

# Join in, Join Up!

## Get Connected.

There's a community group out there waiting for your call

### NEW PARENTS



**Having a baby is engrossing, and demanding.** You're enchanted, yes, but you're also tired and stressed. You just don't have time for all the things you used to do only a few months ago. And often the first thing to go is your social life. You don't see your friends as much, you don't go to the movies as much, and you certainly don't participate as much in the civic activities of your community.

Fair enough. When your baby's teething you can't really give your full attention to your own passions and interests. It's all about greater need.

You don't want to get out of the habit entirely, though. You don't want to become isolated. That can happen more easily than you might think, and if it does it's likely to leave you feeling down and having nobody to talk to about it. That's not good for your health – physical or mental. Fretting alone is bad for you. Company does you good – **all the studies say so.**

You're going to want to get out of the house and mix and mingle with other adults. You're going to want to have people to boast to, and people to discuss colic with, and people who can exercise the parts of your mind that a baby doesn't reach. You're going to need to be valued and respected and thanked. It will benefit your child, too. Research has found that parents who are connected into strong community networks find it easier to provide a positive context where their children's social, educational and emotional needs are met.

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

There are support groups for new parents, where you can swap achievements and horror stories and tips for new players.

**Look them up in the following pages.**

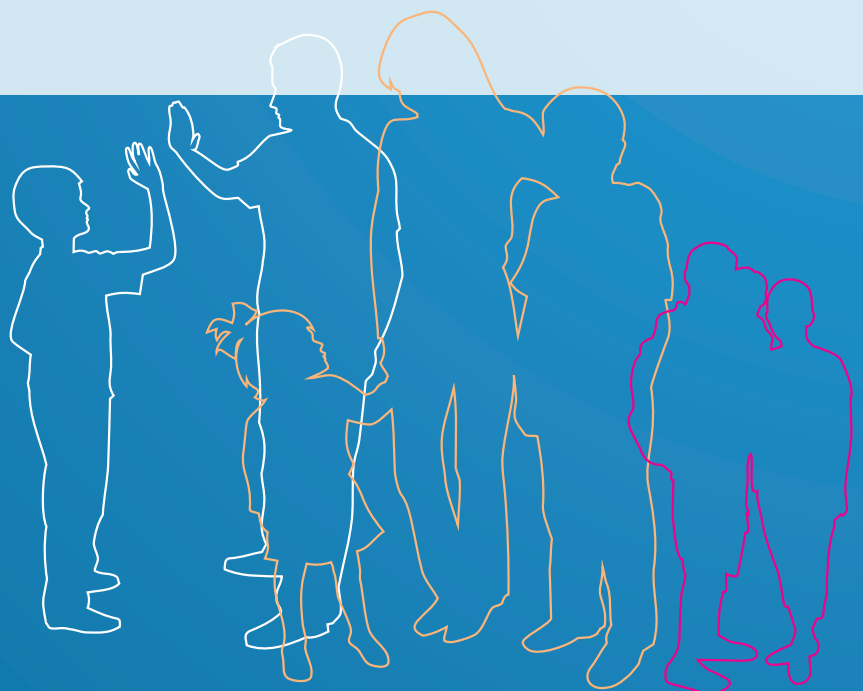
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

**Look on the Our Community website – [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) – for a group you can relate to.**

**Come on – Join in, Join up!**

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

**There's a community group out there waiting for your call!**



## Post/Antenatal Depression

State	Group	Telephone	Freecall Phone	Website
NAT	Beyond Blue		1300 22 4636	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>
ACT	PANDSI (Post & Antenatal Depression Support & Information Inc)	02 6232 6664		<a href="http://www.pandsi.org.au">www.pandsi.org.au</a>
QLD	The North Queensland Postnatal Distress Support Group	07 4728 1911		<a href="http://www.nqpostnataldistress.com/">www.nqpostnataldistress.com/</a>
VIC	PANDA (Post and Antenatal Depression Association Inc)	1300 726 306		<a href="http://www.panda.org.au">www.panda.org.au</a>
WA	Drug & Alcohol Withdrawal Network	08 9213 3636		<a href="http://www.sjog.org.au/portal/page?_pageid=422,72577&amp;_dad=portal&amp;_schema=PORTAL">www.sjog.org.au/portal/page?_pageid=422,72577&amp;_dad=portal&amp;_schema=PORTAL</a>

