

Brunswick Group Bulletin

Includes:

Brunswick, Carlton, North Carlton and Parkville.



australian
breastfeeding
association

ABN 64 005 081 52

November – December 2011

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If you are not already a subscriber, please subscribe now to help ensure this service can continue.
<http://www.breastfeeding.asn.au/subscription> or page 9 of your bulletin

Breastfeeding Information and Support

Group Leader:	Janette	9386 3738	janette.beeston@bigpond.com
Group Counsellors:	Jen	9387 3221	jenhocking@netspace.net.au
	Jacinta	9380 2041	jacinta@datacodsl.com
Trainee Counsellors:	Sarah	0423 138 090	
24-Hour Breastfeeding HELPLINE:	1800 686 2 686 (1800 mum 2 mum)		
Breast Pump Hire:	9791 4644		
ABA Website:	www.breastfeeding.asn.au		
Vic Branch Website:	www.abavic.asn.au		
Brunswick Group Website:	www.abavic.asn.au/brunswick.htm		

From Our (retiring) Group Leader

Hello and welcome to this very, very late edition of the group bulletin of the Australian Breastfeeding Association in Brunswick.

This is my last greeting to you as Group Leader!

In 2003 I began my training as a breastfeeding counsellor with the group - Jacinta was my "doula" or support person during my training, and Janette was group leader for some time before handing it over to Jacinta. I qualified as a counsellor in early 2005 and took over shortly after as a sort of "co-leader" with Jacinta.

It is a rather unique and addictive experience to be part of a local ABA group...let me explain: mums and their babies come to their first meetings - sometimes I get to cuddle and walk around with new little kidlets, hear about birth experiences - some triumphant, some harrowing - sometimes I can provide a little help and support with the new breastfeeding relationship - although more often than not it is other members of the group that do the most in that direction. Meetings and members come and go - meetings, walks, ongoing breastfeeding journeys.

Sometimes, a little later down the track I meet a mum and their Big Kid - it is carefully explained that I am someone who has known them since they were tiny - maybe even given them a cuddle as a 4 week old (insert eye roll here). Sometimes the brood has grown - it is wonderful to see them all - little variations on a theme.

Then there are the inevitable intersections at the footy club, school, the gym, netball, even the pub. (Looking forward to a past breastfeeding baby buying me a beer - only about six years away by my calculation, although Reuben Covington is already eligible.)

Somehow I feel bit like I have been able to be a part of the fabric of Brunswick in the past

eight years - thanks to this wonderful ABA Brunswick group for allowing me to be.

Highlights:

Taking my children to ABA meetings and gatherings - breastfeeding at first, spectating later on. In many ways, this was their first playgroup - where breastfeeding was Normal, if not downright compulsory!

Hearing a new member, who had struggled with breastfeeding in the early weeks, say that she had already decided to breastfeed her child for two years - even before he was born.

Helping several members birth their babies - in my professional role - without realising they were members! Others joined ABA after the event....such a privilege to see these little people growing up.

So many of the discussion meetings were sheer enjoyment - articulate and thoughtful contributions, happy kid noise and play, delicious morning teas, welcome cups of tea, shared experiences of the highs and lows of motherhood. I do hope the attendees enjoyed them - I had a ball.

So thanks again to you all for giving me all that joy. Breastfeeding in Brunswick has a pretty rosy outlook, which probably means life in Brunswick is looking good too.

I'm not really going anywhere - I will still remain in the group as a counsellor and still come to meetings when I can. I am finishing off my masters degree in Midwifery, hopefully by early next year, and then I need to have a think about the next step - breastfeeding research beckons...

Thanks so much to Janette for offering to take on the role as Group Leader

Lots of love from
Jen

Jen Hocking

From Our (returning) Group Leader

I would like to start by saying a hearty thanks to Jen for all her work of recent years as group leader, - all six of them, and a few years longer than most turns at Group Leader.

What an effort! Jen has done a wonderful job keeping our group going and strong, and in particular, I have always enjoyed the way she is especially interested in each and every one of us as she has so beautifully described.

So yes, if you are doing your sums, and if I was group leader before Jen qualified as a counsellor, then I have been around for a long time too. My babies are now 16 and 14 years old, both taller than me, and I have been a counsellor for over 10 years. Somehow, looking back, they do seem to have gone quickly, but what I want to say is this..., 'what a wonderful organization the ABA is'.

