



## 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.



### \$25 CASHBACK rebate

for new **and** renewing ABA members in Tasmania\*

for each twelve months of membership.  
(Gift memberships are not eligible this time.)

To claim your refund: email your ABA membership receipt and bank details to: [tasbp@breastfeeding.asn.au](mailto:tasbp@breastfeeding.asn.au)

\*offer valid 1<sup>ST</sup> January – 30<sup>th</sup> June 2023

## Are you expecting?



Claim our **BEL refund offer** to attend this class **FREE** for ABA local group members. Join ABA at [breastfeeding.asn.au](http://breastfeeding.asn.au), book your BEL session (scan the QR code above), then to claim your refund, send proof of payment plus bank details to [ptmcmullen60@bigpond.com](mailto:ptmcmullen60@bigpond.com)

**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

**Claire** – 0467 271 861

Or go to our website:

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

(includes LiveChat)

Or call:



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

**1 800 686 268**

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

## Babies, mothering, breastfeeding

Find support in your local area



Connect with mums in your community

## Ulverstone-Penguin Area

**Activities:**  
(online and face-to-face)



January - June 2023





**Australian  
Breastfeeding  
Association**

## 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 (excepting April), with occasional additional events e.g. dessert nights when there is a fifth Friday - 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 'Info and Chats' run from 12:00 noon - 1:30pm. All other day events run from 10:30am - 12:30pm unless stated otherwise.** Don't worry if you're running late - we're glad to see you whenever you can get there!! **Dessert nights start at 7:30pm.**



Find us on Facebook  
facebook.com/tascentralcoastaba



## MUMS' GROUP ACTIVITIES (January - June 2023)

| DATE and TIME  | EVENT/TOPIC  | VENUE  |
|--|--|--|
| Friday 6th January<br>12:00 noon - 1:30pm  | Info and Chat: 'Off to a good start with breastfeeding'                  | Online via Zoom*   |
| Friday 20 <sup>th</sup> January<br>10:30am - 12:30pm                               | Pram Walk and Talk**   | Meet at car park, beach-end of Victoria St. Ulverstone                             |
| Friday 3 <sup>rd</sup> February<br>12:00 noon - 1:30pm                             | Info and Chat: 'Expressing: do I need to?'                               | Online via Zoom*   |
| Friday 17 <sup>th</sup> Feb<br>10:30am - 12:30pm                                   | Pram Walk and Talk**   | Meet at car park near the skate park/boat ramp, western end of Main Beach, Penguin |
| Friday March 3 <sup>rd</sup><br>12:00 noon - 1:30pm                                | Info and Chat: 'Introducing family foods and allergens Guest Speaker'*** | Online via Zoom*   |
| Friday 17 <sup>th</sup> March<br>10:30am - 12:30pm                                 | Pram Walk and Talk**   | Meet at Devonport Bluff car park (Surf Club end), Bluff Rd, Devonport              |
| Friday 31 <sup>st</sup> March<br>Starting at 7:30pm                                | Dessert night**  | To be advised  |
| Friday 7 <sup>th</sup> April   |  | <b>No event as it is Good Friday</b>   |
| Friday 14 <sup>th</sup> April<br>12:00 noon - 1:30pm                               | Info and Chat: 'Sorting out milk supply: too much/not enough'            | Online via Zoom*   |
| Friday 21 <sup>st</sup> April<br>10:30am - 12:30pm                                 | Info and Chat: 'Babies/children and medicines/drugs Guest Speaker' ***   | Multi-purpose room, No. 34 Alexandra Rd, Ulverstone (Aboriginal Health Service)    |
| Friday 5 <sup>th</sup> May<br>12:00noon - 1:30pm                                   | Info and Chat: 'Infant sleep: what is normal?'                           | Online via Zoom*   |
| Week of 8 <sup>th</sup> - 14 <sup>th</sup> May<br>Specific date/time to be advised | Extra Cuppa and Chat to celebrate National Mothering Week                | To be advised  |
| Friday 19 <sup>th</sup> May<br>10:30am - 12:30pm                                   | Info and Chat: 'Breast and nipple care and recovery'**                   | No. 34, Alexandra Rd, Ulverstone   |
| Friday 2 <sup>nd</sup> June<br>12:00 noon - 1:30pm                                 | Info and Chat: 'About ABA: how can they help me?'                        | Online via Zoom*   |
| Friday 16 <sup>th</sup> June<br>10:30am - 12:30pm                                  | Info and Chat: 'Why is my baby fussy and what can I do?' **              | No. 34, Alexandra Rd, Ulverstone   |

\* Meeting ID: 513 214 6735. Zoom link is also emailed to ABA members and available on our Facebook group page.

\*\* **Attendees are requested to not attend if you or anyone in your household is unwell. We thank you for your consideration and efforts to keep our community safe and healthy. Please read Group Leader emails/Facebook page to check re late cancellation of face-to-face events due to illness . Also, if the weather is wet or too windy , the 'Pram Walk and Talk' will be changed to a 'Cuppa and Chat' at our indoor back-up venue, No. 34 Alexandra Road, Ulverstone instead. Please contact Marion if unsure on 0409 899 136 or Tana on 0428 204 076.**

\*\*\* This presentation may include information which is not in accordance with ABA policies and position statements.