## Breastfeeding

NAT	Australian Breastfeeding Association	03 9885 0855		<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>
QLD	Australian Breastfeeding Association Qld	07 3324 0577		<a href="http://homepage.powerup.com.au/~abaqld">http://homepage.powerup.com.au/~abaqld</a>
SA	Australian Breastfeeding Association – Lower North Region	08 8362 3662		<a href="http://www.communitywebs.org/ABALowerNorthRegion/index.htm">www.communitywebs.org/ABALowerNorthRegion/index.htm</a>
TAS	Australian Breastfeeding Association Tasmanian Branch	03 6223 2609		<a href="http://www.breastfeedingtasmania.asn.au">www.breastfeedingtasmania.asn.au</a>
VIC	Australian Breastfeeding Association Victorian Branch (Breastfeeding Helpline)	03 9885 6333 03 9885 0653		<a href="http://www.abavic.asn.au/">http://www.abavic.asn.au/</a>
WA	Australian Breastfeeding Association WA	08 9340 1200		<a href="http://www.starwon.com.au/~delma/0011.htm">www.starwon.com.au/~delma/0011.htm</a>

## Community Childcare

NAT	National Association of Community Based Children's Services	03 9486 3455		<a href="http://www.nacbcs.org.au/content.cfm?content=1">www.nacbcs.org.au/content.cfm?content=1</a>
NAT	Family Day Care Australia	02 4320 1100		<a href="http://www.familydaycare.com.au">www.familydaycare.com.au</a>
QLD	Diversity in Child Care Qld	07 3861 1088		<a href="http://www.diversity.net.au/default.aspx">www.diversity.net.au/default.aspx</a>
SA	Novita Children's Services	08 8243 8243		<a href="http://www.novita.org.au">www.novita.org.au</a>
SA	Community Children's Centres SA	08 8223 5469		<a href="http://www.sachildcare.com.au/">www.sachildcare.com.au/</a>
VIC	Community Child Care Association Inc	03 9486 3455		<a href="http://www.cccinc.org.au">www.cccinc.org.au</a>

## Sole Parent

NAT	National Council of Single Mothers and their Children		1300 725 470	<a href="http://www.ncsmc.org.au/">www.ncsmc.org.au/</a>
NAT	Lone Fathers Association of Australia	02 6258 4216		<a href="http://www.lonefathers.com.au">www.lonefathers.com.au</a>
Nat	Parents without Partners	Check web for local numbers		<a href="http://members.westnet.com.au/pwpwa/">http://members.westnet.com.au/pwpwa/</a>
ACT	Parents without Partners ACT (Northside)	02 62584216		<a href="http://members.westnet.com.au/pwpwa/act/">http://members.westnet.com.au/pwpwa/act/</a>
ACT	Canberra One Parent Family Support	02 6247 4282		<a href="http://www.canberraoneparent.com/">www.canberraoneparent.com/</a>
NSW	Parents without Partners NSW	02 9833 2633		
QLD	Parents without Partners Qld	07 3275 3290		<a href="http://members.westnet.com.au/pwpwa/qld/">http://members.westnet.com.au/pwpwa/qld/</a>
SA	Parents without Partners SA	08 8359 1552		<a href="http://members.westnet.com.au/pwpwa/sa/">http://members.westnet.com.au/pwpwa/sa/</a>
TAS	The Tasmanian Council of Single Mothers and their Children	03 6223 5079		<a href="http://ncsmctas.bravehost.com/index.html">http://ncsmctas.bravehost.com/index.html</a>
TAS	Parents without Partners in Tasmania			<a href="http://members.westnet.com.au/pwpwa/tas/">http://members.westnet.com.au/pwpwa/tas/</a>
VIC	Parents without Partners VIC	03 9852 1945	1300 797 842	<a href="http://www.pwpvic.com/">www.pwpvic.com/</a>
VIC	Council of Single Mothers and their Children – CSMC	03 9654 0622	1800 077 374	<a href="http://www.csmc.org.au">www.csmc.org.au</a>
WA	Solo Mothers and their Children WA (SMCWA)	08 9227 8122	1800 998 399	<a href="http://www.whs.org.au/services/supported_groups.htm">www.whs.org.au/services/supported_groups.htm</a>
WA	Parents without Partners WA	08 9389 8350		<a href="http://members.westnet.com.au/pwpwa/wa/">http://members.westnet.com.au/pwpwa/wa/</a>