For some of these 10 years as a counsellor, my work has been a bit 'quieter' and in the background. While still active as a counsellor and hiring out breast pumps for our group, I have not always been so actively involved in the day to day running of the group. Many thanks are due to Jen and also Jacinta for all their work leading our group over these years, but maybe I could also take this opportunity to say a thankyou to all the past counsellors of the past 16 years who have supported me in my journey. In particular I would like to mention Karen Ditty, Renata James, and Robyn Laurie who, with Jen and Jacinta, in one way or another, have been role models for me. It has also been their ability to recognize and appreciate what I was able to contribute at different times, which have all contributed to me being where I am now.

It has been their ability to recognize and appreciate what I was able to contribute at different times, which have all contributed to me being where I am now.

But still, I came to a place in my life where I thought I might drift, and resign, and go and do something else. But before I went, I did give the ABA one last look, and over the last two years, I have learnt to see the Australian Breastfeeding Association with new eyes. Not that it ever wasn't a great place to be; it's just that when we are in something, unfortunately we don't always see the big picture so clearly or with such gratitude.

The depth and commitment to mothering and breastfeeding, and mother to mother support is what we are all about. And I feel it is this that I have learnt, in its own turn, that helps to keep us all strong whatever our circumstances of mothering, or where we are in our mothering journey.

And so, I look forward to being Group Leader again, and I would like to be able uphold the same standards of inclusiveness that Jen and all my ABA ancestors have done so well. Also congratulations to Sarah Simmonds who is beginning her counsellor training, - talk of keeping the cycles going, Sarah is second generation ABA. How wonderful.

More news next time, and hope to see you all at some meetings soon,

Janette

Janette Beeston

Acknowledgement

Thank you to Kelvin Thompson's office for their help with photocopying our bulletin.

Group Matters

Meeting Offers

A big thank you from Janette to everyone who has replied regarding venues for meetings. She cannot use all the offers in these next few months, but will call you first for the next bulletin. It has made her job easier already.

Auditing Finances

Before Jen can formally be released from the job of Group Leader we need our financial books audited. We have 4 years of 'books' to be done, and in 2007-8 there are less than 50 lines of payments and receipts each. Other years will be similar.

If anyone can help, or knows someone who might help, pro bono, or a good deal, please let Janette know at janette.beeston@bigpond.com.

Evening Meetings

Evening meetings are something that hasn't happened so often for a little while, but our group leader Janette would like to encourage you to think about them. They can be a pleasant evening out, often without toddlers, who are safe home in bed, but of course, babes in arms are always welcome. Evening meetings can offer a time and space for a quieter, or a more reflective conversation and have their own charms. If you would like some evening meetings organised please let your counsellors know.

Summer meetings

We are 'ageing' counsellors with school-aged children, some of whom are already coming out the other end of their schooling. Can those of you with little ones believe it? But it does just seem to happen all by itself, - though with a lot of work over the years! What this means for you is that sometimes in the school holidays our programme can be a bit lighter. And I don't know yet what my summer will be like, so keep an eye on those email reminders for some summer

gatherings. The next bulletin will come out again, with the new calendar, in February.

Bulletins

You will receive our group bulletin by email unless we have no email address for you, or you specifically request a hard copy. If you change your email address or wish to change from hard copy to email or vice versa, just email Rebecca on rihaidar@yahoo.com.au or any of the group counsellors.

Join our Facebook page!

Are you on Facebook? If so, why not join our Facebook group. Find us at 'ABA Brunswick'. This is a private group, so the space is for our members to share information and updates. Just click to join and you will get confirmation of your membership from the group moderators.

Not only do we find out more about the goings on for our members, we also get posts from other groups letting us know what is happening.

Photos

It is so great to have photos of our members and their families in the bulletin. Do you have a special photo of you and your baby which you would like to see in the bulletin? If so, please forward it to our bulletin editor, Lisa mckay-brown.lisa.j@edumail.vic.gov.au with details.

*Please note that any photo you submit will only be used for our bulletin.

Positions Vacant

Meeting Assistant

This is someone who can provide an extra pair of hands to help the counsellor and the meeting hostess in running the meeting.

Duties including welcoming members as they arrive and helping the meeting hostess with making teas and coffees, etc.

Skills required: Smiling.

