

Tas Central Coast Group

The Tas Central Coast Group of the Australian Breastfeeding Association (ABA) generally **meet face-to-face fortnightly** (except for Jan/Feb and Easter) with occasional additional events e.g. dessert nights when there is a fifth Friday - yum! ABA Tasmania Branch also offers monthly online Zoom 'Info and Chat' discussions (first Friday of the month).

All are welcome at our get-togethers—a great way to meet other mothers! **Introductory membership to ABA is FREE** and you don't need to 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).

Are you expecting?



Prepare for breastfeeding success with our interactive online class. Our local \$20 refund offer makes this class **FREE** when you sign up to **Virtual Village Plus**. To claim, book your class online, then send proof of payment and your bank details to: ptmcmullen60@bigpond.com

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 (**Group Leader**)
Marion (Breast Pump Hire) – 6425 5780
Suzanne – 6437 2462

Or go to our website:

breastfeeding.asn.au
(includes Livechat)



12.00 p.m. – 2.00 p.m. Monday and Friday and
8.00 p.m. – 10.00 p.m. weekdays

Or call our 24-hour 7-day
National Breastfeeding Helpline:



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

Babies, mothering, breastfeeding



Ulverstone-Penguin Area

Activities:

(online and face-to-face)



January – June 2024



TAS CENTRAL COAST MUMS' GROUP ACTIVITIES (January – June 2024)



DATE	TIME	EVENT/TOPIC	VENUE
Friday, 5 January	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘Weaning: all you need to know’	Online via Zoom*
Friday, 19 January	10.30 a.m. – 12.30 p.m.	Pram Walk and Talk**	Meet near the Beach Hut Coffee (café), end of Victoria St, Ulverstone walking to Ottos’ Grotto area
Friday, 2 February	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘4 months old...now what?’	Online via Zoom*
Friday, 9 February	10.30 a.m. – 12.30 p.m.	Blue Gum facilities tour and Cuppa and Chat**	Blue Gum Child and Family Learning Centre, 34 Maud St, West Ulverstone
Friday, 23 February	10.30 a.m. – 12.30 p.m.	Info and Chat** – ‘Starting solids.– when and how’	Multi-purpose room, No. 34 Alexandra Road, Ulverstone (Aboriginal Health Service)
Friday, 1 March	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘Understanding your supply’	Online via Zoom*
Friday, 8 March	10.30 a.m. – 12.30 p.m.	Cuppa and Chat**	Member’s home (to be advised)
Friday, 22 March	10.30 a.m. – 12.30 p.m.	Info and Chat** – ‘Understanding baby’s sleep and tips that help’	No. 34 Alexandra Rd, Ulverstone
Friday, 5 April	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘Mothering more than one’	Online via Zoom*
Friday, 12 April	10.30 a.m. – 12.30 p.m.	Info and Chat** – ‘Expressing, do I need to?’	No. 34, Alexandra Road, Ulverstone
Friday, 26 April	10.30 a.m. – 12.30 p.m.	Cuppa and Chat**	Sophie’s home, 245 Castra Rd, Ulverstone
Friday, 3 May	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘Introducing solids ... and allergy’ (Guest Speaker***)	Online via Zoom*
		National Mothering Week 6th-12th May	
Friday, 10 May	10.30 a.m. – 12.30 p.m.	Info and Chat** – ‘Your pregnant and postnatal body’ (Guest Speaker***)	No. 34, Alexandra Rd, Ulverstone
Friday, 24 May	10.30 a.m. – 12.30 p.m.	Cuppa and Chat**	No. 34, Alexandra Rd, Ulverstone
Friday, 31 May	From 7.30 p.m.	Dessert night**	To be advised
Friday, 7 June	11.30 a.m. – 1.00 p.m.	Info and Chat – ‘Wakeful babies – what’s normal?’	Online via zoom*
Friday, 7 June	10.30 a.m. – 12.30 p.m.	Info and Chat** – ‘Breast and nipple care’	No. 34, Alexandra Rd, Ulverstone
Friday, 21 June	10.30 a.m. – 12.30 p.m.	Cuppa and Chat**	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. For security, and quick admission from the online waiting room, please use your real name on Zoom. Aliases or device names may not be admitted.

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. As public health circumstances and venue availability may change, we reserve the right to alter details without notice. 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 Rd, Ulverstone instead. Please contact **Tana on 0428 204 076 or Marion on 0409 899 136 if unsure.

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

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



facebook.com/tascentralcoastaba



If you enjoy being a part of our group, you may wish to extend your **FREE Introductory Membership** to a **Virtual Village** or **Virtual Village Plus membership** to enjoy all the benefits that ABA offers.

As we are a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community. Please go to: <https://www.breastfeeding.asn.au/memberships> for further information about our membership options.

If you are having a ‘good’ day, please bring a small plate of morning tea to share at our face-to-face events. If it’s not a good day, please come along anyway and receive some support and socialising! We are happy to share 😊 and please let any worry go if you are running late, we are glad to see you whenever you arrive!