## Playgroups

State	Group	Telephone	Freecall Phone	Website
Nat	Playgroup Australia	07 3394 8448	1800 171 882	<a href="http://www.playgroupaustralia.com.au">www.playgroupaustralia.com.au</a>
ACT	Playgroup ACT	02 6251 0261	1800 171 882	<a href="http://www.playgroupaustralia.com.au/act/">www.playgroupaustralia.com.au/act/</a>
NSW	Playgroup NSW	02 9604 5513	1800 171 882	<a href="http://www.playgroupaustralia.com.au/nsw/">www.playgroupaustralia.com.au/nsw/</a>
NT	Playgroup NT (Darwin) (Alice Springs)	08 8945 7775 08 8953 4496	1800 171 882	<a href="http://www.playgroupaustralia.com.au/nt/">www.playgroupaustralia.com.au/nt/</a>
QLD	Playgroup Qld	07 3855 9600	1800 171 882	<a href="http://www.playgroupaustralia.com.au/qld/">www.playgroupaustralia.com.au/qld/</a>
SA	Playgroup SA	08 8344 2722	1800 171 882	<a href="http://www.playgroupaustralia.com.au/sa/">www.playgroupaustralia.com.au/sa/</a>
TAS	Playgroup Tasmania	03 63316599	1800 171 882	<a href="http://www.playgroupaustralia.com.au/tas/">www.playgroupaustralia.com.au/tas/</a>
VIC	Playgroup Victoria	03 9388 1599	1800 171 882	<a href="http://www.playgroup.org.au/">www.playgroup.org.au/</a>
WA	Playgroup WA Inc		1800 171 882	<a href="http://www.playgroupaustralia.com.au/wa/">www.playgroupaustralia.com.au/wa/</a>

## Premature Baby

Nat	Austprem		1300 267 632	<a href="http://www.austprem.org.au">www.austprem.org.au</a>
Nat	L'il Aussie Prems	0412 248 583		<a href="http://www.lilaussieprems.com.au/">www.lilaussieprems.com.au/</a>
Nat	National Premmie Foundation		1300 773 622	<a href="http://www.prembaby.org.au">www.prembaby.org.au</a>
NSW	Central Coast Premmie & Sick Newborn Support Group			<a href="http://www.centralcoastprems.com/aboutus.html">www.centralcoastprems.com/aboutus.html</a>
QLD	Preterm Infants' Parents' Association (PIPA)	07 3216 5114		<a href="http://www.pipa.org.au/">www.pipa.org.au/</a>
VIC	The Featherweight Club	0412 976 224		<a href="http://www.featherweightclub.com">www.featherweightclub.com</a>
VIC	Life's Little Treasures	0437 254 360		<a href="http://www.lifeslittletreasures.org.au">www.lifeslittletreasures.org.au</a>
VIC	Parents of Premature Babies Inc (Preemie-L)			<a href="http://www.preemie-l.org/">www.preemie-l.org/</a>

## Multiple Birth

Nat	Australian Multiple Birth Association		1300 88 64 99	<a href="http://www.amba.org.au">www.amba.org.au</a>
WA	Perth & District Multiple Birth Assoc Inc	08 9340 1536		<a href="http://www.mbawa.org.au/">www.mbawa.org.au/</a>

## Toy Libraries

ACT	Noah's Ark Resource Centre	02 6287 1117		<a href="http://www.noahsarkresourcecentre.com/index.htm">www.noahsarkresourcecentre.com/index.htm</a>
QLD	Noah's Ark Resource Centre	07 3391 2166		<a href="http://www.noahsark.net.au/">www.noahsark.net.au/</a>
VIC	Toy Libraries Victoria	03 9555 4055		<a href="http://www.toylibraries.org.au/">www.toylibraries.org.au/</a>
WA	WA Association of Toy Libraries	0417 887 687		<a href="http://www.waatl.org.au/">www.waatl.org.au/</a>