Locality Mums

If you have a few hours you can spare four times a year where you can put up flyers or deliver brochures in your local area (e.g. to maternal and child health centres, libraries, sports centre, medical centres, etc), then this might be the job for you. There's always an opportunity to help make a small but tangible difference to getting the breastfeeding message out there in our local community.

Sonia Ingham

Brunswick Locality Mums Coordinator,

sonia_ingham75@yahoo.com.au

Ph. 0448 563 843

Locality Mums	Area
Kate Callister	Brunswick South East (incl MCHC Lygon St)
Anna Small	Brunswick South West (incl MCHC Victoria St)
Sonia Ingham	Brunswick South (incl Brunswick Library)
VACANT	Brunswick East (incl CERES)
VACANT	Brunswick North West (incl Campbell Turner Library)
VACANT	Carlton (incl Carlton Library & Carlton Family Resource Centre)
Ina Karnath	Parkville and Carlton North (incl MCHC Carlton Nth)
Jen Hocking	Royal Women's Hospital & pharmacy
VACANT	Royal Children's Hospital - Neonatal Unit & pharmacy
VACANT	Brunswick West, Central West, North East and Carlton South (these areas don't cover MCHCs or libraries but lots of other possible spots)

BEC Helpers

Our Breastfeeding Education Classes are in high demand. We need demo mums to give a demonstration feed and talk about their experiences. We would also like more helpers for setting up, registrations, welcoming participants, morning/afternoon teas and/or cleaning up.

If you are able to help for even an hour at any of the sessions, the BEC team would love to hear from you. Contact Jen or Jacinta or email Helen at tullamarinebecs@optusnet.com.au.

The final date for the year is:

- Sat 26/11/11 @ 9:30am-1:00pm

Skills required: *Smiling, Cutting up fruit.*

Contacting Your Local Counsellors

Just a reminder of when you are most likely to find your breastfeeding counsellors.

Jen

Ph: 9387 3221

Mobile: (0418) 910 238

Email: jenhocking@netspace.net.au

Jen works as a midwife and is studying, so her hours are unpredictable. Leave a voicemail message or text and she will get back to you.

Jacinta

Ph: 9380 2041

Email: jacinta@datacodsl.com

Jacinta is only contactable evenings and weekends. She doesn't have a mobile or answering machine. Jacinta prefers calls later in the evening after her children go to bed. She checks her email most evenings.

Janette

Ph: (03) 9386-3738

Email: janette.beeston@bigpond.com

Janette's hours are also unpredictable as she has her own business, as well involvement with various other activities. She prefers to be contacted during school hours.

And the 24-hour Breastfeeding Helpline has counsellors available at any time of the day or night.

Group Meetings

Babies, children and partners are welcome at all meetings. If you are having a good day, please bring a plate of something to share, otherwise just bring yourself and your child.

We look forward to seeing you at a meeting on this calendar.

Meetings Calendar September-October

A big thank you to our group administrators for sending out regular meeting reminders. Please sign up to email reminders or join our Facebook page to get regular updates, especially when the bulletin is delayed by the other lives of your volunteers.

November

Thursday 10th 10am-12pm.	Coffee morning with Janette. A time to have a cuppa and a chat and get to know other parents and their bubs/toddlers.	88 Donald Street, Brunswick. Ph: 9386 3738
Friday 18th 10am-12pm.	Moreland Energy Foundation: Keeping baby Cool. Like to know how to keep baby cool while minimising your impact on global warming? Then come along to this guest discussion meeting. Breastfeeding support and counselling available too!	236 Glenlyon Rd, Brunswick Ph: 9381 1335.
Monday 21 st 10am-12pm.	Group planning meeting. If you want to become more involved in our local group then this is the meeting for you.	88 Donald Street, Brunswick. Ph: 9386 3738

December

Thursday 1st 2pm-4pm.	'Dare I Say it, ...extended Breastfeeding' This is a hot topic at the moment and there has been a bit of media attention of late, especially due to a popular TV series adaptation of a book where extended breastfeeding is featured. Let's chat.	1/281 Union Street, Brunswick West. (Closest side street, Wyuna Street) Ph: 0432 271 277
Friday 9th Evening.	Christmas dinner break-up. Learn about what ABA is doing to promote breastfeeding and find out what things you can do to "share the love".	CERES Cnr Roberts and Stewart Streets, Brunswick East. RSVP to Janette on 9386 3738 or janette.beeston@bigpond.com
Friday 16 th 11am-12.30pm	The popular Princes Park Walk. Meet at 11 – finish up at the playground at 12:00, then stay for a play and a chat.	Ring Jen on 0418 910 238 for wet weather contingencies.

