

## ZONTA CLUB OF BENDIGO BREAST CUSHIONS:

In 2004 District 23 identified Breast Cushions as on-gong project for all clubs and in 2007 our Club began making and distributing cushions under the leadership of Sue Brown, Zonta Club of Bendigo Charter Member. This important project continues to this day.

Bendigo Members get together regularly to sew breast care cushions, which are distributed free to women in the region who have had surgery as part of breast cancer treatment. Once cut and sewn the cushions are placed in carry bag with a drawstring also made by ZCB members. For several years women at Tarrengower prison were also big contributors to the making and sewing of the cushions.

Sue Brown explained that the breast care nurse keeps in touch with her, and tells us when she needs more and then we arrange delivery and for more to be made.

“On behalf of the McGrath Breast Care nurses in Bendigo we wish to thank Zonta for their extraordinary years of service supplying Zonta cushions to women and men requiring breast cancer surgery. As Breast Care Nurses we have the privilege of distributing the cushions as part of our post-operative care. They bring great comfort to our patients in hospital and at home when recuperating, and are greatly appreciated.

Congratulations in particular to Sue Brown for 40 years of service supporting the Bendigo community and making the Zonta cushions for 13 years which have been distributed to both SJOG and Bendigo Health Hospitals! That’s a lot of cushions. Have a great celebration!” Rosie, McGrath Breast Care Nurse, Bendigo

“The diagnosis of breast cancer brings about all sorts of emotions. Your life soon becomes a series of tests, results and treatments. Prior to my first surgery my breast care nurse handed me a bag with which contained an odd shaped cushion which had been made and supplied by the Zonta Club of Bendigo. After surgery this cushion became a treasured possession. I could not sleep without it. The shape and softness was perfect. Thank You Zonta.”  
KS (Breast Cushion recipient, Bendigo)