 12:00 noon – 1:30pm	<i>Supporting your postnatal body: exercise, pelvic floor and common musculoskeletal complaints</i> (Guest speaker***)	Online via Zoom*
Friday 19 th September 10:30am - 12:30pm	<i>A-Z of breastfeeding**</i> (please bring any questions you have too)	No. 34, Alexandra Road, Ulverstone
Friday 30 th September 7:30pm start	Dessert night**	To be announced (TBA)
Friday 7 th October 12:00 noon – 1:30pm	<i>Weaning – when, why and how?</i>	Online via Zoom*
Friday 21 st October 10:30am – 12:30pm	Social cuppa morning**	No. 34, Alexandra Road, Ulverstone
Friday 4 th November 12:00 noon – 1:30pm	<i>Sleep and settling – science and solutions</i>	Online via Zoom*
Friday 18 th November 10:30am-12:30pm	Pram walk** (If the weather is unkind, we'll skip the pram walk and start and finish at No. 34 for a cuppa)	Starting at the Rocket Park, Ulverstone and ending up for a cuppa at No. 34 Alexandra Road Ulverstone.
Friday 2 nd December 12:00 noon- 1:30pm	<i>Out and about – social functions and expressing</i>	Online via Zoom*
December	End of year event**	Date and details TBA



Find us on Facebook
facebook.com/tascentralcoastaba



* Meeting ID: 513 214 6735. Zoom link is also emailed to ABA members and available on our Facebook group page
 ** **Please read Group Leader emails/Facebook page to ensure Covid requirements are met for our face-to-face events** to help keep all attendees safe/**check re late cancellation of face-to-face events. Please contact Marion if unsure on 0409 899 136.***
 *** This presentation may include information which is not in accordance with ABA policies and position statements.