General Information

Group meetings are held on a variable basis. We try to mix it up a bit to give all our members a chance to attend a meeting.

Daytime meetings might tend to be livelier, with babies and older children being present, while evening meetings can allow a greater opportunity for more in depth discussion.

Partners are often more likely to be able to come along to weekend/weeknight meetings. At the discussion meetings, a counsellor or trainee counsellor will lead the discussion on the specific meeting topic. This is followed by refreshments and the chance for informal discussion. A counsellor is always available at the discussion meetings to discuss any queries or concerns you may have.

Soak'ems - Mattress Protector



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Orders and Enquiries:
Kellie Coghlan
P: 5821 8016
F: 5821 8123
E: kelliecoghlan@mcmmedia.com.au

Brunswick Group Directory

Breastfeeding HELPLINE

(24 hour 7 day a week Counselling Service)	1800 686 2 686 (1800 mum 2 mum)
Breast Pump Hire	9791 4644

Brunswick Group Contacts

Group Leader and Breastfeeding Counsellor:		
Janette Beeston	9386 3738	janette.beeston@bigpond.com
Breastfeeding Counsellors:		
Jen Hocking	9387 3221	jenhocking@netspace.net.au
Jacinta Covington	9380 2041	jacinta@datacodsl.com
Trainee Breastfeeding Counsellors		
Sarah Simmonds	0423 138 090	
Group Administration Team		
Rebecca Iadenza	0412 212 889	rihaidar@yahoo.com.au
Kate Callister	9381 1335	k.callister@internode.on.net
Locality Mums Coordinator		
Sonia Ingham	0448 563 843	sonia_ingham75@yahoo.com.au

Brunswick Group Helpers

Health Professionals Liaison Group	Janice Hoy	9484 9429
	VACANT	
Treasurer	Janette Beeston	9386 3738
Sales	Janette Beeston	9386 3738
Auditor	Colleen Kelly	
Meeting Assistants	Janice Hoy	9484 9429
	Jess Permezel	8300 0798
	Jane Kemelfield	9384 0384
Bulletin Editor	Lisa McKay-Brown	9354 0746
Bulletin Distribution Co-ordinator	Jen Hocking	9387 3221
Bulletin Distributors	Louise Bray-Sheehan	0405 844 221
	Angela Gregory	9025 4641
	VACANT	
WHO Code monitor	**VACANT**	
Thankyou Secretary	Angela Gregory	9025 4641
Locality Mums	Carlton	**VACANT**
	Anna Small	
	Brunswick	
	Sonia Ingham	
	Ina Karnath	
	Jen Hocking	
		Positions in the Brunswick and Carlton areas (see page 5 for details).

ABA Subscription Form

Australian Breastfeeding Association Subscription Form

PO Box 4000, GLEN IRIS, VIC. 3146

Telephone (03) 9885 0855 Facsimile (03) 9885 0866 or online www.breastfeeding.asn.au

Title: _____ First Name: _____ Surname: _____

Street: _____ Suburb: _____ State: _____ Postcode: _____

Tel: (____) _____ Fax: (____) _____

E-mail: _____ Birth date: _____

1 year \$65.00 2 year \$100.00

Concession [No. _____] \$50.00,

Total \$ _____

Enclosed is my cheque/money order (*payable to Australian Breastfeeding Association*)

OR

Please charge my Visa/Mastercard

Card Expiry Date ____/____

Card Holder's Name: _____ Signature: _____

I am a new subscriber to the Australian Breastfeeding Association

When you join you will receive a copy of the Association's comprehensive and invaluable book on breastfeeding, *Breastfeeding ... naturally*. This book usually retails at \$34.95

Please tick this box if you do NOT want to receive a copy

I have been an ABA/NMAA subscriber before. Subscriber Number:-. _____

Renewing subscribers receive a FREE copy of Steve and Shaaron Biddulph's best-selling book *Raising a Happy Child* valued at \$22.95!

Please tick this box if you do NOT want to receive a copy

OR

Please provide previous surname/address details if these have changed

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 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.

11/08

ABN 64 005 081 523

GROUP