



# WE NEED YOUR BREAST FORMS + MASTECTOMY BRAS

**in many Asia Pacific countries mastectomy bras and breast forms are simply not available at all**

If you are changing your breast form (breast prosthesis) and/or your mastectomy bra, or if you no longer need them after reconstructive surgery, please think about recycling them.

Uplift Project is a voluntary organisation which recycles new and used bras to women in disadvantaged communities. For these women a bra is often unobtainable or unaffordable.

Uplift collects new and second hand bras and sends them wherever requested. There is a special need for expensive but essential items like breast forms and mastectomy bras.

## WHAT DO WE WANT?

- ✓ **Breast forms** – if you can send the original box that helps protect the form in transport, and helps the recipient store it. If at all possible please pack the matching bras in the box / carry case with the breast form. They often fit under the plastic mould that holds the form. Please pop a note inside the box that says bras included below so we don't miss them. If they won't fit inside, a note saying which bras belong with the form will help us.
- ✓ **Soft forms / Fluffies** – all much appreciated.
- ✓ **Mastectomy bras**, including home-converted ones.
- ✓ **Soft post-op bras**, as supplied in the BCNA kits etc.

## WHAT WILL WE DO WITH THEM?

Uplift will ship your donation with our routine shipments. Our receivers will pass it on to the relevant hospitals for fitting and distribution. Uplift sort to ensure the appropriate sizes are sent to the appropriate countries.

## CONTACT

For corporate donations and item specific enquiries please contact:  
Mastectomy Bra & Breast Form Coordinator – [mbras@upliftbras.org](mailto:mbras@upliftbras.org)

Uplift has collectors in all Australian states and in NZ. To find out where to drop off or post your donation please see the *Donate Bras* page of the Uplift website.

[www.upliftbras.org](http://www.upliftbras.org)

