

Frankston Group – What's On

ABN 64 005 081 523

Need a Breast Pump?

You can hire an electric Breast Pump for as long as you need one. All breast pump hire enquiries should be directed to the Vic Branch Office number 9791 4644. Our service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support with a 50% discount on hire for all members.

Welcome to the Frankston Groups meeting list for July to December 2010

The Australian Breastfeeding Association provides mother-to-mother support for all mothers. You can meet other local mums; learn about breastfeeding and exchange ideas on the skills (and challenges!) of mothering in the 21st century. You don't have to be a breastfeeding mother to come along and benefit from the friendly, supportive network of mothers.

There is a trained Breastfeeding Counsellor at all meetings and available to all mums through our

**24 Hour Helpline: 1800 mum 2 mum
1800 686 2 686**

Or by contacting one of our local Frankston Counsellors:

Kathy 59787021
Helen 8790 0265
Wendy 9783 6870
Yvette 9770 2770

Sally 97766464
Janette 97767549
Pam 9781 1660
Chris 9781 2819



australian
breastfeeding
association

A subscription makes the perfect gift

When you give a one or two year subscription to the Australian Breastfeeding Association to a friend or relative she receives:

- A copy of ABA's comprehensive best-selling book "Breastfeeding ... naturally" (RRP \$34.95).
- Six issues per year of *Essence* magazine.
- A calendar of events in her area including informative talks and friendly get togethers.
- 10% discount on products from our retail division, Mothers Direct.
- Half price breast pump hire.
- Access to the Breastfeeding Helpline 24 hours a day.
- Access to the subscribers-only website pages.

Gift subscription details: (all subscriptions to ABA are GST free)

- 1 year (Australia) \$65 1 year (Overseas) \$95
 2 Year (Australia) \$95 2 Year (Overseas) \$155

Increase the value of your gift with a Mothers Direct voucher

- \$25 \$50 \$75 \$100 Other _____

Total payable \$ _____

I would like to give this subscription to:

Name _____
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Country _____ Ph _____
Email _____

Please include the following message (maximum 25 words)

I wish to make a donation to the Australian Breastfeeding Association

I would like to make a One off Monthly Quarterly Annual donation of \$ _____ to the Australian Breastfeeding Association.
(Donations of \$2 or more are tax deductible)

Payment options:

- Complete details online at www.breastfeeding.asn.au
- Facsimile (03) 9885 0866
- Telephone (03) 9885 0855

Post to Australian Breastfeeding Association, PO Box 4000, Glen Iris, Vic 3146

My details are:

Name _____
Address _____
Suburb _____ State _____ Postcode _____
Country _____ Ph _____
Email _____

Payment Details

Enclosed is a cheque/money order. *(Payable to Australian Breastfeeding Association)*

Please charge my MasterCard/Visa credit card with \$ _____

Credit card No: _____ / _____ / _____ / _____
Expiry date _____ / _____ Cardholder's name _____

Cardholder's signature _____

Would you like multiple copies of *Essence* for your workplace?
Health facility subscriptions start from just \$95 for 10 copies of each issue of *Essence*. Visit www.lrc.asn.au/aba.html for details.



**Australian Breastfeeding Association
Frankston Group Meetings
July to December 2010**

As the unexpected can occur, you might like to call Kathy on 59787021 to confirm meeting details.

A trained Breastfeeding Counsellor attends all meetings.

If you have time and are able to bring a plate to share, it would be appreciated.

We look forward to meeting/seeing you!

Venue Details

We now have two new fixed venues to hold our meetings from. The third Tuesday of every month, a meeting is held at **Frankston South Recreation Centre** from 10am to 12 noon. Follow the signs to the room as the room does occasionally change! See map, link and address below. There is plenty of free on and off street parking available.

**55 Towerhill Rd
Frankston South VIC 3199
Ph: 0433 514 491**



http://maps.google.com.au/maps?f=q&source=s_q&hl=en&geocode=&q=frankston+hospital&ll=38.003944,145.056132&sspn=0.648189,1.306&ie=UTF8&hq=frankston+hospital&hnear=&ll=38.148749,145.127506&spn=0.009686,0.020406&z=16

Our second venue is a hall located in the out buildings of Frankston Hospital. **John Madder Hall** has a garden, high fencing (to keep our kids contained!) and facilities for us to view the latest breastfeeding information on! Look for the blue building in the carpark. There might be difficulty parking, but there is a bus stop immediately in front of the Hospital for those who use Public Transport and it is adjacent to The George Pentland Botanic Gardens (where there is extra parking and a great playground). We will be holding meetings here between 9:30 and 11:30 am on the 1st Friday of every month. See map, link and address below.

**4 Hastings Rd, Frankston VIC 3199
Ph: 9784 7777
Melways Ref: 102 E4**



http://maps.google.com.au/maps?f=q&source=s_q&hl=en&q=leisure&ll=38.164627,145.128751&sspn=0.009684,0.020406&ie=UTF8&radius=0.67&split=1&rq=1&ev=zi&hq=leisure&hnear=&ll=38.161877,145.129802&spn=0.010106,0.020406&z=16

Thanks to the office of Alistair Harkness MP, State Member for Frankston for printing this

July	Friday 2 nd 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 20 th 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd, Frankston South
	About ABA	Drop in & Catch Up
August	Friday 6 th 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 17 th 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd Frankston South
	Toddler & New Baby	Drop in & Catch Up
		Thursday 19 th 1:30pm Frankston Library Kids Area
		Storytime
September	Friday 3 rd 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 21 st 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd Frankston South
	Blokes & Breastfeeding	Drop in & Catch Up
October	Friday 1 st 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 19 th 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd Frankston South
	Breast & Nipple Care	Drop in & Catch Up
November	Friday 5 th 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 16 th 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd Frankston South
	Guest Speaker: Taking Photos of your Baby	Baby Massage
December	Friday 3 rd 9:30 – 11:30am John Madder Hall 4 Hastings Rd Frankston	Tuesday 21 st 10am – 12pm Frankston Sth Recreation Centre 55 Towerhill Rd Frankston South
	Breastfeeding in the Party Season	Christmas Breakup