## Other

Nat	Dads in Distress		1300 853 437	<a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>
Nat	Australian Childhood Foundation - Kidscount Website	03 9874 3922	1800 176 453	<a href="http://www.kidscount.com.au/website/default.asp">www.kidscount.com.au/website/default.asp</a>
Nat	Raising Children Network			<a href="http://raisingchildren.net.au/">http://raisingchildren.net.au/</a>
Nat	Good Beginnings Australia	02 9211 6767		<a href="http://www.goodbeginnings.net.au/">www.goodbeginnings.net.au/</a>
Nat	Families Australia	02 6273 4885		<a href="http://www.familiesaustralia.org.au">www.familiesaustralia.org.au</a>
Nat	AWCH – Australian Association for the Wellbeing of Children in Healthcare	02 9817 2439	1800 244 396	<a href="http://www.awch.org.au/about.html">www.awch.org.au/about.html</a>
Nat	Nat. Org. for Fetal Alcohol Syndrome	0418 854 947		<a href="http://www.nofasard.org">www.nofasard.org</a>
Nat	Early Childhood Australia Inc	02 6242 1800	1800 356 900	<a href="http://www.earlychildhoodaustralia.org.au">www.earlychildhoodaustralia.org.au</a>
Nat	Relationships Australia		1300 364 277	<a href="http://www.relationships.com.au">www.relationships.com.au</a>
ACT	Canberra and Region Multiple Birth Assoc		1300 859 322	<a href="http://www.carmba.org.au/">www.carmba.org.au/</a>
ACT	Adoptive Families Association (ACT) Inc.	02 6291 4271		<a href="http://www.adoption.org.au/">www.adoption.org.au/</a>
NSW	Lifestart	02 9807 9700		<a href="http://www.lifestart.org.au/about/">www.lifestart.org.au/about/</a>
NSW	Learning Links	02 9534 1710		<a href="http://www.learninglinks.org.au/">www.learninglinks.org.au/</a>
TAS	Child Health Association Inc. (CHAT)	03 62314765		<a href="http://chatas.org">chatas.org</a>
VIC	Noah's Ark Inc	03 9500 8133		<a href="http://www.noahsarkinc.org.au/">www.noahsarkinc.org.au/</a>
VIC	Connections - Child Youth & Family Services	03 9724 2222		<a href="http://www.connections.org.au">http://www.connections.org.au</a>
WA	Communicare	08 9251 5777		<a href="http://www.communicare.org.au/Index.html">www.communicare.org.au/Index.html</a>

## What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

## Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

## How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

## Who?

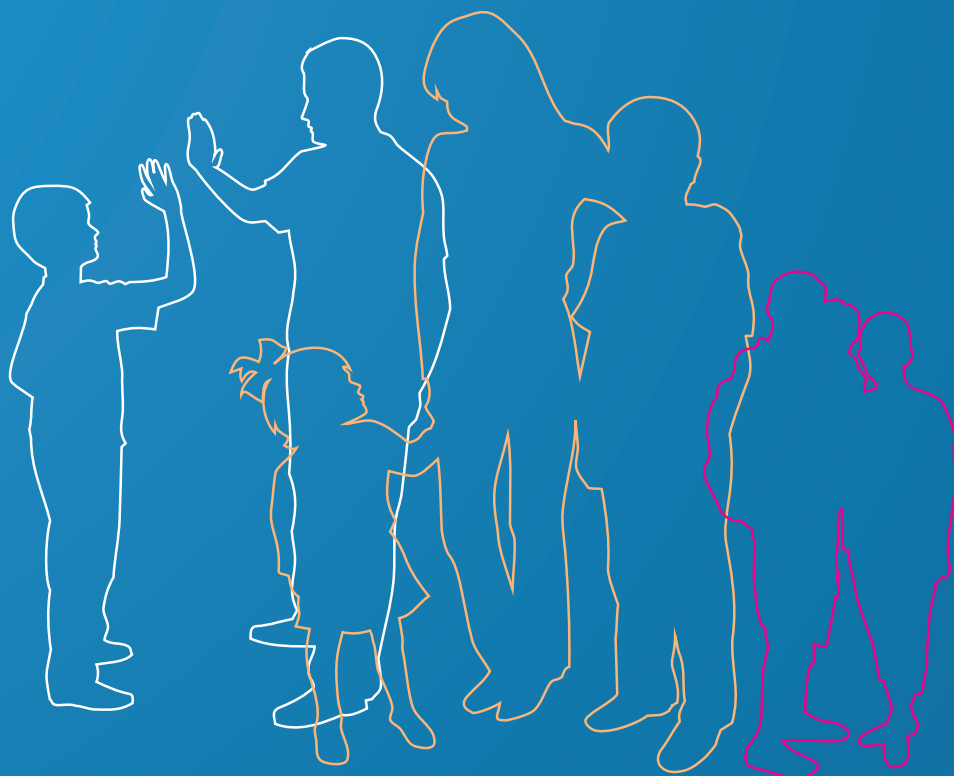
Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

## Join In, Join Up! Get Connected!

[www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin)

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health





The Pharmacy  
Guild of Australia

# *Join in Join up*

Helping Australians  
engage in community  
groups for better health.

We want to encourage you to  
***Join in Join up*** - for better health.

For further information visit your  
local community pharmacy, or  
**[www.ourcommunity.com.au](http://www.ourcommunity.com.au)**

