

# OUR SERVICES

## NEWCASTLE/HUNTER REGION



### LIBRARY

Contains a selection of material regarding all things parenting.  
Located at the Mums Cottage in Holmesville



### BREASTFEEDING EDUCATION: *Discounted rate for members*

Online breastfeeding preparation sessions: Information available on website



### REGULAR MEETINGS

Face-to-face meetings available. Our region hosts various events throughout the year. For more details see overleaf. Additional events are often added and will be posted on our regional facebook and calendar. So keep an eye out for updates!



### BREAST PUMP HIRE

#### *Discounted rate for members*

For more detail contact:

Newcastle Group: *Eliza* - 0447 398 500

Lake Macquarie Group: *Kathleen* - 0421 343 924

Upper Hunter Group: *Marion* - 0459 458 001

LiveChat



### NEED HELP NOW?

- Talk to one of our trained volunteers on **Livechat**, or
- Call our free Breastfeeding Helpline.  
It is available 24/7, 365 days a year: **1800 mum 2 mum**

JOIN US at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) or phone **03 9885 0855**

- \$70: 1 year personal membership
- \$90: 1 year personal membership + education
- \$55: 1 year concession membership
- \$75: 1 year concession membership + education
- \$110: 2 year personal membership

Professional membership is available for \$195 a year.  
There are a range of benefits specific to professionals.

See our website for more information

<https://abaprofessional.asn.au/memberships/>

HAVE YOU  
CHECKED  
OUT OUR  
PODCAST?



breastfeeding...

with **ABA**

made by parents, for parents

Find out more at  
[blog.breastfeeding.asn.au](http://blog.breastfeeding.asn.au)  
or search for us on your  
favourite podcast app.

# OUR CALENDAR 2023-2024

NEWCASTLE/HUNTER REGION

ANYONE WELCOME!

## APRIL

Wednesday 3rd 10am - 12pm	<b>Connect and Share</b> <i>Topic: sleep</i>	Mums Cottage, Holmesville
Wednesday 17th 10am - 12pm	<b>Chat and Play</b>	Thomas H Halton Park Playground - Croudace Bay

## MAY: National Volunteer Week starts 20th of May

Wednesday 1st 10am - 12pm	<b>Connect and Share</b> <i>Topic: Self Care</i>	Mums Cottage, Holmesville
Friday 10th 10am - 11:30am	<b>Chat and Play</b>	Information Centre Café & child play area, High St Maitland
Monday 13th & Wednesday 15th 10am - 12pm	<b>You're Kidding Me Expo stall</b>	Charlestown Square
Monday 20th 10am - 12pm	<b>Chat and Play</b>	Play Cafe Cessnock

## JUNE

Wednesday 6th 10am - 12pm	<b>Connect and Share</b> <i>Topic: Introducing solids</i>	Mums Cottage, Holmesville
Monday 17th 10am-11:30am	<b>Chat and Play</b>	Play Cafe Cessnock
Wednesday 19th 10am - 12pm	<b>Chat and Play</b>	Warner Park Playground - Warners Bay
Wednesday 26th 10am - 12pm	<b>Chat and Play</b>	Information Centre Café & child play area, High St Maitland

## JULY: Naidoc Week - For Our Elders starts 7th of July

Wednesday 10th 10am - 12pm	<b>Connect and Share: NAIDOC week</b>	Mums Cottage, Holmesville
Wednesday 24th 10am - 11:30am	<b>Walk and Talk</b>	MAC Yapang Sculpture Park - Booragul

## AUGUST: World Breastfeeding Week starts 5th of August

Wednesday 7th 10am - 12pm	<b>Connect and Share:</b> <i>Topic is Early Days/Nipple Care</i>	Mums Cottage, Holmesville
Monday 19th 10am - 11:30am	<b>Chat and Play</b>	Play Cafe Cessnock
Wednesday 21st 10am - 12pm	<b>Chat and Play</b>	Richley Reserve Playground - New Lambton
Tuesday 27th 10am - 12pm	<b>Chat and Play</b>	Information Centre Café & child play area, High St Maitland

## SEPTEMBER

Wednesday 4th 10am - 12pm	<b>Connect and Share</b> <i>Topic: Supply Too much/too little?</i>	Mums Cottage, Holmesville
Monday 16th 10am - 12pm	<b>Chat and Play</b>	Play Cafe Cessnock
Wednesday 18th 10am - 12pm	<b>Chat and Play</b>	Speers Point Park, near Table 1 Espresso - Speers Point
Saturday 21st & Sunday 22nd	<b>Living Smart and Living Together Festivals - ABA Feed and Change Tent</b>	Speers Point Park

### JOIN OUR NEWBORN VIRTUAL VILLAGE!

Meet other new parents online for support  
and tips in the early days and weeks.  
*See website for more details.*

Please contact your local group for details and Zoom link

Newcastle: Bek - 0434 163 238 - lakemacaba@gmail.com  
Lake Macquarie: Kathleen - 0421 343 924 - cusack.kathleen@gmail.com  
Hunter: Lauren - 0459 381 633 - lowerhunteraba@gmail.com